

CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational

March 7 - Free Event Mindfulness-Based Stress Reduction (MBSR)



Cost: FREE EVENT
Time: 10:00 a.m. – 11:30 a.m.
Location: The Newkirk Alumni Center
Presented by: Jessica Drew de Paz, Psy.D.
 Mindfulness Coordinator,
 Susan Samueli Integrative Health
 Institute

RSVP Online Here: <http://bit.ly/UCIRAMBSR>

Please join us for a stimulating program that will include information about Mindfulness-Based Stress Reduction (MBSR) and an overview of the research results (including benefits for older people). Experiential exercises will be integrated into the program followed by a question and answer period.

MBSR has been shown to help with chronic pain, anxiety, depression and sleep. It has also been shown to boost the immune system and improve structures of the brain associated with memory, learning and executive function.

Questions or how to RSVP? Call 949.824.7769 or email us at retirees@uci.edu.

UCI Center for
Emeriti & Retirees

Phone Number: 949.824.7769
 Email: retirees@uci.edu

Jeri Frederick - Director
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CER Office Volunteers:

Siddiqua Hirst Katie Matsui
 Glen Gilbert Susan Schober

Jill Halvaks - UCIRA President
 Jim Danziger - UCIEA President

Keep on Reading:

- ▶ **\$7 UCI Symphony tickets**
This special is only for UCI emeriti and retirees, must use code: CER
- ▶ **2019 Community Lectures**
The Gavin Herbert Eye Institute is hosting a series of free lectures!
- ▶ **Retiree Highlight**
Ann DiPlacito, UCIRA Board Member
- ▶ **Niguel Botanical Preserve**
Come see what's blooming March 26
- ▶ **Huntington Library Tour**
Registration NOW OPEN!
- ▶ **Save the Date - May 1**
Small Space Gardening

MARCH 2019

HIKES WALKS BIKE RIDES

March 12 - 9:00 a.m. HIKE - Buck Gully

This is a 6 mile loop hike where we'll explore the full length of the canyon at the height of spring bloom. We'll climb up to San Joaquin Hills Road and take a break at Canyon Watch Park for scenic views of the Reserve, the Pacific coastline and maybe Santa Catalina.

More Info and online RSVP <http://bit.ly/2r14Mwa>

March 18 - 9:30 a.m. WALK - San Joaquin Wildlife Sanctuary

We will start in front of the Audubon House and take a few loop walks throughout the Sanctuary. This 3+ mile walk is on packed dirt trails around the many ponds at the Sanctuary and is considered easy.

More Info and online RSVP <http://bit.ly/2T2X9LO>

GET CONNECTED on
FACEBOOK:

<https://www.facebook.com/groups/UCIretirees/>

Barclay Theatre Discount Tickets

SPECIAL \$7 tickets for retirees and emeriti



UCI Symphony Orchestra
Dr. Geoffrey Pope, guest conductor

Friday, March 8, 2019
8:00 p.m. - Irvine Barclay Theatre

Use Code: CER

Click to purchase: <http://bit.ly/UCIsymphonyCER>



Eye and Brain Interaction

2019 UCI Health Community Lecture

Monday, March 25, 2019 - 7 p.m.

Can your eyes tell if you have neurological problems? Find out the answer to this question and more with Dr. Chantal Boisvert, MD. This is one of many UCI Health Community Lectures at the **Gavin Herbert Eye Institute**.

More Info: <http://www.uci.edu/lectureseries.html>

Tuesday, March 26

Niguel Botanical Preserve Tour

10:00 a.m. - 11:30 a.m. , \$5 per person

Join us for a 60-90 minute walking tour through the 18 acres of the Niguel Botanical Preserve on March 26 at 10:00 am. With our recent rain, the spring bloom promises to be spectacular. Tour is \$5 per person collected **on site**, or free with a Senior Membership (\$15/year).

Parking, directions, and online RSVP here: <http://bit.ly/2Uunail>



UCI RETIREE HIGHLIGHT:



Ann DiPlacito

UCI alumna, **Ann DiPlacito** started her 25-year UCI event career as a student conference assistant and continues this life-long love of event coordination in retirement. As a board member of the UCI Retiree Association, she helps plan lectures, tours and campus activities.

Ann is also an 8-year manager and board member for Sunday Supper, a Tustin ecumenical program that provides weekly meals and groceries for people who are homeless or living on limited incomes. Based on that interfaith work, Ann has taken advantage of retirement to get involved with other OC interfaith groups, including Orange County Interfaith Network's House of Worship Tours, which included a recent trip to Egypt, Jordan and Israel.

Another retirement "dream fulfilled" for Ann is her on-going printmaking class. Ann's love of printmaking started with a class taught by John Paul Jones at UCI.

Grandchildren, reading, church work, and travel round out a fulfilling retirement.

HAVE A STORY?

Let us know what **YOU** have been doing in retirement to be featured in the next Newsletter and website! Email us at retirees@uci.edu

UPCOMING EVENTS:

Thursday, April 11

The Huntington Library & Gardens

8:30 a.m. – 4:30 p.m.

Bus transportation from UCI

REGISTRATION OPEN!

Explore the gardens, art galleries and visitor center at a spectacular time of year – the gardens will be in full bloom. See **Project Blue Boy**, the first technical examination and conservation treatment of this famous masterpiece performed in public view. Enjoy one of the most comprehensive collections in the U.S. of British and French art of the 18th and 19th centuries.



Cost: \$74 for UCI Retirees Association members, \$84 for non-members. Lunch not included.

Register online RSVP here: <http://bit.ly/HuntingtonTourUCIRA>



Save The Date - Wednesday, May 1

Small Space Gardening Lecture

Time: 10:00 a.m. to 11:30 a.m.

Location: Newkirk Alumni Center

REGISTRATION COMING IN APRIL !

Presented by: Linda Sizemore

Orange County Master Gardener and Former Director (retired), UCI Financial Services

Do you long for a garden but don't have acres of land at home? Learn from an Orange County Master Gardener how to indulge your green thumb by growing flowers and edibles in even very small spaces.

In addition, get an update from the Great Park Garden Coalition on up-coming plans for exciting community-friendly garden spaces coming to Irvine's Great Park.

For additional information about Orange County Master Gardeners: <http://mgorange.ucanr.edu/>