



Fairbanks News Senior Center



1424 Moore Street,
Fairbanks, AK 99701
907-452-1735
Fax 907-451-9974

<http://fairbanksseniorcenter.org> • www.facebook.com/FairbanksSeniorCenter

NSCoA News

Center Hours: Monday-Friday 8:00 AM-4:30PM

February 2018

Hi Seniors,

Last month I did not mention our gracious appreciation to IBEW for donating time and materials to help finish the dish room! They stepped up to the plate when we needed it most. We are pretty darn lucky to have them support us. Five years ago IBEW 1547 were our heroes in running the electric, getting permits, and donating materials to install our used walk-in cooler and freezer. Both chilling units allowed the program to keep up with Meals on Wheels demands of a growing senior population. Being a career electrician, my grandfather belonged to the IBEW in Philadelphia, and I thought to myself the other day how life goes in circles. When I was a child, I got to watch my grandfather help so many by donating his time and talents through IBEW. Big hugs, IBEW, for showing the Senior Center the same love I got to watch my Grandfather share those many years ago.

I want to redraw your attention to our first Heart to Heart fundraiser which is on February 10th. The Senior Center's mission has always been to help seniors live a full, safe and health life. A huge part of that includes balanced nutrition. Meals on Wheels assures a homebound community member gets this important nutrition. The program depends on fundraisers like the Heart to Heart event to help ease the gap between the growing need for a home-delivered meal and our grant funding. A big shout out to all the local businesses who donated wonderful items to the silent auction.

Remember...exercise, nutrition, and socialization are strengthening components and the keys to keeping the mind, body and soul strong. The Senior Center provides all of those elements through free exercise classes, congregate lunches and plenty of ways to socialize, either over coffee or while volunteering. There are strength in numbers and no one needs to be alone.

Hope to see you at the Senior Center real soon!!
Darlene Supplee- Executive Director

WHAT IS GOING ON AT THE CENTER

Monday Art Classes

1:00 pm to 3:00 pm • All supplies provided

Painting with Peggy– February 5th

Crochet & Knitting– February 12th

"Bits & Pieces"– February 19nd: Card making with lessons on die cutting and embellishments—Karen DeMeyer 987-0739

Zumba Gold Seated Classes

When: Tuesdays @ 9:30–10:30

Why: Muscle strength / Increases Balance / Enhances flexibility / Improves mental awareness / Mood
And so much more

Where: Fairbanks Senior Center
Call Adele at 388-1724 for more information
Cost \$5.00
Come see what all the fun is about!

AGING @ HOME FAIRBANKS PRESENTS:

3rd Tuesday of the Month– 3:30 pm

Discussion Topic: Home Modifications

Open to the Public

For more info contact
907-799-4026 or email
aahfairbanks@gmail.com

Better Breathers Club

Tuesday, February 20th @1:30pm

Discussion Topic:

For more info contact:
Alyssa-907-891-7452



The Meals on Wheels program
needs your help!

Do you enjoy helping others?
We need volunteer drivers for our
weekday routes.

Do you want a chance to give back to the
community and make a senior smile?

Come see **Bob** or

Darlene to join our fun loving crew and
make a difference in a senior's life.
Call 452-1735 for more information

Tai Chi for Arthritis
& Falls Prevention

Instructor Training Workshop

Facilitated by Master Trainer
Linda Ebeling



April 14th and 15th, 2018

Fairbanks, Alaska

The registration deadline for this workshop is

April 2nd, 2018

Cost of training is \$100.

Register online at: [Tai Chi Training Registration](http://TaiChiTrainingRegistration)
or <https://tinyurl.com/y7xujep8>

Or Registration forms are available at the
Fairbanks Senior Center.

Contact Program Manager, Dana Paperman
ssc@seward.net/907-224-5604 for a registration
form/scholarship forms and general inquiries.

Tai Chi for Seniors NEW EXERCISE CLASS!

Tuesdays @ 3:00 pm

Instructor: Rosemary Pooler
poolerrose@gmail.com—(207) 974-9894



It's time to start thinking about
apply for the
**2018 Alaska Permanent Fund
Dividend.**

Applications are available at the
front desk beginning
January 2-March 31

Please consider donating to the
Fairbanks Senior Center through
Pick Click Give when you apply for
your PFD. Your donation
makes a difference in
seniors lives.





lend a
H A N D

The Fairbanks Senior Center Meals on Wheels (MOW) program has been chosen for February's Lend a Hand program for the Co-op Deli & Market.

Here are ways you can support the MOW program:

- * **General Donations** to the Co-op for the program

Alaska Health Fair Blood Draws

By appointment only

Every **1st & 3rd Tuesday** of the
month 8:00 am-10:30 am
@ the AHF office
1949 Gillam Way Suite 414
Call 374-6853

Fairbanks Concert Association Upcoming Concerts:

Squirrel Nut Zippers February 10th
-7:30 pm
@ Hering Auditorium



Fairbanks Symphony Orchestra Upcoming Concerts:

Concerto Competition Winner's
Concert
February 18 @ 4:00pm
C.W. Davis Concert Hall-UAF
Call Laura 452-1735 for more info
Tickets are limited

SUPPORT OUR SENIORS

A Community Dialogue

Ideas + Action = Change

*Thursday ~ February 15
5:30pm-7:00pm*

*Fairbanks Senior Center
1424 Moore
Street*



*Join FRA
in a community dis-
cussion about creat-
ing solutions to meet the needs of our
growing senior population and their
care givers.*



Heart to Heart

Valentine's Dinner Fundraiser
for **Meals on Wheels**
Saturday, February 10, 2018

Location: Raven Landing 1222 Cowles St.

Time:

6:00 pm Cocktails

7:00 pm Dinner

Ticket Price: \$100/person

Tickets Sold at:

Gulliver's Books

Grassroot Guitars

Fairbanks Senior Center

1424 Moore Street

907-452-1735

Come enjoy:

Live Entertainment

Silent Auction

Formal Dinner

Photo Booth

Dancing

& DJ



Senior Center January 2018 Activities Calendar



	Mon	Tue	Wed	Thu	Fri	Sat
				1 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p	2 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm	3
4	5 Strong Women 9-10am Painting with Peggy 1:00 55+ Senior Yoga 3-4:15	6 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p Tai Chi 3:00pm AAH Tech Tuesdays 3:30 Bridge Club 6:30pm	7 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	8 Strong Women 9-10 FNSB Parks & Rec 11-11:30 NSCoA BOD Meeting 5:30	9 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm	10 Heart To Heart Fundraiser @ Raven Landing
11	12 Strong Women 9-10am Crocheting & Knitting 1pm 55+ Senior Yoga 3-4:15	13 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Better Breathers 1:30pm Tai Chi 3:00pm Bridge Club 6:30pm	14 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	15 Strong Women 9-10 FNSB Parks & Rec 11-11:30	16 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm	17
18	19 Strong Women 9-10am Bits & Pieces 1:00 55+ Senior Yoga 3-4:15	20 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Tai Chi 3:00pm AAH Aging Well 3:30 Bridge Club 6:30pm	21 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	22 Strong Women 9-10 FNSB Parks & Rec 11-11:30 AARP Pot Luck 6:00 pm	23 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm NSCoA Birthday Party	24
25	26 Strong Women 9-10am 55+ Senior Yoga 3-4:15	27 Zumba Gold 9:30-10:30 FNSB Parks & Rec 11-11:30 Tai Chi 3:00pm Bridge Club 6:30pm	28 Strong Seniors 9:30-10:30 Bridge Club 1:00pm	1 Strong Women 9-10 FNSB Parks & Rec 11-11:30 Strong Women T-Group 2-3p	2 Strong Seniors 9:30-10:30 55+ Senior Yoga 3:00-4:15 Bridge Club 6:30pm	3

February 2018 Senior Center Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CONGREGATE MEALS SERVED FROM 11:30 to 12:30 M-F	29 Baked Ham	30 Broccoli Bake	31 Salisbury Steak	1 White Chicken Chili	2 Sandwiches	3 Seniors (60 & over) \$5.00
4 **EACH MEAL SERVED WITH SOUP OR SALAD & BREAD	5 Chili	6 Roasted Turkey	7 Hamburgers	8 Chicken Alfredo	9 Tuna Casserole	10 Non-Seniors (Under 60) \$9.00 Suggested Donation
11	12 Chicken Pot Pie	13 Goulash	14 BBQ Chicken	15 Beef Stew	16 Fish	17
18	19 Basil Cream Chicken	20 Veggie Bake	21 Shepherd's Pie	22 Honey Crusted Chicken	23 Biscuits & Gravy	24
25	26 Beef Stroganoff	27 Baked Chicken	28 Pork w/ Applesauce	1 Sandwiches	2 Mac & Cheese	3

February 2018 Sudoku Puzzle (#248)

8				3		2		
	7					5		
9			2	6				
			3			6		
2					8			
	6					4		7
	5							9
	9							
		7				3	1	6

January 2018 Sudoku Puzzle Answer (#247)

1	6	5	4	2	7	9	3	8
2	9	4	8	3	5	7	1	6
7	3	8	6	9	1	2	4	5
9	2	3	7	1	6	8	5	4
4	5	6	9	8	3	1	2	7
8	1	7	5	4	2	6	9	3
5	8	9	1	6	4	3	7	2
3	7	1	2	5	8	4	6	9
6	4	2	3	7	9	5	8	1



February Word Search



S	S	E	I	R	O	M	E	M	F	F	D	Q	S	U
T	R	D	I	A	M	O	N	D	Y	R	K	W	W	F
R	E	E	U	F	R	U	P	A	A	I	E	T	O	H
A	W	Y	T	Y	Z	R	D	F	L	E	L	N	R	Q
E	O	H	T	A	B	I	Q	K	T	N	M	E	R	Q
H	L	F	R	Y	L	J	T	H	Z	D	K	C	A	A
V	F	T	E	O	U	O	E	N	D	S	O	N	W	Y
C	Y	V	H	O	S	A	C	C	Y	H	N	A	M	R
D	O	Y	E	J	R	E	L	O	G	I	G	M	Y	U
L	G	C	L	T	C	D	S	P	H	P	I	O	H	Y
V	A	L	E	N	T	I	N	E	U	C	A	R	H	Z
U	I	J	A	B	L	W	K	I	X	S	K	L	B	C
W	Z	R	I	Y	K	S	C	U	P	I	D	H	Z	V
D	E	O	H	A	G	U	V	N	I	L	L	E	T	U
Y	K	V	Q	N	C	A	N	D	Y	M	Y	N	M	A

ARROW
CANDY
CHOCOLATE
CUPID
DIAMOND

FLOWERS
FRIENDSHIP
HEARTS
HOLIDAY
LOVE

MEMORIES
ROMANCE
ROSES
SWEETHEART
VALENTINE

ANNOUNCEMENTS

Not every Fairbanks or North Pole senior will have enough to eat today.

Your contribution to the Meals-On-Wheels program could be the meal that saves a life.

Have you seen the face of an elder and can you tell if they are hungry?
We can't, either.

At the Fairbanks Senior Center's Meals-On-Wheels Program, we are trying hard to keep up with the ever-growing senior population to have at least one meal a day. **They need your help!**

You can make a difference!

Let's make sure that those at risk for hunger in our community are not forgotten.



Please call the Fairbanks Senior Center to Donate 452-1735

Do you need help with the computer?

Steve Johnstone can help!

Stop by the Center and get answers **Tuesdays from 10:00 am—2:00 pm** or get assistance with any type of electronics or technology.

Call 712-4780 for more information

Fairbanks North Star Borough Seniors

Is it getting more difficult to keep up with your daily activities?

Do you have difficulty going up and down stairs, preparing meals, household chores, or with personal care needs? Would you just like some company throughout the day?

The Senior Companion Program offers free services to help meet these needs.

Contact Jolene Bante (907) 452-2551



February Flower:

February Gemstone:
Amethyst



Winner of 5 meal tickets is:

Joy Copeland



You can be a winner too!
Buy 4 lunch tickets for \$20 and get one extra.
Put your tickets in the jar at lunch and be entered in the drawing!

Fairbanks Senior Center**Membership List****Board of Directors**

Pat Ivey	President
Natalie Gaskins	Vice President
Ron Woolf	Treasurer
Mary Abel	Secretary
Dick Farris	Member
Dorothy Bradshaw	Member
Nelson Traverso	Member
Karen Wood	Member
Don Swarner	Member

Administration

Darlene Supplee	Executive Director
Laurie Robinson	Bookkeeper / HR
Bob Galloway	MOW Manager/Medicaid Billing
Laura Saunders	Social Coordinator
Rebecca Erickson	Homemaker
Jolene Bante	Project Coordinator
Laurie Lizotte	Public Relations

Nutrition/Transportation

Chris Mittelstadt	Kitchen Manager / Cook
Don Harvell	Cook
Sylvia Thruston	Kitchen Assistant
Ashley Gourley	Kitchen Assistant
Alonzo Rivers	MOW/Passenger Driver
Lita Cristallo	MOW/Passenger Driver
Jeffrey Kelly	MOW Driver
Rick Swankie	MOW Driver

MASST

Debra Sandifer-Buksoontorn	Receptionist
Mike Kapec	Kitchen

Meals On Wheels Drivers

Tom Alton	Susan McMahon
Glen Abel	Ed Murphy
Francisca & Gary Ackerman	Leonard Chase
Uriah Nalidikak	Judy Cooper
Bonnie Gray	Madeline Nance
Richard Hansen	Patty Olson
Walter Hoover	Jack Schnurr
Jackie Lariscey	Virgil Severns
Charles & Dawn Lincoln	Jackie Stack
Craig Loudon	Lanny Wagner
Jennifer Lynch	
Mike McCann	

Monthly Volunteers

Ken West, Kaethe Foertsch, Linda Denton, Lois Kincaid, Holland Butler, Strong Seniors, Strong Women,
Dick Farris, Jerry and Geraldine Lizotte

Companions Inc. Volunteers

Gretchen Murphy & "Buddy"
Jean McDermott & "Ole"
Nathan Collin & "Yukon" & "Eric"
Donna Wojciechowski & "Yogi"
Jamie Marchner & "Dancer"
Joyce Erickson & "Athena"
Maria Debaun & "Timmy"

Glen & Mary Abel	Susan Hobson	Marilyn Russell
Mary Ann B. Adams	Carl & Alice Hoffman	William Sanderson & Chyra Sanderson
Kristina Ahlnas	Patricia Ivey	Santa's Senior Center
Nancy Bachner	Irene Jacobson	Gary Sawdy D.D.S. & Margery Wagner
Karen Baker	Cindy Jeffries	Philip & Helen Schulz
Mary Ellen Baker	Fred & Bonnie Johnson	Teresa Brand Sharp
Pansy Baker	Judy Johnson	Patricia Silverton
Cheryle Barrett	Lynn Johnson	Marie Simmons
Lona Baurick	Margie Johnson	Linda Parker Smith
Don & Maria Billings	Dorothy J. Jones	Tonia Smith
Peggy Birkenbuel	Virginia Kawasaki	Becky Snyder
Edward Bobo	Lois Kincaid	Jerry Stevens
Cory Borgeson	Larry & Ruth Knapman	Carole Stevenson
Bernice Boykin	Cheryl LaFollette	Judy Stoop
Pam Brandt	Julie & Kelvin Lageson	Nancy Stover
Ellen Brown	Barbara Lando	Jo & Don Swarner
Constance Burnette & Ed Towler	Josie Leyva	Roy Tansy
Gail Burno	Ruth L'hommedieu	Mike & Patricia Thurman
Holland Butler	Susan Lindholm	Nelson Traverso
Staci & Lawrence Butler	Gerald & Geraldine Lizotte	Diega Vaughn
Carol Canter Moore	Gertrud Lopez	Kathy Vaupel & Suzanne Summerville
Floss Caskey	Teri Lorkowski	Marilyn Wenzlick
Gwen Colbert	Craig & Kathi Loudon	Ellen Whitcher
Angela Cook	Suzi Lozo	Jan White
Rose Cope	Mike & Ann McCann	Gerald & Janice Whitton
Jeannie Creamer-Dalton	D.A. McGilvary	Robert & Robin Wilson
Shirley Daniel	Sarah McGowan & Dick Flaharty	Milt & Flora Wiltse
Karen DeMeyer	Rita McGrath	Karen Wood
Linda Denton	Mary Matthews	
Brenda Dow	Linda Menke	
Virgie Dunlap-King	Diane Miller	
Gisela M Dykema	Van Mitchell	
Lamie Ellsworth	Grace Moore	
Karen Emerson	Ed & Gretchen Murphy	
Joyce Erickson	Patricia Myers	
Birgitta Evans	Mary Ann Nickles	
Joan Fairchild	Marilyn Nigro	
Dick Farris	Debora Norcross	
Pat and Sig Fink	Sharon Nowicki	
Marilyn Fleming	Shirley O'Connor	
Sandra Fleming	Lucille & Cynthia Oligney	
Kaethe Foertsch	Joyce Outten	
Fran Fuller	Linda Parker-Smith	
Bob Galloway	Elisabeth C. Paulson	
Natalie Gaskins	Merrie Penick	
Sandra Gill	Darlene Peterson	
John & Michelle Gillette	Claudia Piatt	
Jane Gorsuch	Wynola Possenti	
Jerry Gottbe	Sara Ramos	
Louise Gry	Lucille Reese	
Hollis & Darleen Hall	Frank & Ida Rhines	
Margaret Hall	Jacqueline Richardson	
Richard Hansen	Marilyn Richardson	
Linda Harding	Pat Roberts	
Hope Helms	Terry & Stuart Roberts	
Vida Helms	Violet Robinson	
David & Marilyn Henry	Michele Rosser	
Marcella Hill	Cheris & Michael Rotter	
Kay Hinckley	Susan Royston	

**North Star Council on Aging
Fairbanks Senior Center
1424 Moore St.
Fairbanks, AK 99701**

Return service requested



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Facebook: www.facebook.com/FairbanksSeniorCenter

If you stumble, make it part of the dance.

~Barry Popik~

“Man cannot discover new oceans unless he has the courage to lose sight of the shore.”

_Andre Gide

