

CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Intergenerational

JULY 2021

HIKES WALKS BIKE RIDES

Hike? Bike? Walk? Which ones are right for me?

Walks are typically on paved walking trails like the Oso Creek or Jeffery Open Space Trails. At a distance of up to 5 miles, walks are suitable for most fitness levels.

Hikes are typically on improved hiking trails, many in OC Wilderness Parks. With distances of 4-9 miles, cardio fitness and ability to walk on uneven surfaces is necessary.

Bike rides are usually on road bikes on designated bike paths. Occasionally, mountain bike rides in regional parks are offered. Distance and difficulty vary.

Read the activity description before signing up. The leads Marc, Linda and Mike are willing and able to welcome all participants and make sure you enjoy yourselves.



July 16 - 6:00 p.m. Hike - Aliso Summit Trail

This is a fairly short 4.5 mile easy hike on a packed earth fire road. This trail is dog friendly and you can bring your 4 legged hiking buddy along with you. Although we should finish before it gets dark, bring a flashlight just in case.

More Info and RSVP: <https://bit.ly/2UI7nSI>



July 21 - 9:30 a.m. Walk - Crystal Cove State Park

This is the Moro Canyon walk. Approximately a 2 hour walk with an elevation of 35'-178' and a distance of about 3 miles. We will be starting at the Ranger Station. This walk is considered "moderate." Please bring water and sun protection.

More Info and RSVP: <https://bit.ly/3615YsV>



July 28 - 9:00 a.m. Bike Ride - Back Bay Loop

We will ride the Back Bay trail past Newport Dunes to PCH, then make a right turn on Dover and enter the path to Castaways Park for scenic views of the Newport Back Bay and Harbor. From Castaways we will enter a residential area and connect to the Bay View bike trail.

More Info and RSVP: <https://bit.ly/3jzhgfM>

UCI Center for Emeriti & Retirees

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Jeri I. Frederick - Director
Emil Nguyen - Operations/Programs

CER Volunteers:

Glen Gilbert

Katie Matsui Susan Schober

Jill Halvaks - UCIRA President
George E. Miller - UCIEA President

Keep on Reading:

- ▶ **Virtual Campus Rec**
\$20 for unlimited Zoom classes from UCI Campus Recreation!
- ▶ **Anti-Cancer Challenge**
Join virtual programming for the Anti-Cancer Challenge
- ▶ **Announcements + More**
Parking, Medicare 101, CUCRA Survey Info

GET CONNECTED on
FACEBOOK:

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



The summer campus recreation online classes are the best deal in town! For only \$20 for the whole summer, you have access to **Yoga, Zumba, Full Body Fitness, Pilates, Stretch and Tone, Belly Dancing, and Self-Defense.**

What a tremendous deal! For example, there are 12 offerings of virtual yoga every week. And, it is SO convenient to participate in the comfort of your home. No driving and no parking searches. The Zoom cameras are in webinar format, so no one sees you. Most classes are perfect for ALL AGES from beginners to those who have been practicing for a while.

All for \$20! No ARC or campus recreation membership required. Online classes are open to the general public, too.

Register and pay:

<https://my.campusrec.uci.edu/>

Click on “virtual class pass.” Be sure to register as “guest” even if you have a UCInetID.

Class schedules:

<https://www.campusrec.uci.edu/recreation-live.asp>

ANTI-CANCER CHALLENGE

VIRTUAL PROGRAM NOW THRU AUG.

VIRTUAL CHALLENGE DAY SAT., AUG. 14

Join the UCI Retiree & Friends Team: <http://bit.ly/UCIRetireesAndFriendsACC>



UCI Retirees & Friends raised **\$7000** last year with 100% of the proceeds benefiting cancer research at the **Chao Family Comprehensive Cancer Center**. Alone we are strong; together we are unstoppable. JOIN the UCI Retiree & Friends Team: <http://bit.ly/UCIRetireesAndFriendsACC>

Check out the following **FREE** virtual events

Wednesday, **July 7 (1 - 2 p.m.)** : Yoga with LA Fitness

Wednesday, **July 21 (1 - 2 p.m.)** : Tai Chi with Susan Samueli Integrative Health Institute

Wednesday, **July 28 (1 - 2 p.m.)** : “Innovations in Digestive Health”

Wednesday, **August 4 (1 - 2 p.m.)** : Mindfulness with Susan Samueli Integrative Health Institute

Wednesday, **August 11 (1 - 2 p.m.)** : “Genetics and Cancer”

Use the link below for ANY and ALL of the events on their given date and time:

<https://ucihealth.zoom.us/j/92185799374?pwd=L25ybkk2THNLYjRqMlV2Y3lTOHY4dz09>

PARKING PERMITS NOW REQUIRED



UCI parking has resumed ticketing **July 1, 2021**. An updated list of those of you who support either the UCIRA or UCIEA through membership dues has been

given to the Parking and Transportation Services office and you will continue to receive complimentary parking on the UCI campus. As long as you have not returned to any paid working status, you may obtain your complimentary daily General (C) parking permit at any staffed parking kiosk by telling the attendant that you are "On the Guest List." You may be asked to show a photo ID (driver's license is OK).

Virtual Medicare 101 Webinar



Please join **Kwame White, UCI's Health Care Facilitator and Kaiser** as they explain when to enroll in Medicare, how to enroll in Medicare, and how Medicare and UC's health plans work together. A Q&A session will be held at the conclusion. Open to all.

When: August 18 (10:00 a.m. - 11:30 a.m.)

Location: Online Webinar, register below

More Info and online RSVP:

<https://webinars.on24.com/KPMedicare/UCI>

UCI RETIREES: ENGAGED AND ACTIVE WITH THE COMMUNITY



UCI Retiree volunteers at OC Food Bank

In the recent survey of UC Retirees, respondents were asked what activities most interest them. Educational talks and cultural activities topped the list of responses. Day trips, group travel and social events were also popular.

There were dozens of comments about the need for on-line engagement, from lectures and book readings, to museum tours and virtual field trips. While some of these comments may have been due to the pandemic restrictions, many retirees made a case for continuing on-line engagement.

Have the online offerings been helpful? Should they be continued?

Send your feedback to retirees@uci.edu.