

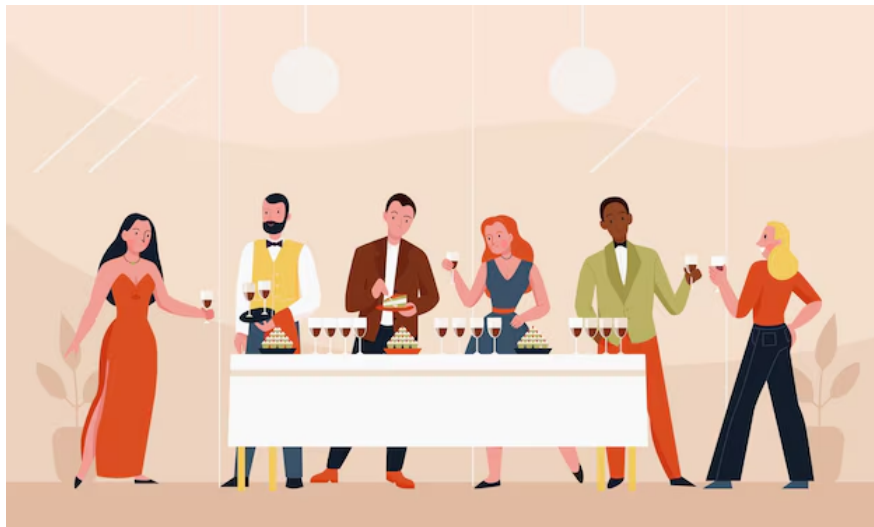
ARAS Weekly Newsletter

Association of Retired Academic Staff



August 05th, 2026

SAVE THE DATE!



Please mark your calendar for an ARAS social event to be held from 4 to 6 pm on **Thursday, September 17**. It is an opportunity to socialize and to welcome new members. This event will be indoors

on campus and replaces the annual picnic. Details to follow in August.

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](#)

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!