

[View this email in your browser](#)



Newsletter DECEMBER 2018

IN THIS ISSUE

Events and Socials in December
Aging Well Discussion: Vaccinations
Volunteers
Pictures from November Events and Annual Meeting
Aging and Wellness
Around Town This Winter

www.aahfairbanks.org

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

Events and Socials for Members in December

- **Wednesday, Dec 5**, 3:00-5:00pm Annual Meeting and Celebration for Members and Volunteers at Raven Landing
- **Tuesday, Dec. 18**, 3:30 pm: Aging Well Discussion (Public welcome): Vaccinations
- **Happy Hour and AAH! Lunch will resume in January 2019**

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

Aging Well Discussion for Tuesday, December 18, 3:30 pm:

Vaccinations

Join **Nurse Laura**, from the Fairbanks Public Health Clinic, who will talk with us about vaccinations, including what is recommended for the winter and more.

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

Volunteers

Volunteer calls in November were low, but we still have some active volunteers helping us. So thank you!

We had OVER 70 service requests filled this year and over 26 volunteers answered these calls. We have one volunteer who answered 10 service calls, numerous other answered 4-6 calls, while many answered 1-3. We want to thank ALL of our volunteers for their service this year.

Pictures from November Events

Aging Well Discussion, Essential Oils



Pictures from Annual Meeting and Celebration



Aging and Wellness



MyPlate for Older Adults

Similar to the Food Pyramid, this 'plate' focuses more on nutritional needs of older adults.

More info: [Click here](#) or [here](#).

Senior Scam Alerts

We hear about scams all the time. Read this article for information on various senior scams to be aware of.

For more information: [Click here](#)



lynda.com - Check it out!

Lynda.com is a service offering access to many videos and tutorials for learning and developing new skills. You need your FNSB library card number and PIN. Or go to the library for help.

More info: [Click here](#).

Around Town This Winter



Daily Dec 1 2018 - Jan 9 2019

Christmas in Ice

A winter ice park located next to Santa Claus House in North Pole. It features Christmas-themed ice art, slides, a maze, and more.

See link for prices and hours. [Click here](#) for more details.

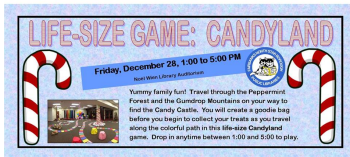
Dec. 14, 15, and 16

Fri and Sat, 7:30pm and Sunday 2pm

Riverfront Theater

Last weekend of the play "The Lion, the Witch and the Wardrobe."

For tickets and more information: [Click here](#).



Dec. 28, anytime 1:00 - 5:00pm

at Noel Wien Library Auditorium

Life-size Candyland Game

Looking for something fun to do with the grandkids? Travel through the Peppermint Forest and the Gumdrop Mountains to find the Candy Castle. For information: [click here](#)

Dec 31, 8:00pm

New Years Eve Sparktacular

Watch the fireworks launched from West Ridge, UAF. For information: [click here](#)



Aging at Home Fairbanks

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

aahfairbanks@gmail.com www.aahfairbanks.org

Want to change how you receive these emails?
You can [unsubscribe from this list](#)