BOOK CLUB

The next meeting of the Book Club takes place on **Wednesday, April 20 at 2:00 pm via Zoom**. The book to be discussed is *Blood in the Water (2020)* by Silver Donald Cameron. Zoom instructions will be provided by Judith Hibberd. If you wish to join the Book Club, please contact Judith at jmhibberd@shaw.ca

DINING OUT

The last meeting of the Dining Out group at Sorrentino’s was a great success. 12 people were present, and the food was enjoyed by all!

This month the meeting of the Dining Out Group will be at Continental Treat. A reservation has been made for **Thursday, April 28 at 6:30 pm**. The address is 10560 82 Ave NW. The dill pickle soup was singled out by Tomato magazine as one of the top 100 (#58) things to eat in Edmonton. If you plan to attend please let Peggy know at (ma23@ualberta.ca).

CURAC ZOOM EVENTS

*Please join the UVRA Elder Academy and Institute on Aging and Lifelong Health (IALH) event for the 2022 “Aging Well: The Brain – Body Connection” Series, 07 May – 04 June 2022, 10am to noon Pacific Time*. Over the course of four Saturdays, the hybrid sessions listed below will be presented.

(Total cost for all 4 sessions: $20.00; The document containing the Eventbrite link for registration, either in-person attendance or via Zoom, and the abstracts and biographies of the presenters is located at: [https://www.uvic.ca/retirees/assets/docs/poster-and-nvitation-may-2022-ea-event-v5.pdf](https://www.uvic.ca/retirees/assets/docs/poster-and-nvitation-may-2022-ea-event-v5.pdf))
May 7, 2022: “Exercise is Cerebrovascular Medicine for All Ages” **Presenter:** Dr. Kurt Smith, Associate Professor, School of Exercise Science, Physical and Health Education, University of Victoria

May 14, 2022: “Digitize Your Exercise: How Digital Technologies Are Shaping How We Monitor, Prescribe and Augment Our Physical Activities” **Presenter:** Dr. Yoah Sui, Post-Doctoral Fellow, School of Exercise Science, Physical and Health Education, University of Victoria

May 21, 2022: “Building Brain Resiliency and Healthy Aging: Positive Effects of Physical Activity and Concussions in the Aging Brain” **Presenters:** Dr. Mauricio Garcia-Barrera, Associate Professor, Department of Psychology, University of Victoria and Ms. Stacey Horton, Actor, Dancer and Choreographer

June 4, 2022: “Interactions Between Physical Activity and Mental and Cognitive Health: What Do We Know and What Next?” **Presenter:** Dr. Theone Paterson, Assistant Professor, Department of Psychology, University of Victoria

This will be a hybrid presentation so registrants have the choice of attending via zoom or in-person. **The in-person presentation will be at Cordova Bay 55+Association, 5238 Cordova Bay Rd, Victoria, BC V8Y 2L2 which is located in Cordova Bay Elementary School.** There is parking in the front of the building and access is via the entrance to the left. **Attendees must show proof of vaccination and identification.** The Zoom link will be sent to registrants two days prior to the first session and, again, on the morning of each session.

**OFFICE ASSISTANT**

My office hours this week will be Thursday from 1:00 pm to 4:00 pm.

~ Luke Panteluk