

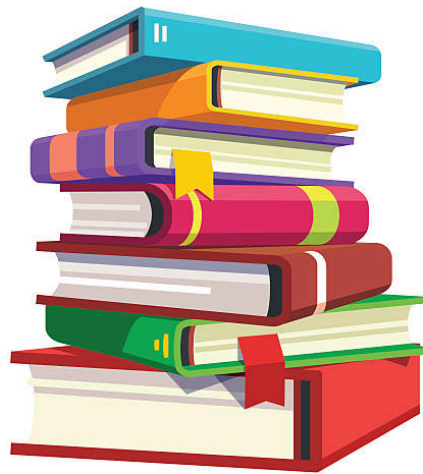
ARAS Weekly Newsletter

Association of Retired Academic Staff



March 10th, 2025

BOOK CLUB



The next meeting of the Book Club takes place on **Wednesday,**
March 19th at 2:30 pm in Room 1-46 of University Terrace (8303)

112 Street). The discussion of *The Master and Margarita* by Mikhail Bulgakov will be led by Rob Normey. 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 vbosley@ualberta.ca

Please note that University Terrace is locked but there will be someone to meet you at the door when you arrive.

CURAC

Information from **Association of Retirement Organizations in Higher Education (AROHE)**;

We're thrilled to invite you to an exclusive [preview session for the highly anticipated AROHE Reimagining Retirement: Holistic Cognitive Health series!](#) This is your opportunity to learn how to

publicize these events effectively and ask questions about making the most of them for your members.

During the session, we'll:

- ✔ Provide tools to help you promote the Reimagining Retirement series and the virtual conference to your members.
- ✔ Give a Look inside the Reimagining Retirement lineup, including expert speakers and enriching sessions.
- ✔ Offer tips on how to engage with these events for maximum impact.
- ✔ Answer your questions and help you connect with the AROHE community.

About the Reimagining Retirement Series:

The Reimagining Retirement: Holistic Cognitive Health series is a three-part virtual learning experience hosted by AROHE and Fidelity Investments. Designed for faculty and staff in higher education contemplating or enjoying retirement, this series will help clarify your goals and empower you to embrace life's next chapter.

Session 2: Navigating Change – Strategies for Transitional Times

- Speakers: Dr. E. Ayn Welleford and Dr. Katie Gilstrap, Virginia Commonwealth University
- Date/Time: **March 11, 2025**, 10 AM PST | 1 PM EST
- Learn evidence-based strategies for thriving during life transitions, leveraging skills, and fostering resilience.

Session 3: Personal Stories – Tips from Retirees on Managing Cognitive Health

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- Moderator: Gigi Amateau, Ph.D., VCU Department of Gerontology
 - Date/Time: **March 25**, 2025, 10 AM PST | 1 PM EST
 - Gain inspiration and actionable tips through retired professionals' personal stories and lived experiences.

We can't wait to see you there and work together to make these events a resounding success!

Lifelong Learning Presentation:

March 12, 2025, 12 noon MT / 2pm ET: Invitation to free Webinar session, Nutrition is the Foundation of Our Brain and Mental Health by Professor Emerita, Dr. Bonnie Kaplan

<https://ucalgary.zoom.us/meeting/register/srcfejAnRnSgf5pNIO4IT>
[Q#/registration](#)

OFFICE ASSISTANT

Damdini will be in the office Monday 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!