



Newsletter JANUARY 2019

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Events and Socials for Members in January and early February

- **Friday, Jan. 11**, 4:00-5:00pm Happy Hour, **CANCELLED** due to weather
- **Tuesday, Jan. 15**, 3:30 pm: Aging Well Discussion (Public welcome):
Sleep Issues with Dr. Clay Triplehorn
- **Tuesday, Jan. 22**, 11:30am: AAH! Lunch, Hari Om Indian Cuisine,
PLEASE RSVP
- **Friday, Feb. 8**, 4:00-5:00pm Happy Hour, **Home of Brenda Birdsall**

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

Aging Well Discussion for Tuesday, Jan. 15, 3:30 pm: Sleep Issues

Join **Dr. Clay Triplehron**, as he talks with us about common sleep issues and what to do about them.

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

Note from Program Director

Hi all,

A couple of things:

First of all, most of you have probably seen our article in the Newsminer by Kris Capps (if not, click [here](#) to see it).

Second, have been fortunate to meet many of you over past 6 months, or at least speak with you over the phone. I just wanted to let you all know that I will be out of town from January 19th to March 10th. I will still be working remotely and Brenda Birdsall will be running things locally, so things will be running smoothly and pretty much the same.

I will still be answering emails, setting up members service requests, newsletters, and other various tasks. Brenda will have the phone and will be in the office in the Senior Center on Mondays and Thursdays from 10am to 12pm. So, if there is anything you need during that time, either email or call.

If you have any questions or concerns, please feel free to contact me.

Joy Clein, Program Director

Pictures from December Events

Aging Well Discussion, Vaccinations



More Pictures from Annual Meeting and Celebration



Around Town This Winter



OLLI Classes (Osher Life Long Learning)

It's that time of year again: OLLI registration. OLLI provides learning opportunities for seasoned adults (age 50+) in the Fairbanks area. Members explore academic and general interest courses in an atmosphere that is intellectually stimulating, but without the stress of tests and grades.

More info: [Click here](#)



Jan. 19, 11am - 2pm

Fairbanks Womens March

Ryan Middle School

It's time to March again.

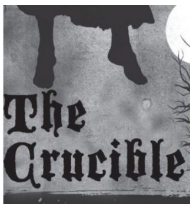
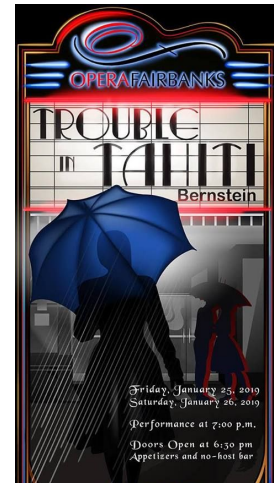
For more information: [click here](#)

Jan 25 and 26

Opera Fairbanks: Trouble in Tahiti by Leonard Bernstein

819 First Avenue

In honor of Leonard Bernstein's 100th Birthday, Opera Fairbanks presents his masterpiece *Trouble in Tahiti*. This candid glimpse of the life of a young married couple, accompanied by a unique blend of chamber orchestra and jazz trio is sure to delight. Two performances only, in English; performances include limited appetizers and no-host bar. Over 21 or accompanied by parent/legal guardian please! For tickets and more information: [click here](#).



Feb. 1-17th

Fairbanks Drama Association: The Crucible

This exciting drama about the Puritan purge of witchcraft in old Salem is both a gripping historical play and a timely parable of our contemporary society. The story focuses upon a young farmer, his wife, and a young servant girl who maliciously causes the wife's arrest for witchcraft.

For more information: [click here](#)

Feb. 2, The Yukon Quest starts in Whitehorse

This year the race starts in Whitehorse and runs 1000 miles to Fairbanks.

To learn more and 'meet the mushers': [click here](#)



Aging and Wellness Articles



Best Big and Small Cities for Successful Aging

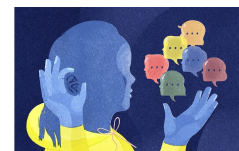
Check this out! Fairbanks is ranked number 10 in small cities.

More info: [Click here](#) and go to the end of article

Or [here](#) for a pdf of the whole report.

Hearing Loss Threatens Mind, Life and Limb

Have you been thinking about getting hearing aids?



Poor hearing is not just an inconvenience.

More info: [Click here](#)

Aging at Home Fairbanks

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