

# ARAS Weekly Newsletter

Association of Retired Academic Staff



**August 7, 2023**

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## **CURRENT AFFAIRS SALON**

We are now in the summer season when the Current Affairs Salon usually breaks until the Fall. We have noted that there are several new members of the Association this year, a number of whom have indicated an interest in the Salon. However, we have not seen many of them appear in the Zoom meetings we have had thus far in the year. It may be that some members are not familiar with the Zoom “routine” or would rather the sessions be in person.

To look further into this, we have decided to have a regular meeting 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

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sessions and develop a list of preferred topics for the future from the members present. So far 6 members have indicated an interest to attend but there is room for more!

We would like to know how many of you plan to attend so we can be prepared. You can inform us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca) at your convenience.

[Details of how to get to Riverwind will be provided next week to all members who have indicated an interest to attend.]

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## **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.
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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](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](mailto:theretiredyou@gmail.com)

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## OFFICE ASSISTANT

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

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