

# CONNECTIONS NEWSLETTER

Interdisciplinary / Multicultural / Multigenerational

## A MESSAGE FROM EMIL

### BOARD NOMINATIONS

## JOIN THE FUN!

UCI Retirees Association

The **UCI Retirees Association** is accepting nominations for the Board of Directors. If you are interested in being a member of the Board - or would like to nominate someone- please email [retirees@uci.edu](mailto:retirees@uci.edu). **Deadline is Tuesday, October 31, 2023.** Elections will take place at the November Board meeting.

**Commitment:** The term of office for each position is 2 years. Board Meetings are 2 hrs per month and occasional support of RA activities.

### The Board positions are:

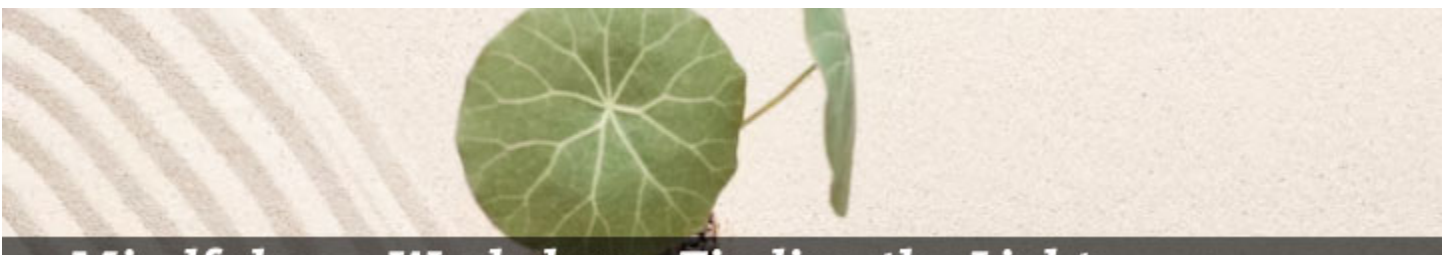
<i>President</i>	<i>CUCRA Representative</i>
<i>Vice President</i>	<i>Secretary</i>
<i>Treasurer</i>	<i>(2) Members at Large</i>

We would love to have you join the group or a nomination!



Emil Nguyen  
*Operations and Programs  
Analyst*  
**UCI Center for Emeriti &  
Retirees**

## IN-PERSON EVENTS - REGISTER NOW !



## Mindfulness Workshop - Finding the Light

Monday, October 9, 2023

10:00 a.m. - 11:00 a.m.

Newkirk Alumni Center - 450 Alumni Ct. Irvine, 92697

**Speaker: Jessica Drew de Paz, Psy.D., UCI Susan Samueli Integrative Health Institute**

Join us to explore ways to cultivate wellbeing with mindfulness. Evidence-based practices will be shared, demonstrating how these methods can easily be integrated into our busy lives, both at home and out in the world.

Jessica Drew de Paz, Psy.D. serves as both Director of Mindfulness Programs and as a clinical psychologist at UCI's Susan Samueli Integrative Health Institute, where she also conducted research on mindfulness and safety in the workplace. She earned her doctorate in clinical psychology at California School of Professional Psychology with an emphasis on multicultural community issues. She is trained in mindful schools and mindfulness based cognitive therapy.

**Cost:** Free

**Parking:** Lot 14 at the Newkirk Alumni Center

**Activity level:** low

REGISTER FOR MINDFULNESS





**Annual Reception Honoring UCI Emeriti & Retirees**

**Monday, October 16, 2023**

**2:00 p.m. - 4:30 p.m.**

Beckman Center - Irvine, 92697

**Speaker: Chancellor Howard Gillman**

**Thank you for your contributions to the UCI campus and medical center!  
Join us at the Beckman Center for our Annual Reception to honor YOU.**

Chancellor Howard Gillman will give a campus update and answer your questions.

**Cost: Free**

**Register by October 9**

**Parking:** Free at the Beckman Center parking lot

**Activity level:** Casual

[RSVP TO THE RECEPTION](#)

***UPCOMING WELLNESS and OUTDOOR EVENTS!***



***UCI Retirees-Emeriti fighting  
Cancer and Multiple Sclerosis!***

**Oct. 7<sup>th</sup> (Sat.)** UCI Anti-Cancer Challenge, (walk, run or bike) with our Retirees & Friends team by clicking on the link below. We also welcome your friends and family members.

<https://www.anti-cancerchallenge.org/Team/View/173560/UCI-Retirees-Friends>

**Oct. 14 & 15<sup>th</sup> (Sat. & Sun.)** Multiple Sclerosis Bike Ride mission is to cure MS while empowering people affected by MS to live their best lives. Join our UCI And Friends Team here: [UCI and Friends Fundraising For National MS Society \(donordrive.com\)](#) Ride 25 miles, 50 miles, 75, 100 or 150 miles your choice – with beautiful coastline views, great food and music!



***Raise at least \$100 and receive one of our cool shirts/jerseys!***

**OCT 2023**

**HIKES**

**WALKS**

**BIKE RIDES**

*\*These outdoor activities are led by UCI Retirees Association members.*

**HIKE - Laguna Coast Wilderness Park**

**Wednesday, October 4, 2023**

**9:00 - 11:00 a.m.**

**BIKE RIDE - San Juan Creek Trail**

**Wednesday, October 18, 2023**

**9:30 - 11:30 a.m.**

This is an out/back 3.5 miles, **easy/moderate** hike. Hikers are responsible for bringing their own water, sunscreen, hat, and snacks. Meet at Pacific Ridge trailhead at the end of Ridge Park Rd.

Meet at the Dana Point Harbor lot (Golden Lante and Dana Point Harbor Drive). We will head out traveling East along the relatively flat San Juan Creek trail towards Rancho Mission Viejo.

**Cost:** Free  
**Activity level:** Active

REGISTER FOR HIKE

**Cost:** Free  
**Activity level:** Active

REGISTER FOR BIKE RIDE

**UCI Retirees Pickleball at The ARC**

in-person event

**UCI Retirees Pickleball at The ARC**

**Wednesday, October 25, 2023**

**9:00 - 11:00 a.m.**

Anteater Recreation Center (ARC)  
680 California Ave • Irvine, CA 92697

Pickleball is one of the fastest growing sports in the country. And here's why: The rules are simple. A while it's easy for beginners to learn, it can quickly develop into a fast-paced, competitive game as players become more skilled. Combining elements of tennis, badminton, and ping-pong, pickleball is played on a small modified version of a tennis court. Learn the basics of pickleball and master the scoring and flow of the game.

**Cost:** \$15 per player

**Activity level:** Active

Class will consist of 1 hour of instruction and 1 hour of game play.  
Equipment provided by UCI Campus recreation.

REGISTER FOR PICKLEBALL



**Wednesday, November 1, 2023**

**10:00 a.m. tee time**

**Arroyo Trabuco Golf Club, Mission Viejo**

Enjoy a day on the links with other UCI retirees on Wednesday, November 1, 2023 at Arroyo Trabuco Golf Club in Mission Viejo. Five tee times have been reserved for a total of 20 players beginning at 10:00 a.m. at a special rate of \$80 per player including 18-hole green fees and a shared cart. Last tee time is at 10:40 a.m. Prepaid registration is now open. Register yourself and then you can identify other members of your foursome, if any.

**Cost:** \$80 per player

**Activity level:** Active

Tee times will be provided to each foursome two days prior to the event.

***NO REFUNDS after October 17, 2023***

REGISTER FOR GOLF





# UC Retirees Travel

*Exploring together...*

## UC Retirees Travel Trip Preview Webinar

Friday, October 13, 1 p.m. via Zoom

UC Retirees Travel offers a variety of worldwide group tours for UC retired staff and faculty, as well as friends and family. Join the group's volunteers for a preview of their 2024 trips, including adventures to Sicily, Morocco, Turkey, Scotland, Tuscany, Montreal and Quebec's Christmas Markets, a European river cruise, and more. One unique offering is a Memorials of WWII tour to England and France to recognize the 80th anniversary of D-Day. This webinar is hosted by the UC Berkeley Retirement Center, and everyone is welcome to attend.

REGISTER FOR TRIP PREVIEW WEBINAR

By participating in UC Retirees Travel, you help to support the Council of UC Retirees Associations (CUCRA) consortia of volunteer retirees from each of the UC locations. CUCRA representatives meet with UC Office of President representatives twice per year and advocate for retiree benefits such as retiree healthcare. Visit the UC Retirees Travel website at <http://cucra.ucsd.edu/travel/> to see trip details or subscribe to the monthly travel e-newsletter. Questions? Email [UCRetireesTravel@gmail.com](mailto:UCRetireesTravel@gmail.com).

## TOUR - Los Rios Historic District

Wednesday, November 1, 2023

10:00 a.m.

26701 Verdugo St, San Juan Capistrano, CA  
92675

Join us and take a stroll down **Los Rios**, the oldest residential street in San Juan Capistrano, California. Then visit the *San Juan Capistrano Historical Society's* grounds which include the O'Neill Museum, Leck House, Silvia's Adobe and the jail. This walking tour will be led by a member of the SJC Historical Society.

REGISTER FOR LOS RIOS



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## ***FREE FINANCIAL WELLNESS CHECK-UP APPTS.***

**Wednesday October 25** - *Fidelity: Financial Wellness Wednesdays 1-on-1 Appointments*

**Jason Walters, CRPC**

Workplace Financial Consultant

**Time:** 1-hour slots between (11 a.m.- 3 p.m.) PST

**Location:** In-person or Virtual/Online via Zoom

Schedule an appointment with Jason Walters, a Fidelity Workplace Financial Consultant, to discuss your retirement account(s), savings, MRD, and almost anything in-between.

SCHEDULE AN APPOINTMENT

**UCI** Center for  
Emeriti & Retirees

Newkirk Alumni Center, 450 Alumni Ct., 2nd Floor, Irvine, CA 92697  
Phone: 949-824-7769 Fax: 949-824-7383 [retirees@uci.edu](mailto:retirees@uci.edu) <http://retirees.uci.edu>