



ARTA Financial Wellness Webinar: Enhancing Retirement Sources (RRIFs and Annuities)

You spent your whole career putting money into your savings — whether that's something like an RRSP or a Defined Contribution pension. But at some point, you'll want to start making use of that money.

Join Capital Planning on November 29 at 1 p.m. for a walkthrough of how to responsibly start taking money out of your savings, including the two main options – RRIFs and guaranteed products such as Annuities. Find out how the flexibility vs. guarantee balance works, and come away with some strategies to decide which route (or combination of routes) works best for you.

Click below to register in advance for this webinar!

REGISTER TODAY!



Experiencing a Medical Emergency While Travelling

ARTA's Emergency Travel Insurance covers you in the event of a sudden and unexpected medical emergency while travelling abroad. Obtaining coverage is only the first step in protecting yourself, however. Before you travel, you should know what to do in case a medical emergency actually takes place.

To read more on the steps that you can take in an emergency, click the button below.

EMERGENCY TRAVEL

Did you know you can find your nearest local ARTA Branch by visiting artabranches.net



"I'D HATE TO GET THROUGH THE PANDEMIC JUST TO END UP IN THE HOSPITAL WITH THE FLU."

Help protect yourself from the flu.

You're doing everything you can to protect yourself from COVID-19. But what about the flu? If you're 65+, you're at high risk for serious complications from the flu – including hospitalization and death. This year, help prevent infection - be sure to get your shot.

Get your flu vaccine from your doctor or pharmacist.

Influenza vaccines do not treat influenza and will not prevent hospitalization or complications after the onset of illness. As with all vaccines, immunization does not provide 100% protection.

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ARTA Website Focus Group

Changes are coming to **arta.net** in the new year, and we are looking for members to volunteer their time and give input on what kinds of changes and updates are most important in accessing and navigating the site.

The focus group will take place on Tuesday, January 10, 2023, at the ARTA office in Edmonton (15505 137 Avenue NW), beginning at 10:00 a.m. and running until noon. If you are interested in attending and sharing your perspective, please contact Jonathan Schieman at jschieman@arta.net by December 14, 2022.



Seniors Outdoor Club of Calgary

The Seniors Outdoor Club of Calgary (SOCC), a local non-profit, is dedicated to getting seniors into the great outdoors. Every Tuesday morning at 8 a.m. sharp, a comfortable, coach-style, 55-passenger bus leaves from the Montgomery Community Association parking lot and takes club members to various trailheads in the mountains west of Calgary. The club snowshoes and cross-country skis in the winter, and hikes in the summer. Each hike is curated by an experienced trailmaster who provides multiple options for participants based on fitness and experience.

The SOCC prides itself on offering many benefits to its members, including carefree visiting, snacking and snoozing on your way from/to Calgary on the bus, becoming part of a wonderful social community, and most importantly, scheduling a weekly physically active date with nature, which is known to be so mentally restorative! Click the button below for more information.

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OUTDOOR CLUB

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Stand for Public Education

October 22 was a cool, damp day, but the weather did not dampen the enthusiasm of the approximately 5,000 people who attended the Stand for Education rally at the Alberta Legislature. Sponsored by the Alberta Teachers' Association and the Alberta School Council Association, the rally brought together people from all parts of the province - teachers, retired teachers, parents, grandparents, children, and other concerned members of the general public — all who wanted to show their support for fully funded public education. This was a family-friendly, respectful, collegial gathering, with face-painting for children, live music, and inspiring speakers.

[READ MORE](#)



These prices are making it hard to spoil our grandchildren.



ARTA is thrilled to share an Oilers special group offer for two more games during the 2022-23 season! Gather your friends and family and join in on the excitement, while taking advantage of the special group rate. Purchase your tickets early, and don't forget to share your unique link to those you would like to invite!

To add to the excitement, one purchaser will be selected to sit in the penalty box during on-ice warmups with three guests at their game of attendance.

For more information, visit EdmontonOilers.com/oilersarta

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*Restrictions apply.



Adults Learning Music

In 2013, ARTA member Sandra Low took her first classical piano lesson. Nine years later, at age 61, she has a weekly, one-hour gig playing the piano at Foothills Hospital in Calgary. Her journey was far from simple. It meant finding her 'right-fit' teachers, but equally important was getting support from other 'music-learning adults.'

The Calgary-based nonprofit "Adults Learning Music Support Group" (ALMSG) was created in 2018 to nurture, sustain and grow just such a learning community. Members perform and share music learning and practice tips at meetings — supporting, motivating, and inspiring each other. The ALMSG also promotes group music masterclasses and community service performance opportunities for its members.

If you are already a music-learning adult or want to become one, ALMSG can support you. Click the button below to learn more.

ADULTS LEARNING MUSIC



Senior Injury Topics: Falls

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is about the dangers posed by falling.

Each month a committee member will provide our members with useful information on emotional, spiritual, intellectual, physical, financial, or social wellness. You can find the blog posts on arta.net under the WELLNESS tab.

READ MORE



•IMPORTANT QUICK LINKS•

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