



Newsletter AUGUST 2019

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### *IN THIS ISSUE*

What's New in AAH  
Events and Socials in August  
Aging Well Discussion  
Pictures  
Aging and Wellness  
Around Town This Summer

[www.aahfairbanks.org](http://www.aahfairbanks.org)

1424 Moore St., Fairbanks, AK 99701  
(907) 799-4026 [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)

### *NEWS*

#### ***SAVE THE DATES!!!***

**Boost Your Brain and Memory**, August 13, 20, 27, Sept 3

Tuesdays 3:15 - 5:30pm, 8 sessions in 4 days, at the Fairbanks Senior Center

**Free for AAH members, \$25 for AAH volunteers and \$50 for non-members.**

**RSVP REQUIRED! call 799-4026 or email: [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com)**

*More than just brain games: this is a scientific approach to memory health. Each session includes a video with follow-up exercises, memory tips, key concepts and more.*

#### ***LEARN PICKLEBALL***

There are several people still interested in learning pickleball, and since I LOVE it, I am offering to teach ANYONE who wants to learn. Email [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com) or call me at 799-4026, and we can set up a time to meet. Joy Clein

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## *Events and Socials in August for Members*

- **Tuesday, August 6**, Aging Well Discussion: Grab Bar Clinic ABC's
- **Friday, August 9**, Happy Hour: Home of Jean James, Directions in separate email
- **Tuesday, August 13, 20, 27, Sept 3**, Boost Your Brain (see above)
- **Tuesday, August 27**, AAH! Fieldtrip, TBA
- **Tuesday, August 27**, AAH! Lunch, TBA

Interested in any of these events, check out our [membership page](#) or give me a call at 799-4026 to become a member.

Details will be emailed to members and are available on the [>>AAH Calendar](#)

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### *Aging Well Discussion for Tuesday, August 6, 3:30 pm: Grab bar clinic ABCs = A (walls) + B (fasteners) + C (grab bars)*

Join Karla Zervos from Helping Hands, as she talks to us about grab bars. Various topics will be discussed and questions answered.

Aging Well discussions are held at the Fairbanks Senior Center.

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## *Pictures from Past Events*

### **AAH! Fieldtrip, Central Recycling Facility, July 22nd**



## Aging Well Discussion

The Joy of Cognitive Thinking  
with Dr. Nicholas Deely.

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### *Aging and Wellness*

#### **Aging in Place: Growing Older at Home**

You may share the often-heard wish—"I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place."

More info: [Click here](#)



#### **Memory Problems Might be Linked to Hearing Loss**

Older people with hearing loss have a higher likelihood of experiencing memory loss, reduced social activity and higher psychological distress than others, according to a recent study

For more info: [Click here](#)

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### *Around Town in August*

**August 9 and 10, Friday and Saturday**

8:30am to 2:00pm

**Fairbanks Senior Center Garage Sale**

Come and see what they have for sale



**August 9 - 18**

Alaska International Senior Games.

For more information: [click here](#)

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**OLLI Fall Registration August 21st**

Lots of great classes available..

For more information: [Click here](#)



at  
University of Alaska Fairbanks

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**Aging at Home Fairbanks**

1424 Moore St.  
Fairbanks, AK 99701  
(907)799-4026

aahfairbanks@gmail.com    www.aahfairbanks.org

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