

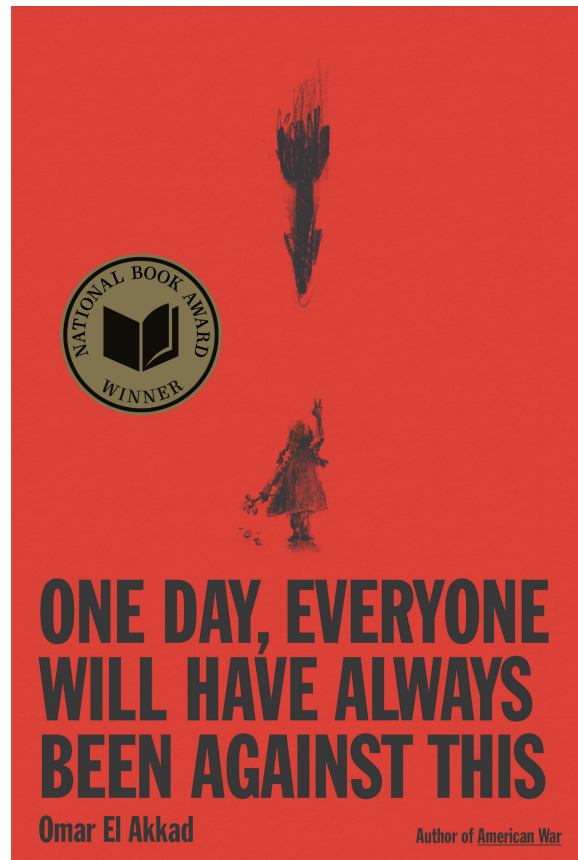
ARAS Weekly Newsletter

Association of Retired Academic Staff



April 07th, 2026

BOOK CLUB



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Members may participate either in-person or online. Cherie Koenig will send a Zoom link beforehand for those wishing to join virtually. If you wish to join the group, please contact Vivien Bosley at vbosley@ualberta.ca . Please note that University Terrace is locked but there will be someone to meet you at the door when you arrive.

TRAVEL GROUP



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CURAC

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<https://www.arohe.org/page-1827074>

York University

Social Media and the Democratic Crisis in North America

Wednesday, **April 8** | 12 p.m. ET [Register now](#)

Dance Offers New Hope for Understanding Parkinson's Disease

Wednesday, **April 22** | 12 p.m. ET [Register now](#)

Professors Emeriti Network

Zoom meeting on Wednesday, **April 15, 2026**, 17:00 – 19:00 CET
(10:00 AM Central Time, US and Canada)

Retention of University Email Accounts for Retired Professors

Chair

Dr. Michelle Porter, Professor. Faculty of Kinesiology and Recreation Management, University of Manitoba, Canada. Director of the Centre on Aging. Co-lead, North American Region for the

Age-friendly University Global Network,
Michelle.Porter@UManitoba.ca

Discussants:

Dr. Eric Hockert, University of Minnesota Retirees Association (Past President FY24). Association of Retirement Organizations in Higher Education – AROHE (President), United States. Big Ten Retirees Association (BTRA) 2026 Conference Planning Group Chair. University Retirees Volunteer Center (Past Board Chair), Office for Technology Commercialization (Retired),
EHockert@Alumni.UMN.edu

Other discussants to be indicated.

Please register at Joze.Gricar@UM.si. The registered meeting participants will receive a link to the meeting.

McMaster University Public Health Article

[Effects of different non-pharmacological interventions on executive function in healthy older people: A systematic review and network meta-analysis](#)

21st Annual University of Toronto Senior College Symposium

April 15, 2026 9am-4pm Eastern Time by Zoom or at U of T Faculty Club, 41 Willcocks

Canada is facing challenges to its economy, governance, and sense of identity. We need to make urgent choices of direction to survive

as a country in which we can take pride. While the most obvious threats are external, we also need to recognize strengths and weaknesses inherent in institutions we think of as distinctly Canadian. Our eminent speakers will help us explore and discuss where we are now and where we can go in the future.

- To join speakers and colleagues at the faculty club, Register at <https://uoft.me/21st-annual-attendance-symposium-85>. Early registration \$85 until noon on Mon. April 6, then \$100 until noon on Mon. April 13 (refreshments, lunch, post-event reception included).
- To participate by Zoom, Register at <https://uoft.me/zoom-symp-25>. Registration \$25; you will be able to upgrade later to in-person if you wish.

Bob Rae, Distinguished Fellow, Munk School; Visitor, Massey College; Former Permanent Representative of Canada to the United Nations. “Some Thoughts on a World Turned Upside Down”

Dimitry Anastakis, U of T Wilson-Currie Chair in Canadian Business History, Department of History and Rotman School of Management. “What Now? The Auto Sector as a Nexus of Canada-US Relations—Past, Present, Future”

Dan Breznitz, University Professor, Munk School Chair of Innovation Studies; Political Science. “Innovation and Prosperity for Canadians in a Troubled Global World”

Danyaal Raza, St. Michael's Hospital and U of T Faculty of Medicine. "The Elephant in the Room: Funding, Taxes and Better Medicare"

Tony Keller, Globe and Mail columnist and author of *Borderline Chaos* (2025). "How Canada Got Immigration Right and Then Wrong, and How to Get It Right Again"

David Milne, Professor Emeritus of Political Science, University of Prince Edward Island; University of Malta. Rapporteur and Commentator on the Symposium.

Humanities and Social Sciences

Big Thinking Summit 2026: Inflection Point

June 9 to 11, Edmonton Convention Centre, Edmonton, Alberta

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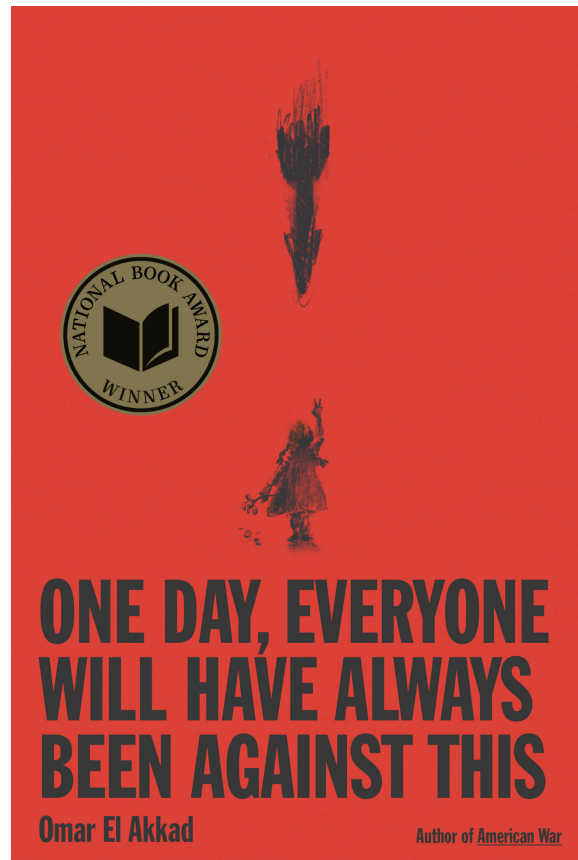
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Dance Offers New Hope for Understanding Parkinson's Disease

Wednesday, **April 22** | 12 p.m. ET [Register now](#)

AROHE Event

Time Well Spent: Shaping Your Days with Intention

When: Wednesday, **April 22, 2026** 3:00 PM, EDT

Where: Virtual*

[Register](#)

CURAC Event

The Wildlife of Northern Borneo by Mount Royal University Faculty Retirees Association, Calgary, Alberta

2:30 – 4:00 pm Mountain Time, **Thursday, April 23, 2026**

In-person: Room 1, Faculty Centre, Mount Royal University, Calgary

Online: Link to be posted on CURAC's Event Calendar
(https://curac.ca/en/home#events_calendar)

McMaster University

Walking your way to better health with Dr. Marla Beauchamp

Wednesday, April 29th 2026 at 7:00 PM EDT

Online

[Register now!](#)

Humanities and Social Sciences

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A TALK THAT MIGHT BE OF INTEREST



Join in person on **May 1** for an exciting talk with Danish-Canadian urbanist Mikael Colville-Andersen at the University of Alberta. Students can use the code [STUDENT2026](#) for half-price tickets. (Non-student tickets available [here](#).)

In this keynote, Mikael Colville-Andersen draws on his urbanist observations about pandemic response and from living and

volunteering in Ukraine during the full-scale invasion to explore what cities reveal about themselves when systems fail. When the power goes out, when supply chains fracture, when missiles fly, it is not the smart dashboard that keeps a city running — it is the sidewalk, the bicycle, the local food network, the neighbour who knows your name.

Blending global observations from COVID-19 with front line dispatches from wartime Ukraine, this talk examines how urban life contracts, adapts and rebuilds under pressure. It challenges our reflex toward techno-optimism and argues that true resilience lies in human-scale design, walkability, proximity, and low-tech infrastructure that cannot crash or be hacked.

As the climate crisis accelerates, prevention alone is no longer enough. The urgent question is how we mitigate its impact on daily urban life. This keynote offers a clear, provocative framework for future-proofing our cities — not through complexity, but through fundamentals.

This event is delivered in partnership with the University of Alberta Sustainability Council. To support this and other programming like it, [donate here](#).

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AROHE(Association of Retirement Organizations in Higher Education)

AROHE members are encouraged to submit stories that reflect activities, news, and events from their retirement organization and campus, highlighting the value retirees bring to their colleges and universities.

The May issue of AROHE Matters will focus on one of the themes for the fall in-person conference -- The Joy of Connection: Wellness, Wisdom, Wonder -- October 6–8, 2026, in Gainesville, Florida, home of the University of Florida: Wellness. Share what your organization does or what you do in collaboration with others to help

retired staff and faculty understand best health and wellness practices and how best to enable those practices in their lives. Articles are limited to 250 words. A relevant picture (jpeg or png) and web links are valued additions to any article.

Share your story for the May issue of AROHE Matters **by Friday, April 30, 2026**, to Patrick Cullinane, editor, at pcullinane@berkeley.edu.

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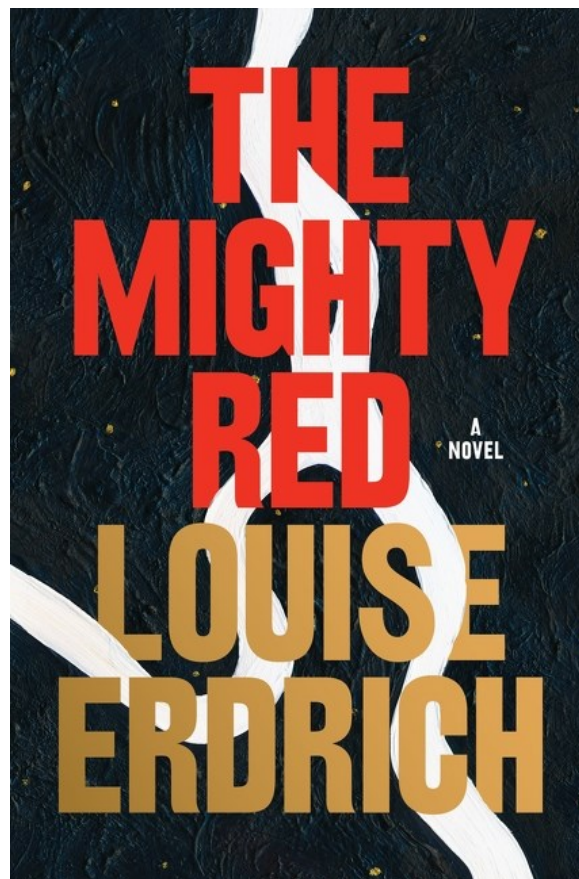
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CURRENT AFFAIRS SALON

Due to the organizer being indisposed, the May meeting of the Current Affairs Salon has been **cancelled**. Hopefully the June meeting will go ahead as scheduled.

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University of Calgary Retirees Association

May 13, 2026 at 2pm MT/ 1pmPT/ 4pm Eastern Time

Dr. Ed Pajor. Ph.D, Professor Animal Behaviour and Welfare and Director, W.A. Ranches

Improving animal welfare: Behind the scenes at the Calgary Stampede

Register for this free online session at:

<https://events.ucalgary.ca/event/497337-improving-animal-welfare-behind-the-scenes-at-the-cal>

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