

ARAS Weekly Newsletter

Association of Retired Academic Staff



November 04th, 2024

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place at 2.00pm on **Thursday, November 7th** via Zoom. The topic, not surprisingly, will be the US Election. There will be no leader of this discussion. It will be a free for all! The Zoom coordinates for this meeting are

<https://www.google.com/url?q=https://us02web.zoom.us/j/83008835534?pwd%3DaKONPxDaAeyyCLw9KTUnzqlRf365Z.1&sa=D&source=calendar&ust=1725128127281059&usq=AOvVaw0SA43VvoZmdPDf17N6IQL9>

Meeting ID: 830 0883 5534

Passcode: qn35hU4h



DINING OUT

This month the last Thursday falls on Halloween night so Peggy has made our reservation for the following **Thursday, November 7**. The restaurant is called **Homefire Grill** and is situated at 18210 100 Ave. NW. The booking is for 6:30 as usual. The menu has some indigenous influences which some of you may enjoy

exploring. Parking is free and right in front of the restaurant.

Please let me know at peggyallegretto@gmail.com if you plan to come by Tuesday, November 5. Peggy will look forward to seeing you there.

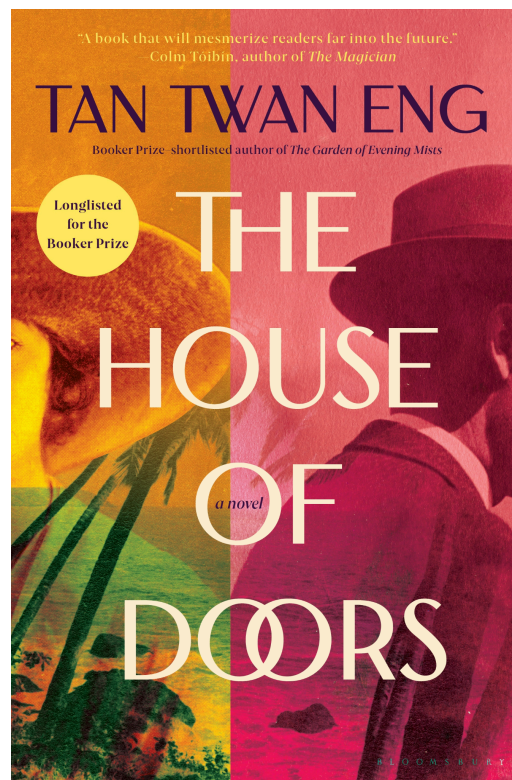


BOOK CLUB

The next meeting of the Book Club takes place on Wednesday, **November 20th at 2:30 pm** in Room 1-46 of University Terrace (8303 112 Street). The discussion of *The House of Doors* by Tan

Twan Eng will be led by Richard Young. Members may participate either in-person or online. Beverly 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



LUNCH WITH...



The next Lunch with... will take place on Wednesday,

November 27, at **11:30 am** in Rm 1-38, University Terrace.

The speaker on this occasion will be Dr. Florence Glanfield, Vice-Provost (Indigenous Programming and Research) at the University of Alberta. Her topic will be: *Braiding Past, Present and Future: One of the University of Alberta's Responses to Canada's Truth and Reconciliation Commission's Calls to*

Action. The Indigenous-led project, Braiding Past, Present and Future, was launched in June 2022 and endorsed unanimously by General Faculties Council and the Board of Governors. In her presentation, Dr. Glanfield will highlight the University of Alberta's core commitments through all activities in teaching, research, and engagement.

Please indicate that you would like to attend by sending an email to emirhse@ualberta.ca .

More information follows in the next Newsletter.

BLOGS OF INTEREST

You may be interested in the two blogs below coming out of McMaster University.

New Blog Posts: Our Blog Posts are written by trusted experts **to inform and inspire healthy aging.** We use scientific evidence to provide credible insights on hot topics and prevalent conditions related to seniors' health.

[Mental health and heart disease: Can psychological therapies help?](#)

Getting to the heart of it! Psychological therapies can play a role in improving the mental health of people living with heart disease

New Hitting the Headlines: When aging topics hit the headlines, we bring you the best available related research evidence.

[Boost your defences and minimize your risk this cold and flu season](#)

As the leaves change colour and the air becomes crisper, autumn reminds us that cold and flu season is on the horizon. Staying healthy during this time is especially important for older adults, as our immune systems can weaken with age.

Micro-Learning Learn more and [sign up](#) for our email series on **dementia risk reduction, anxiety disorders, and depression.**

OFFICE ASSISTANT

Damdini will be in the office every Monday from 2-5pm.

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