The Science and Art of Tai Chi: Medicine in Motion
presented by Dr. Shin Lin

Tai Chi Workshop - January 10 — 10 a.m.
@ The Newkirk Alumni Center
The Center for Emeriti and Retirees is proud to partner with the Susan Samueli Center for Integrative Medicine to host a FREE workshop at the Newkirk Alumni Center. Hear the latest research on how Tai Chi can increase body flexibility and balance, strengthen both slow and fast muscle fibers, relieve stress, boost immune response, and many more benefits! The lecture will be followed by a hands-on learning session. The presenter Dr. Shin Lin is emeritus professor in Biological Sciences and founding director of the Laboratory for Mind-Body Signaling and Energy at UCI.

More info and Online RSVP here or by calling 949.824.7769

January 30 — Body Worlds Tour + Endeavour*
The UCI Retirees Association invites you to an exciting tour to the California Science Center's Body Worlds “Pulse” exhibit, with an optional visit to the Space Shuttle Endeavour and other center exhibits. **Download registration form**

*Coordinated with your UCI Retirees Association
JANUARY 2018
HIKES / WALKS / BIKE RIDES

January 9 - 9:30 a.m.
WALK - Jeffrey Open Space Trail
We will cross Jeffrey and enter the trail for a 4.2 mile (out and back) walk on a paved trail. The trail is lined with markers chronicling the history of the development of the city of Irvine. This walk is considered “easy”.

More Info and online RSVP here.

January 24 - 9:00 a.m.
BIKE - Newport Back Bay Loop
We will ride the Back Bay trail past Newport Dunes to PCH. The we will enter the path to Castaways Park for scenic views of the Newport Back Bay and Harbor, and finally connect to the Bay View bike trail. This ride is geared towards intermediate cyclists.

More Info and online RSVP here.

January 25 - 9:00 a.m.
HIKE - “Top of the World”
“Top of the World” hike. Enjoy scenic ocean and canyon vistas on this 4.5 mile (out and back) hike along West Ridge Trail at the top of Aliso and Woods Canyon. This trail is dog friendly.

More Info and online RSVP here.

HWBRs are coordinated with your UCI Retirees Association

COMING UP NEXT MONTH:

Learn about Climate Change - Lecture with Q & A - Feb. 7 - 10:30 a.m.
@ The Newkirk Alumni Center

Join us and Dr. Allison, UCI Associate Professor of Ecology in the Department of Ecology and Evolutionary Biology with a joint appointment in the Department of Earth System Science and the UCI Center for Environmental Biology. His research focuses on the effect of rapid climate change on southern California ecosystems. More details to follow. Limited space.
RSVP: retirees@uci.edu or 949-824-7769, online RSVP to come.*

*Coordinated with your UCI Retirees Association

VOLUNTEER OPPORTUNITY
“DAY OF SERVICE” - January 15
10:45 a.m. to 12:45 p.m.

Make it a day on, not a day off, in honor of Dr. King's legacy of service. Join your fellow Anteaters by volunteering at the Orange County Food Bank. Volunteers will be assembling and packing boxes of food for those in need.

Location: Orange County Food Bank
11870 Monarch St
Garden Grove, CA 92841

Parking: You can park behind the warehouse or on the street.

Limited space. Online RSVP by clicking HERE or by email to retirees@uci.edu by Jan. 10, 2018. A confirmation email will be sent with additional information.