



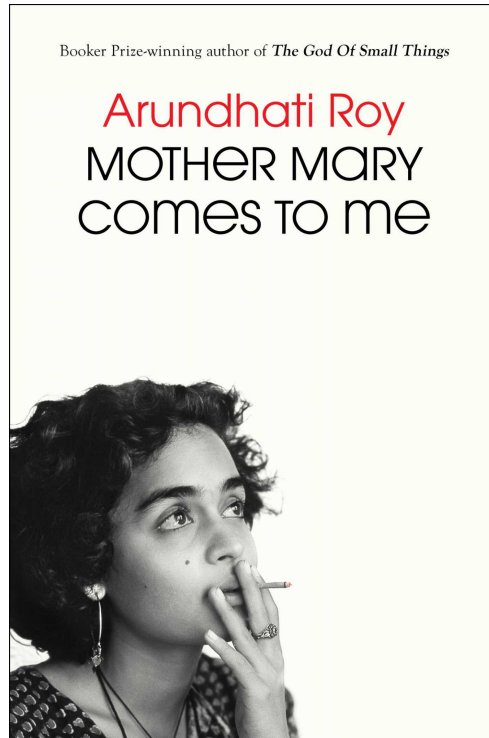
September 14th, 2026

IMPORTANT NOTICE

It has come to our attention that some of the responses affirming attendance at the September 17th social event were not received.

If you plan to be there could you please resend the message to linda.ogilvie@ualberta.ca as soon as possible. We need the numbers to complete the food order.

BOOK CLUB



The next meeting of the Book Club takes place on Wednesday, **September 16th** at 2:30 pm in Room 1-46 of University Terrace (8303 112 Street). The discussion of *Mother Mary Comes to Me* by *Arundhati Roy*, will be led by Richard Young. Members may participate either in-person or online. Beverley O'Brien (bo1@ualberta.ca) will send a Zoom link beforehand for those wishing to join virtually. If you wish to join the group, please contact

Vivien Bosley at vbosey@ualberta.ca . Please note that University Terrace is locked but there will be someone to meet you at the door when you arrive.

LUNCH WITH...



The next Lunch With...event will take place at 11:30 am on
Wednesday **September 23** in Room 1-38 of University Terrace.

The speaker will be Rob Losey whose topic will be "The long history of dogs".

Lunch will be catered by Upper Crust at a cost of \$25; payment in advance by INTERAC transfer to emirhse@ualberta.ca would be appreciated, but payment at the meeting will be accepted. Paid parking will be available in College Plaza and is accessible from 112 Street by turning onto 83 Avenue and driving east until turning right into the parkade. Room 1-38 is at the far east on the first floor of University Terrace. If you have a OneCard which authorizes you to enter University Terrace, you can park in the parkade under University Terrace (paid parking). Someone will be at the front door to greet you and let you in. You should be targeting an arrival time of 11:30 am with lunch to begin at around 11:45 am and the speaker starting his presentation at around 12:15 pm. If you plan to

attend, please inform Vivien at vbosley@ualberta.ca by

September 18th.

DINING OUT

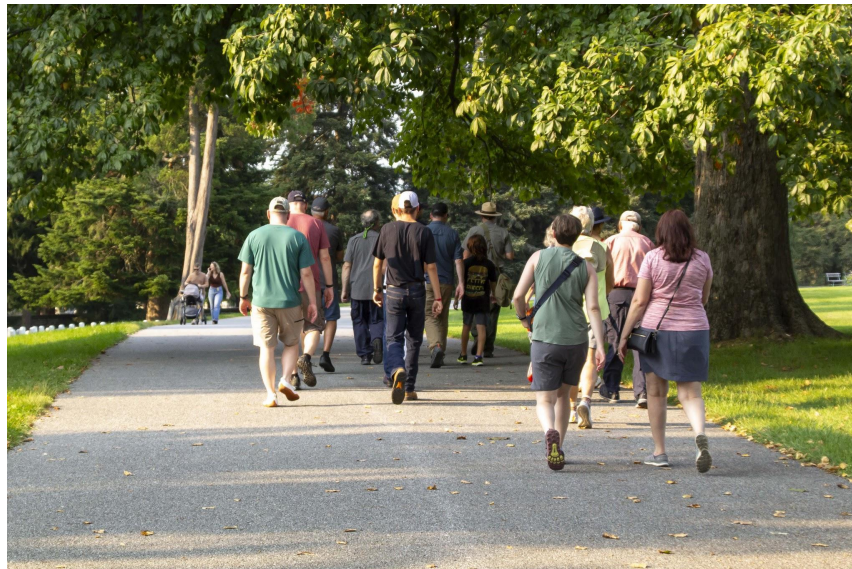


Peggy has booked an evening out for us at the It has been rated as a best new restaurant by Edify Magazine. There is parking behind the restaurant. Once that is full you have to find street parking.

Peggy hopes to see you there on Thursday, **October 1** at 6:30 pm.

Please let Peggy know if you plan to come by **Tuesday,**
September 29 at peggyallegretto@gmail.com

WALKING GROUP



ARAS is adding a Walking Group to its list of activities. Walks will be weekly on Tuesday afternoons starting at 1:30 pm. The first walk will be on **Tuesday, October 13**. Walkers will meet at the first parking lot (on the left) after the turn-off from 122/119 Street (Rainbow Valley Road just south of the Whitemud Freeway).

Everyone is welcome. Differing levels of fitness will be accommodated. The group will decide on the distance and pace (or paces) of the walk, with location of the next walk decided by the group. If you would like more information, please contact Ken Roy or Linda Ogilvie at Linda.Ogilvie@ualberta.ca or kroy@ualberta.ca. The location for the first walk is attached as a link for your convenience

<https://maps.app.goo.gl/r8kEy1xp8vHjPayH8> .

Referendum ballots

Here's the link to get a mail-in ballot for the referendum:

https://www.elections.ab.ca/?utm_source=substack&utm_medium=email

A mail-in ballot allows you to vote without standing in line and facing the possible turmoil on voting day, October 19. Since there

are nine referendum questions, voting in person could be a nightmare.

NOTE THAT the mail in ballot must be mailed in by **October 16** at the latest.

CURAC

(College and University Retiree Associations of Canada)

Discounts for CURAC Members,

As a member of the CURAC, our members can take advantage of the offers negotiated with their affinity partners. These services include discounts on insurance (car, home, travel, and extended health insurance) , health (eye glasses, hearing aids), and travel (guided tours, cruises, solo travel, etc.).

In addition to affinity sponsors providing financial support for the annual national conferences, when you purchase services from most of them, both CURAC and MURA receive small commissions.

[View complete information about these savings available to you!](#)

Collette July Travel Offers for CURAC Members

Please find attached current offers from Collette, a long-time CURAC affinity partner. Please note that some offers are available only until July 31, 2026.

Professors Emeriti Network

Zoom meeting on **Wednesday, September 16, 2026**, 17:00 – 19:00 CET:

Topic: *Retired professors use artificial intelligence (AI) tools.*

Sharing best practices.

Here is a link to detailed list of the speakers: [Emeriti Meeting 15.09.2026 Program Speakers](#) .

You should register at Joze.Gricar@UM.si as soon as possible.

Registered participants will receive a link to the meeting. The *Registered Participants List* will be posted after the meeting

Topic of Interest

Here is some information about 'local' book festivals this fall to our ARAS members.

Edmonton – non-fiction Litfest, **Oct 14-18:**

<https://litfestalberta.org/events/>

St Albert - STARFest (St. Albert Readers Festival) **Oct 16-29,**

<https://www.starfest.ca/>

Calgary - Wordfest, **Oct. 13-18, 2026,**

<https://wordfest.com/festival/imaginairium/>

McMaster University Optimal Aging Portal Article

[Your brain, your move: what the research says you can do to lower dementia risk](#)

[Key factors to aging well](#)

[Don't ignore the signs: Supporting men's mental health as we age](#)

Please note that if you are planning to park under the University Terrace building you may now need the HONK app.

OFFICE ASSISTANT

Damdini will be in the office Mondays from 2-5 pm.

If you wish to unsubscribe from our mailing list, please reply to emirhse@ualberta.ca with "UNSUBSCRIBE" in the subject line. Thank you!