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## Newsletter JULY 2018

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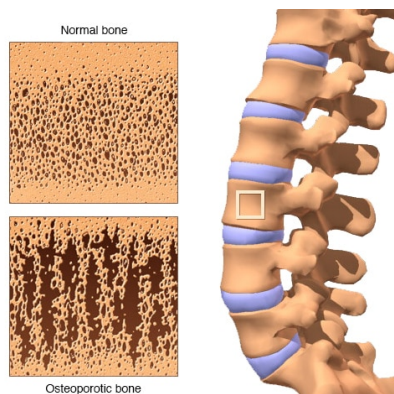
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### *Aging and Wellness*

**Did you know Medicare can help you prevent or detect osteoporosis at an early stage, when treatment works best?**

Medicare Part B covers this test once every 24 months for people who meet the criteria. Check here for more details: [Click here.](#)

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## Working later in life can pay off in more than just income.

Benefits such as mental stimulation and social engagement are associated with staying off chronic disease. For information read here: [Click here](#)

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### *Volunteers*

A big thank you to all our volunteers. Ten service requests have been completed by 8 different volunteers in the past 3 months.



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### *Aging Well Discussion for Tuesday, July 17, 3:30 pm: Laughter 'Yoga'*

Join **Mike Bork** for an uplifting, energizing, and stress-busting session of **Laughter (Hasya) Yoga**. This type of yoga is not like other yoga you may have seen before - we gather in a group, make eye contact, and laugh & play as an exercise, without using humor or jokes. We combine this laughing with deep yogic deep breathing and guided visualization and relaxation techniques to produce an experience you can only experience to believe! Come check it out! No equipment or previous knowledge of yoga needed. Just the willingness to unconditionally laugh! I hope to see you there!

Aging Well discussions are held at the Fairbanks Senior Center on the third Tuesday of the month, and are open to the public.

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### *Events and Socials for Members in July*

- **Friday, July 13, 3:30 pm:** Happy Hour at the House of Gayle Pierce
- **Tuesday, July 17, 3:30 pm:** Aging Well Discussion (Public welcome)
- **Tuesday, July 24, 10 am:** Guided Walk Historic Downtown Fairbanks
- **Tuesday, July 24, 11:30 am:** Aah! Lunch at Gambardella's

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

### *Upcoming Events in July*

Have you ever been to the Palace Theatre in Pioneer Park? Do you want to see the '[Golden Heart Review](#)' with friends? Folks from AAH Fairbanks and their friends are planning on going on July 18th, the show starts at 6:45, but you need to be there at 6:15pm. [CALL 452-7274 to make reservations!](#) Cost is \$20, payable at the door (cash or credit card accepted). Details have been emailed to members.

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### *Pictures from June Events*

We gathered at Tanana Lakes to drink root beer floats and enjoy the sunshine.



Tech Tuesday



Happy Hour at Pike's



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Over 30 people gathered for the Aging Well Discussion



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### *Around Town This Summer*

#### **At the Senior Center**

July 21 Garage sale, 8:30am - 2:30pm

July 28, Open House, 11:00am-3:00pm, food, live music, \$20

For details, go to [Fairbanks Senior Center](#)

#### **Summer Sessions at UAF**

Enjoy free lectures and concerts this summer

- **Mondays:** Down Memory Lane
- **Tuesdays:** Healthy Living Lecture Series
- **Wednesdays:** Discovery Alaska Lecture Series
- **Thursdays:** Music in the Garden



For details, go to [UAF Summer Sessions Events](#)



### July 15 - 29, 2018, in Fairbanks

Registration is open now, with many, various events and classes. For more information visit the website: <https://www.fsaf.org/>

### July 16 - 21, 2018, in Fairbanks

Golden Days is just around the corner. For more information visit the website:

<http://www.fairbankschamber.org/golden-days>



### August 10 - 19, 2018, in Fairbanks

Registration is open now, with **early bird discount until July 15**. Among the 21 sport events are bowling, cycling, golf, horseshoes, pickleball, swimming, track and field. For more information visit the website:

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

### Aging at Home Fairbanks

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