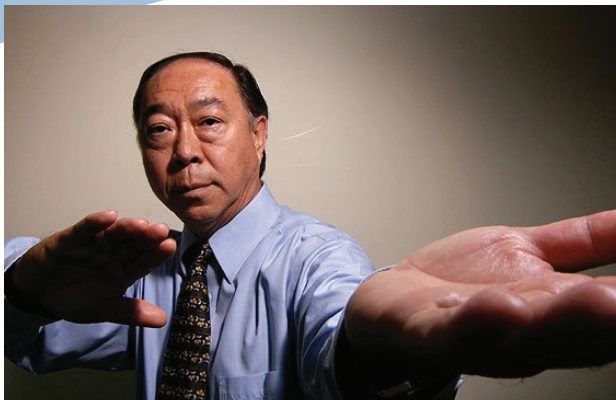


# CONNECTIONS NEWSLETTER

## Interdisciplinary / Multicultural / Intergenerational EVENTS & OPPORTUNITIES



The Science  
and Art of Tai Chi:  
Medicine in Motion

presented by  
Dr. Shin Lin

### Tai Chi Workshop - January 10 — 10 a.m. @ The Newkirk Alumni Center

The Center for Emeriti and Retirees is proud to partner with the Susan Samueli Center for Integrative Medicine to host a FREE workshop at the Newkirk Alumni Center. Hear the latest research on how Tai Chi can increase body flexibility and balance, strengthen both slow and fast muscle fibers, relieve stress, boost immune response, and many more benefits! The lecture will be followed by a hands-on learning session. The presenter Dr. Shin Lin is emeritus professor in Biological Sciences and founding director of the Laboratory for Mind-Body Signaling and Energy at UCI.

More info and Online RSVP here or by calling 949.824.7769

### January 30 — Body Worlds Tour + Endeavour\*

The UCI Retirees Association invites you to an exciting tour to the California Science Center's Body Worlds "Pulse" exhibit, with an optional visit to the Space Shuttle Endeavour and other center exhibits. >>Download registration form<<



Date: Tuesday, January 30, 2018  
Time: 9:00 a.m. — 4:30 p.m.  
Cost: \$64 for UCIRA members;  
\$74 for non-members  
Lunch: On your own at the Science Center's Café Trimana  
Deadline: Friday, January 19 to RSVP with  
Registration/payment form to UC Regents  
**No refunds after January 19**  
Transportation: INCLUDES Deluxe motor coach  
(NO DRIVING to LA!!)  
Parking: Complimentary parking at University Research Park  
lot, the departure location of the coach.

\*Coordinated with your UCI Retirees Association

**UCI** Center for  
Emeriti & Retirees

Jeri Frederick - Director  
Emil Nguyen - Operations/Programs

CER Office Volunteers:

Siddiqua Hirst  
Glen Gilbert  
Katie Matsui  
Susan Schober

Jill Halvaks - UCIRA President  
Jim Danziger - UCIEA President

### CALL FOR ARTISTS!

Are you an artist or crafter?  
March 3 is Art in the Park @  
UCI Homecoming and will feature  
retiree and fellow Anteater artists!  
Email [retirees@uci.edu](mailto:retirees@uci.edu) for more info

### Next page items:

- ▶ **Hikes, Walks, Bike Rides**  
Keep movin' with our monthly HWBRs
- ▶ **MLK Volunteer Service**  
Turn a "day off" into a "day on"!
- ▶ **Save the Date: Feb. 7**  
Climate Change Lecture at the  
Newkirk Alumni Center

GET CONNECTED on  
FACEBOOK:

[https://www.facebook.com/  
groups/UCIretirees/](https://www.facebook.com/groups/UCIretirees/)

# JANUARY 2018

## HIKES / WALKS / BIKE RIDES

January 9 - 9:30 a.m.

**WALK - Jeffrey Open Space Trail**



We will cross Jeffrey and enter the trail for a 4.2 mile (out and back) walk on a paved trail. The trail is lined with markers chronicling the history of the development of the city of Irvine. This walk is considered "easy".

**More Info and online RSVP here.**

January 24 - 9:00 a.m.

**BIKE - Newport Back Bay Loop**



We will ride the Back Bay trail past Newport Dunes to PCH. The we will enter the path to Castaways Park for scenic views of the Newport Back Bay and Harbor, and finally connect to the Bay View bike trail. This ride is geared towards intermediate cyclists.

**More Info and online RSVP here.**

January 25 - 9:00 a.m.

**HIKE - "Top of the World"**



"Top of the World" hike. Enjoy scenic ocean and canyon vistas on this 4.5 mile (out and back) hike along West Ridge Trail at the top of Aliso and Woods Canyon. This trail is dog friendly,

**More Info and online RSVP here.**

HWBRs are coordinated with your UCI Retirees Association

## VOLUNTEER OPPORTUNITY

**"DAY OF SERVICE" - January 15**

10:45 a.m. to 12:45 p.m.

Make it a day on, not a day off, in honor of Dr. King's legacy of service. Join your fellow Anteat-ers by volunteering at the Orange County Food Bank. Volunteers will be assembling and packing boxes of food for those in need.

**Location:** Orange County Food Bank  
11870 Monarch St  
Garden Grove, CA 92841

**Parking:** You can park behind the warehouse or on the street.

Limited space. **Online RSVP by clicking [HERE](#)** or by email to [retirees@uci.edu](mailto:retirees@uci.edu) by Jan. 10, 2018. A confirmation email will be sent with additional information.



**UCI** Retirees Association

## COMING UP NEXT MONTH:

**Learn about Climate Change - Lecture with Q & A - Feb. 7 - 10:30 a.m.  
@ The Newkirk Alumni Center**

Join us and Dr. Allison, UCI Associate Professor of Ecology in the Department of Ecology and Evolutionary Biology with a joint appointment in the Department of Earth System Science and the UCI Center for Environmental Biology. His research focuses on the effect of rapid climate change on southern California ecosystems. More details to follow. Limited space.

RSVP: [retirees@uci.edu](mailto:retirees@uci.edu) or 949-824-7769, online RSVP to come. \*



presented by  
**Dr. Steven D. Allison**

\*Coordinated with your UCI Retirees Association