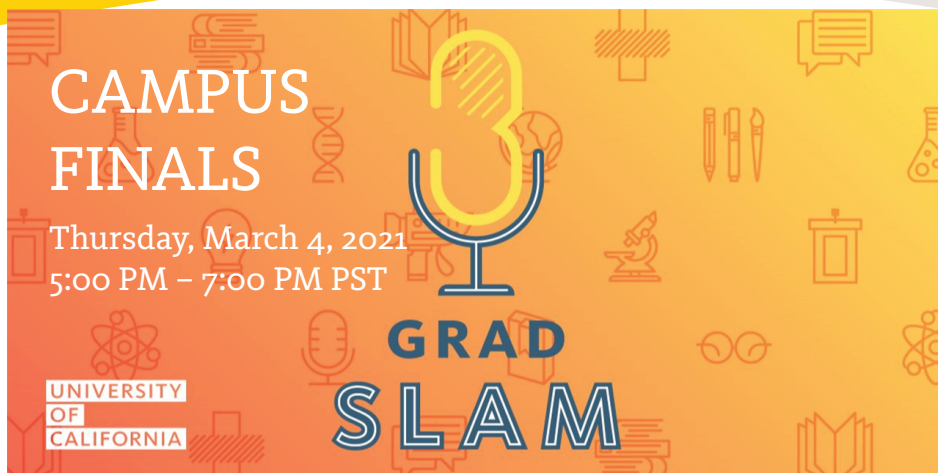


CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational



This is an opportunity to see some of UCI's top graduate scholars show off their impressive research in a competition setting and we want you to be there! 10 finalists will present their EXCITING research pitch (in JUST 3 minutes) and will be judged for a chance to win "The Slammy" trophy.

Register Online:

<https://apply.grad.uci.edu/register/GradSlam2021Registration>

FREE UCI CAMPUS RECREATION WELLNESS WORKSHOP SERIES

Join Yoga Therapist **Ashley McKeachie**, from UCI Campus Recreation as she leads you through this series. You can register for one or all of the workshops entirely **FREE** courtesy of the UCI Retirees Association!

Mar 4 (12:00 noon)
Workshop #2
Meditation 101

Learn the benefits of meditation and how to begin a simple, yet profound meditation practice that focuses on compassion for oneself and others.

More Info and RSVP:

<http://bit.ly/2MzBfgf>

Mar 11 (12:00 noon)
Workshop #3:
Power of Daily Routine

Learn how to create simple and short daily routines that reinforce your health and happiness

More Info and RSVP:

<http://bit.ly/2YrjT7Q>

UCI Center for Emeriti & Retirees

Phone Number: 949.824.7769

Email: retirees@uci.edu

Jeri I. Frederick - Director

Emil Nguyen - Operations/Programs

CER Volunteers:

Glen Gilbert Colleen McCune

Katie Matsui Susan Schober

Jill Halvaks - UCIRA President

George E. Miller - UCIEA President

Keep on Reading:

► UC Retirees Cooking Class

Learn how to cook Chicken Matzo Ball Soup and an Asparagus Salad

► Gavin Herbert Eye Institute

The 2021 Community Lecture series starts with a lecture on Oculoplastics

► March Outdoor Events

A Walk, Hike, and Bike Ride planned for March

GET CONNECTED on FACEBOOK:

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

UPCOMING VIRTUAL / ZOOM EVENTS



FREE UCI RETIREES COOKING CLASS SPRING FAVORITES

**March 9
11:30 a.m.
via Zoom**

Cook along with Chef Jessica VanRoo, UCI's Director of Culinary Education, (or just watch) as she makes Lemon Chicken Soup with Herbed Matzo Balls and Roasted Asparagus Salad with Sage Crunch. Entirely FREE courtesy of the UCI Retirees Association!

Register Online:

<http://bit.ly/uciracookingclass>



Tuesday, March 16, 2021 - 7 p.m.

Oculoplastics - Sags and Bags

Presented by Dr. Lilangi Ediriwickrema

Click here to register online:

<http://www.eye.uci.edu/lectureRSVP.html>

MARCH 2021

HIKES WALKS BIKE RIDES

IN-PERSON EVENTS



March 16 - 9:00 a.m. Hike - Buck Gully, Newport Beach

Buck Gully Reserve, Newport Beach. This is a 4 mile out/back hike where we'll explore the full length of this natural coastal canyon reserve, learn the history of the Bridges and enjoy the spring bloom. **More Info and RSVP:** <http://bit.ly/3uHOPks>



March 23 - 9:00 a.m. Bike Ride - Aliso Creek Trail

We will ride 13.75 miles on the Aliso Creek Bikeway to the famous Biker bar, Cook's Corner. After a brief rest at Cook's we will head back the way we came to complete the 27.5 mile ride. **More Info and RSVP:** <http://bit.ly/2Potefs>



March 31 - 9:30 a.m. Walk - Salt Creek Beach Park

We will walk approximately 3.5 miles along the beach walk and then through Monarch Bay. This is considered an "easy" walk. **More Info and RSVP:** <http://bit.ly/3qfHMuJ>