

Active Retirement Association Events Move Online

The Active Retirement Association based in Durham will go virtual for its Fall 2020 programs for the first time in its 38-year history.

“We want to help ensure the safety of our members and do our small part in preventing spread of COVID-19 to the community,” said Ed Perkins, director of public relations.

“There will be no indoor programming, at least for the fall.”

Online programs also extend services beyond the New Hampshire-Maine-Massachusetts area already served, Perkins said.

At the same time, membership cost for the 2020-21 year has been cut in half to \$25. Following an academic calendar, ARA membership runs from July through June. Some outdoor activities like hiking and cycling may be available for area ARA members, following all CDC and state guidelines, whenever it is safe to do so.

Non-members are invited to attend one online presentation this fall at no cost to introduce this new service. To register, email araseacoast@gmail.com with your name, city and state, email address and the one program you wish to attend.

Free programs are:

September 23, 10:00 AM – Plague: History of Epidemics. Dr. Katherine Gaudet, University of New Hampshire.

October 1, 1:30 PM – Hope on Haven Hill. Kerry Norton, Executive Director of Hope on Haven Hill in Somersworth, NH, which serves mothers in recovery from substance use disorder.

October 7, 10:00 AM – Overall Effects of Coronavirus and Other Pandemics. Dr. Rosemary Caron, University of New Hampshire.

October 15, 10:00 AM – Herbs for Medicine, Fragrance, and Pleasure. Wendy Fogg, founder and Senior Herbalist at Misty Meadows Herbal Center in Lee, NH.

Full program descriptions are available online at www.unh.edu/ara. Under Links, click on “Fall 2020 Schedule of Programs and Activities.”

The Active Retirement Association is for people 50 and over, retired or not. Originally sparked by and affiliated with the University of New Hampshire, it lists about 400 members. The ARA is committed to “Expanding Your World” in person or via Zoom by offering lectures, workshops, discussion groups, films, cultural tours, walks/hikes, special-interest groups, and much more. For more information, visit www.unh.edu/ara or email info@ara-nh.org. The ARA, a registered 501(c)(3) non-profit, is not affiliated with any political, religious, ethnic, or special interest group.