

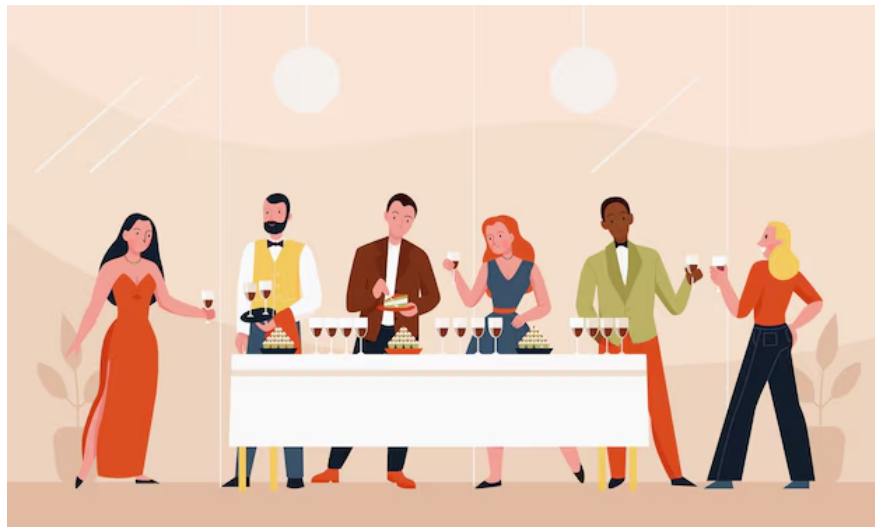
ARAS Weekly Newsletter

Association of Retired Academic Staff



July 06th, 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

McMaster University Optimal Aging Portal Article

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

[UBC Emeritus College Newsletter| Spring 2026](#)

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!

ARAS Weekly Newsletter

Association of Retired Academic Staff



July 13th, 2026

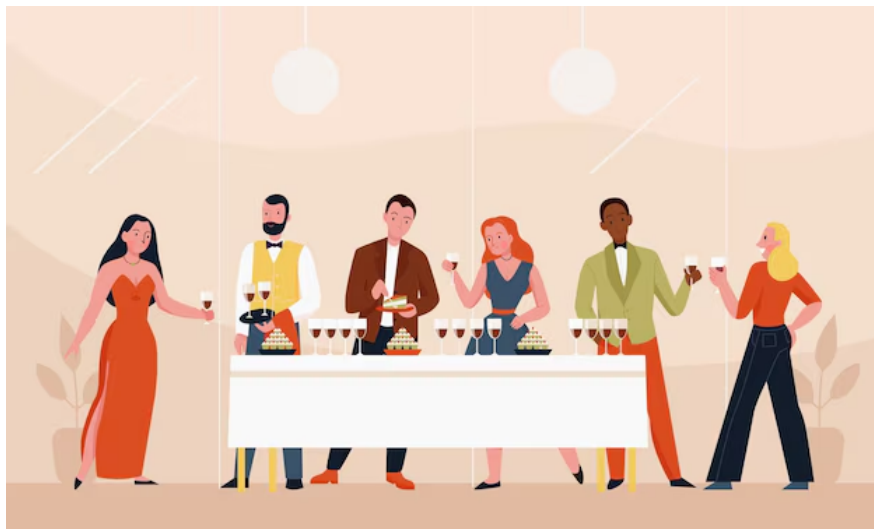
DINING OUT



Peggy is happy to be reporting in again after missing June. For July Peggy has made a reservation for us at Cafe Bicyclette . Thursday was not available so Peggy moved the date to **Wednesday, July**

29. The address of the restaurant is 8627 Rue Marie-Anne Gaboury (91 St NW). Parking is free in an attached parkade. The parkade has two levels, the lower one is reserved until 6:00 pm but after that is open for our use. The upper level has an elevator for ease of accessibility. Please let Peggy know if you plan to come by **Monday, July 27** at peggyvallegretto@gmail.com. Peggy looks forward to seeing you there.

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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!](#)

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July 20th, 2026

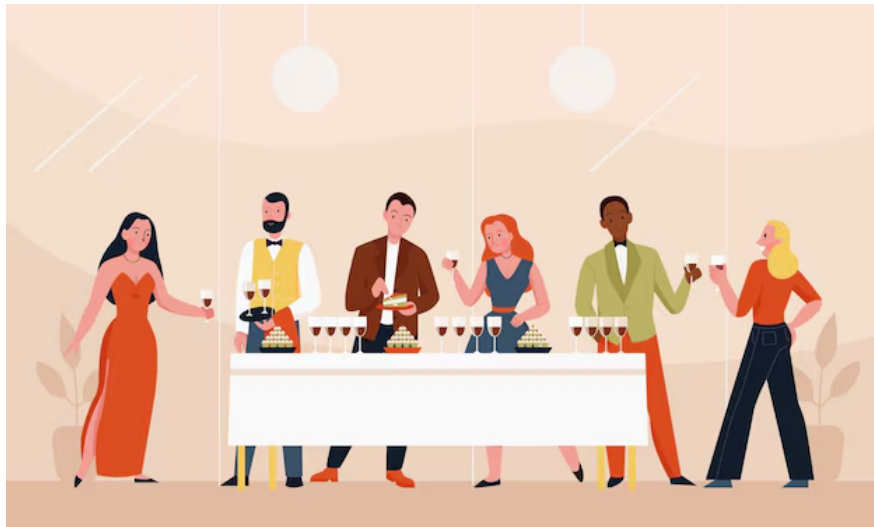
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Collette July Travel Offers for CURAC Members

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.

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](#)

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