

Connections

Location:
CER = Center for
Emeriti & Retirees

111 Theory, Ste. 200
Irvine, CA 92697
Phone: 949-824-7769
Fax: 949-824-7007

New website:
<http://retirees.uci.edu>

RSVP for EACH
event at :
retirees@uci.edu
or 949-824-7769

Family & friends
welcome!

Free parking for most
events courtesy of
the UCI Retirees
Association
(Must RSVP)

On next page:

- Special Events & Golf
- Senior Living Opportunity
- Hikes & Walks
- Looking for Retiree/Alums!

Upcoming Events

Mar. 5th (Thursday) - Retirement Savings Information Workshop - 10:00 a.m., Human Resources Training Room (111 Theory, Suite 200).

Learn how to access valuable Fidelity tools to manage your UC retirement savings investments online as well as the key tools and strategies for preserving your savings for future generations. Presented by Diana Shu, Retirement Counselor, Fidelity. **Free parking with RSVP to retirees@uci.edu.**



Innovative Technologies for Autism

Mar. 9th (Monday) - 12:00 - 1:00p.m., University Club Library Rm.
Mar. 23rd (Monday) - 12:00 - 1:00p.m., at the Medical Center in Orange, Building 53, Room 121.

Dr. Gillian Hayes, Assoc. Prof. Informatics, will discuss the latest innovations and research in interactive technologies for autism including support for children through adulthood.

Mar. 16th (Monday) - Yes You Can! Simple Yoga and Pilates to Improve Pelvic Health/Prevent Distressing Symptoms! - 12:00—1:00 p.m., Building 22A-Grunigen Medical Library, Room 2103-04.

We will focus on the Dos and Don'ts of Yoga and Pilates. Taught by Patricia Morita-Nagai, PT, WCS, and Winnie Ma, PT, DPT. (Lecture plus participation). Limited space; please RSVP!

Supplies needed: Yoga mat + bath towel OR two bath towels, H2O

Managing Back Pain to Restore Your Quality of Life

Mar. 13th (Friday) - 12—1:00 p.m., University Club Library Room.

Mar. 31st (Tuesday) - 12—1:00 p.m., at the Medical Center in Orange, Building 22A—Grunigen Medical Library, Room 2103-04.

Dr. Shahira S. Khoury, Associate Clinical Professor in the Department of Physical Medicine and Rehabilitation will be presenting.

Her special interest is management of soft tissue and musculoskeletal injuries related to the spine and peripheral joints through various conservative treatments and intra-articular joint injections where indicated.



Apr. 1st (Wednesday) —Geologist-guided Tour of the San Andreas Fault sponsored by the UCI Retirees Association. Our geologist-guide will show you SO much about fault activity, local geography and geology as you follow the fault through the San Bernardino Mountains on this fascinating driving tour that you will never look at mountains, rocks and cracks in the cement the same way! A truly unique and educational experience! Included is a box lunch to enjoy in a serene lake setting. Depart UCI 8:30 a.m. Return 6:00 p.m. Our discounted price is \$63 per person. **Payment must be received March 1st.**

Free parking at 111 Theory, Irvine, (where we will meet the bus) with RSVP.

SPECIAL EVENTS!

April 18th—Celebrate UCI! The UCI Retirees Association will have a table at this annual UCI Open House. Come meet fellow retirees. Learn more about our association and 50th Anniversary events. Free event and parking.

May 5th— Join us for our 10th Annual Reception and Art Show—3:30 p.m.

This event honors ALL UC Irvine Emeriti & Retirees and will feature Chancellor Howard Gillman as the keynote speaker. 3:30 to 5:30 p.m. in the Student Center Ballroom. Co-sponsored by the UCI Retirees and Emeriti Associations. ***MUST RSVP to retirees@uci.edu by 4/15/15 for FREE parking in the Student Center structure.**

The Reception will be part of our 50th Anniversary celebration and will recognize our faculty and staff! Founding faculty/staff, call 949-824-7769 or email retirees@uci.edu for information. We welcome your input.

June 2nd— UCI RA Annual Anne Paden Memorial Golf Tournament @ Arroyo Trabuco.

\$100 includes course, cart, lunch, prizes, gift bags AND appetizer reception to follow! Golfers respond to retirees@uci.edu for more information!



New Senior Living Opportunity in Irvine for Members of the UC Irvine Community!

In coordination with CER, Regents Point is pleased to offer UCI faculty, staff, emeriti and retirees a 50% discount on the entrance fee—the up-front cost to secure residency in the community. For more information, contact Regents Point Sales Director Noemi Flores at (949) 854-9500.

Hikers and Walkers here are our next outings:

2-25-15: Crystal Cove State Park (NE) - Moderate hike, 3 miles round-trip, meet 9am at UCI/9:30 at trailhead

3-17-15: San Joaquin Wildlife Sanctuary (Irvine) - Easy hike, meet 9am at UCI/9:30 at trailhead.

For more information see: <http://tinyurl.com/n59yuxz> Remember to rsvp: retirees@uci.edu

Retiree and also Alumnus/a?

We KNOW there are many of us out there! We'd like to update our CONFIDENTIAL database with this information. Please email your information (include degree(s) received, date, and major) to retirees@uci.edu. We value your suggestions and want to make sure we include everyone.

Confidential Survey: UCI Alumni Retirees, we value your input (5 quick questions at the link below)!

<https://eee.uci.edu/survey/AlumniRetirees>