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## Newsletter DECEMBER 2020

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### *NEWS*

#### **Winter is Here**

And what a start to winter. Cold, freezing rain, snow, ice. We are working to continue to offer interesting Zoom events several times a month. We also want to remind our members that we are available to help with setting up Zoom on your device so that you can participate in our events.

Remember to call 799-4026 if there is anything we can do for you.

Remember to stay safe and wear your mask.

Joy Clein, Program Director

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#### *Events and Socials for Members via Zoom*

- **Fri, Dec. 4, 11, 18**, Tai Chi for Health
- **Tues, Dec. 8, 15, 22**, AAH Cook's Challenge
- **Mon, Dec. 14**, Good Reads Group
- **Wed, Dec. 9**, 5th Anniversary Meeting and Celebration
- **Tues, Dec. 15**, Advanced Health Care Planning Education

If you have an idea for an event, please call or email me with your idea. Thanks, Joy

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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### *5th Anniversary Celebration*



December 9th at 4pm we will be celebrating our 5th Anniversary via Zoom. If you'd like to participate with us, email me at [aahfairbanks@gmail.com](mailto:aahfairbanks@gmail.com), and we will send you the Zoom link a few days before the event

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### *Vendors - Paid Service Providers*

Thanks to several new recommendations, we now have several new vendors in our database. Let me know if you have any more recommendations or if you need help finding a vendor. Thanks, Joy.

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### *Past Events and New ZIGS*

Last month, Michelle Proper from the Noel Wien Library shared with us a talk on Library eMaterials. [Click here](#) to watch the video.



### **ZIG: Zoom Interest Groups**

#### **Tai Chi for Health, Fridays, 10am**

***Come get some exercise and learn something new.***

#### **AAH Cook's Challenge, Tuesdays, 11am**

***Join us for the first "AAH Cook's Challenge".***

***We can talk about food, cooking, and all that tasty stuff. The first challenge will be to make a dish using a list of ingredients provided by the two AAHers who cooked up this game. :-)***

## *Aging and Wellness*

### **AARP HomeFit Guide**

Smart ways to make a home comfortable, safe and a great fit for older adults — and people of all ages.

For more information: [click here](#)

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### **Tracking your close contacts**

We hear a lot of talk about “close contacts,” but what does that mean? You are a close contact if you were within 6 feet of an infected person for at least 15 minutes any time during the two days before they either started showing symptoms or tested positive and went into isolation.

For more information: [click here](#)

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### **Online Jigsaw Puzzles**

Do you like to do jigsaw puzzles, but don't have enough room. Check out the site below for some online fun.

To check out the puzzles: [click here](#)

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## *Around Town this Fall*

### **The University of Alaska Fairbanks Cooperative Extension Service will host a free, distance-delivered series on food security.**

Agents and staff from around the state will lead one-hour classes by Zoom at 6 p.m. Tuesdays, through Dec. 22. **Participants may register once and attend any or all of the classes.**

Topics will include:

- Gardening and food security, Dec. 8
- Smart grocery shopping, Dec. 15
- Home food preservation overview, Dec. 22

**Registration and more class details are available at:**

<http://bit.ly/AKFoodSecurity2020>

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### **DO YOU WANT BOOKS DELIVERED TO YOUR HOUSE?**

Do you enjoy reading? How about listening to books on CD, or catching up with your favorite TV shows or movies? The **FNSB Libraries Bookmobile and Outreach Service** would like to help YOU to access the **Noel Wien Library's** full collection during this pandemic. Our home delivery program exists to serve older or disabled individuals who have a difficult time accessing the library's resources, for ANY reason. The way that our service works is simple: once per month we deliver items to your doorstep, picking up last month's returns at the same time. We can get to know your tastes and bring a selection of items, or we can bring you items that you have specifically requested. And all that you need to sign up for this free service is an FNSB library card. Don't have a card?

Give us a call at our office and we would love to help you sign up over the phone. We look forward to meeting you!

Contact Karen and Littie at the Bookmobile office at:  
**459-1031** or [bookmobile@fnsb.gov](mailto:bookmobile@fnsb.gov)

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**Aging at Home Fairbanks**

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