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Newsletter AUGUST 2018

IN THIS ISSUE

Aging and Wellness

Volunteers

Aging Well Discussion: Moving with Purpose with Ashley Swibold

Events and Socials in August

Pictures from July Events

Around Town This Summer

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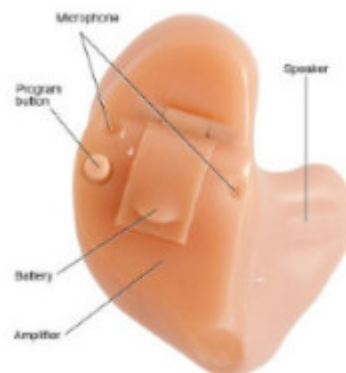
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Aging and Wellness

Hearing Aids: How To Choose the Right One

Hearing loss is the third most common chronic condition among older Americans, affecting more than 48 million people. Yet more than 85 percent of people who could benefit from using a hearing aid do not actually use them. **For more information:**

[Click here.](#)





Pickleball: The Hottest Sport for Baby Boomers

A growing number of people, including seniors, have started playing pickleball, a sport that combines tennis, badminton and ping-pong. It is played using paddles and a plastic ball with holes, on either an indoor or outdoor court the size of a badminton court. **For information:**

[Click here](#)

Volunteers

"Paying It Forward" - Members Who Volunteer

AAH Fairbanks has a wonderful group of volunteers who help members with minor household repairs, computer help, and transportation. The group includes many community volunteers whose services are indispensable (and much appreciated!), but it also includes many current members of AAH. These members enjoy a sense of community by helping other members, and they like the opportunity to "pay it forward" while they are able. (We know that life happens, and we don't know when we might be the ones needing help).

Offer from our volunteering members: We may not be able to help with the more physical tasks, but we would love to get to know you with things like rides to events, grocery trips, walks, companionship, weekly phone calls, Just contact the office, and we can set that up for you.

Aging Well Discussion for Tuesday, August 21, 3:30 pm: Moving with Purpose

Join **Ashley Swibold** for an experience in **Moving with Purpose**. Moving with Purpose is a fun, music-filled class tailored for individuals who wish to increase or maintain mobility. Some would call it a cross between yoga, dance, and physical therapy. This is a joyful, musical experience, with a warm welcoming environment. This class is designed for rehabilitation of dexterity and range of motion, as well as balance. Music does AMAZING things for brain-to-body connection, so come and join us and Move .. with Purpose!

Ashley believes in people, and the impact we all have on our community. Ashley married the love of her life last year and together they launched a successful business in under 6 months. She also teaches dance, and even went to specialized training in California with "Dance for PD" to provide dance classes for people with MS and Parkinson's. She has now

created "Moving with Purpose" which offers free classes for individuals with mobility issues in the community.

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

Events and Socials for Members in August

- **Friday, August 10**, 3:30 pm: Happy Hour at the Home of Rheba and Joe Dupras
- **Tuesday, August 14**, 3:30 pm: Tech Tuesday: How to use the AAH Fairbanks website
- **Tuesday, August 21**, 3:30 pm: Aging Well Discussion (Public welcome)
- **Friday, August 24**, 10:00 am: **Introduction to Pickleball**
- **Tuesday, August 28**, 10:30 am: Tour of model railroad at train depot, with Clif Lando
- **Tuesday, August 28**, 11:30 am: Aah! Lunch at The Cookie Jar

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

SPECIAL EVENT

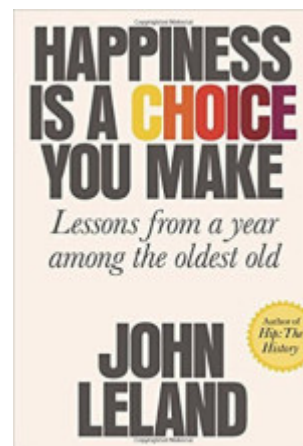
Come out to the **OUTDOOR PICKLEBALL COURTS AT THE BIG DIPPER**, in the hockey rink, on Friday August 24th at 10am and **learn how to play**. Paddles and balls provided, be sure to wear comfortable clothes and shoes.

Upcoming Event/Discussion in September

Happiness in Old Age: Is It a Choice?

Enjoy a good summer read - and be ready for a discussion in September.

At our Aging Well discussion on **Tuesday, September 18**, we will be discussing the 2018 best-seller *Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old*, written by John Leland, a reporter for the New York Times.



The book is available at the Noel Wien Library. Prof. Jen Peterson, UAF Psychology Department will lead the discussion. **Aging Well discussions are open to the public.**

Pictures from July Events

Happy Hour at the home of Gayle Pierce



Laughter Yoga at the Aging Well Discussion



AAH Lunch at Gambardella's



Around Town This Summer

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](#)



August 3 - 11, 2018, in Fairbanks

Ticket sales are open now, there are various activities, events and performances. For more information visit the website:

<http://www.tananaValleyfair.org/>

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



at
University of Alaska Fairbanks

August 22, 2018.

Registration for OLLI classes. Search below now to see what is offered.

<https://www.uaf.edu/olli/classes-and-lectures/>

August 24 - 25, 2018, 8:30 am to 2:00 pm

Last GARAGE SALE of the summer, at the **Senior Center**. You can donate items by dropping them off any time before August 24th, Mon-Fri 8:00 - 4:30pm.





Sept 12, 2018, in Fairbanks
Senior & Caregiver Resource Fair.
More details to follow.

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