

ARAS Weekly Newsletter

Association of Retired Academic Staff



August 15, 2023

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon takes place at **2:00pm on Thursday, August 17th** dealing with the topic of the threat to democracies around the world. The meeting will be held “in person” in the Party Room at Riverwind (10721 Saskatchewan Drive) which is the residence of the organizer, Gordon Rostoker. There is plenty of free parking in the guest parking lot behind Riverwind. Coffee, tea, and cookies will be provided.

After the normal discussion of the chosen topic, we will make some decisions regarding the choice of *in person* vs Zoom sessions and develop a list of preferred topics for the future from the members present. All those who have indicated that they will attend have been sent instructions about how to get to Riverwind. If there is anyone who hasn't indicated they will

come, but wishes to do so please inform us at emirhse@ualberta.ca.

WEBINAR OF INTEREST

Are You Living Your Best Retirement Life?

**Wednesday, September 13, 2023, 3pm to 4pm Eastern Time
(4pm to 5pm Atlantic Time)**

In this webinar session, you will:

1. Consider key domains of life that are important for a healthy, fulfilled life in retirement;
2. Assess your level of success in relation to each of these important life domains;
3. Hear advice from researchers and other retirees about strategies to live your best life in retirement;
4. Learn of opportunities for in-depth lifestyle planning during retirement.

The speakers are **Dr. Sue Hutchinson**, Adjunct Professor, Recreation and Leisure Studies, School of Health and Human Performance, and **Susan Holmes**, Adjunct Professor, Faculty of Arts and Social Sciences, Dalhousie University, Halifax, Nova Scotia.

To Register for this free Zoom session, go to:

https://www.retiredyou.com/service-page/introductory-workshop-for-curac-members?referral=service_list_widget

or for Further Information, contact Dr. Sue Hutchinson at

theretiredyou@gmail.com

UPCOMING BIRTHDAY

The ARAS wishes a very happy birthday to Noreen Willows on August 20th! May this special day be filled with joy, laughter, and cherished moments.

Happy Birthday, Noreen!

OFFICE ASSISTANT

David will be at the office from 3-6pm next Tuesday.

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