

UCI Center for Emeriti and Retirees

Interdisciplinary ∞ Multicultural ∞ Intergenerational

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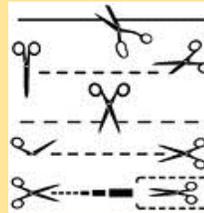
Upcoming Events

Feb. 2016—Jun. 2016: SteppingUP College Awareness Program

Become a mentor for 5th graders in Oak View Community of Huntington Beach! Mentors serve as positive role models to help build awareness and enthusiasm about college, provide support and strengthen study skills. Session plans and materials provided. Volunteer an hour and a half (3 p.m. to 4:30 p.m.) every week between February and June of 2016. Please contact **Rita Anderson** (rita@occhc.org or 714-558-8161 ext. 18).

Feb. 10th (Wed.): 12 to 1 p.m., Cutting Through the Clutter Healthy to 100 & Beyond Lecture—Grunigen Medical Library, Bldg 22A, Room 2116, ORANGE, CA *

Clutter affects productivity, self-esteem, social life and even weight! In this workshop you will learn that clutter is not the result of sloppiness, laziness or incompetence but several surmountable obstacles. **RSVP required:** retirees@uci.edu or 949-824-7769. Free parking with validation.*



Feb. 17th (Wed.): Sleep, An Essential Component of Health and Well-being Healthy to 100 & Beyond Lecture—Grunigen Medical Library, Bldg 22A, Room 2116, ORANGE, CA. Sleep medications will surpass \$5 billion in annual sales within the next year. Americans are having difficulty getting sufficient quantities of quality sleep and also having difficulties getting to sleep. This workshop offers participants suggestions on how to improve their sleep according to priority and quality measures. **Limited Seating. RSVP required:** retirees@uci.edu or 949-824-7769. Free parking with validation.*

Feb. 18th (Thurs.): HIKE Crystal Cove State Park (Northeast) - Newport/Irvine route, 9 a.m. at UCI/9:30 at trailhead,

Moderate hike (5 miles round trip out and back), but path extends to Crystal Cove for an adventurous 7 mile hike. Beautiful views of the Pacific coast and Crystal Cove's backcountry. Uneven dirt path with hills may be shared with bicycles. Free street parking on Ridge Park Road & East Coastal Peak Road. *Take Newport Coast Drive toward coast from the 73 Toll Road. Turn left on Ridge Road and follow it up the hill to the trailhead at the end. Park on either side of the street and walk to the trailhead gate.* RSVP to retirees@uci.edu or 949-824-7769.

Feb. 22nd (Mon.) 11 to 2 p.m.: Issues Before the 2015-2016 Supreme Court

We will be joining UCI Town and Gown for this **luncheon** lecture at the University Club given by Professor Erwin Chemerinsky, renowned Dean of the UCI School of Law. Send your check for \$30 to "UCI Town & Gown" by **Feb. 16th** to Cindy Eddleman, 18 Bethany Dr., Irvine, 92603 and RSVP (949) 786-2952. Three entrée choices are available.

Feb. 27th (Sat.) 10:30 a.m. to 12:00 p.m. : John Wayne Airport Tour:

Join us for a family-friendly tour of John Wayne Airport and learn about its history, place and importance in Orange County both culturally and economically. The 90 minute tour includes the history of flight, terminal architecture, historical photos and a view of planes taking off and landing. Note: Due to heightened security, the tour group will not be allowed to enter secure areas or the Control Tower. Short term parking available for \$2.00/hour. **Limited to 25 participants. RSVP to retirees@uci.edu by February 15th.**

February 2016

Center Info:

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Newkirk Alumni Center
450 Alumni Ct, 2nd Flr
Irvine, CA 92697

Phone: (949) 824-7769

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Website: retirees.uci.edu

Facebook Page:

[www.facebook.com/](http://www.facebook.com/UCIrvineRetirees)

UCIrvineRetirees

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Bookstore Discounts

Your Dues Matter

What Activities do YOU Prefer?

Save These Dates!

*Lecture locations:

For Irvine campus lectures, The **Newkirk Alumni Center** is at the corner of Mesa Rd. and University Ave., Irvine.

Park in Lot 14.

Map:

[http://retirees.uci.edu/
contact-us/](http://retirees.uci.edu/contact-us/)

For lectures held at UC Irvine Health (Medical Center) is located at 101 City Drive, Orange, CA.

Parking is in the Visitors parking garage off Dove Way.

See all lectures at our website: retirees.uci.edu

Bookstore Discount!

Your valid UCI Retiree/Emeritus ID Card entitles you to the same discounts that staff receive at the bookstore. Discounts vary depending upon the item(s) available. The store has a current “discounted items” sheet with specific information.

Your UCI RA Dues Matter

The UCI Retirees Association dues renewal notice is on the way! With YOUR dues support, the UCI RA continues to advocate for continuing retiree health and welfare benefits, sponsor many of the events you see in the newsletters. Members receive free event parking, early-bird sign up and reduced fees.

Retiree AND Alum: What events do you prefer?

We are proud of your accomplishments and would like to know what activities YOU would like to see take place at UCI.

Please email your suggestions and information to: retirees@uci.edu (include maiden name if applicable). The information you provide will remain absolutely CONFIDENTIAL!

Save These Dates

Wednesday, March 2nd: Bommer Canyon Trail to the Coast—Irvine

This 6.1 mile hike follows Bommer Canyon Trail in the Irvine Open Space Preserve to Ridge Park and down Crystal Cove State Park trails to the Ranger Station on the coast. Meet at 9:00 a.m. at the Ranger Station on El Moro Road and PCH north of Laguna and we will carpool to the trailhead at the Turtle Rock Community Park. Look for the sign that points to hiking trails. **RSVP to retirees@uci.edu**

Thursday, March 10th at 10 a.m. - Easily Growing Great Tomatoes (*Location tbd*)

March is the best month to start tomatoes for a bountiful summer crop. Dave Freed, the Tomato Guy, provides all the information you need to grow tomatoes in a pot or in the ground. He covers the basics of soil, fertilizer, plants or seeds, mulch, sun, water and how to deal with pests. How successful is he? He has harvested 50 pounds of tomatoes from a single plant. **RSVP to retirees@uci.edu**

Tuesday, April 5th: *Gazing at the Galaxy* tour to California Science Center and the Griffith Observatory

Jump on a comfortable tour bus for a drive to the California Science Center to see the new IMAX film, *Journey to Space 3D*, and get up close to the Space Shuttle *Endeavor* with a timed entry ticket. You will have free time to browse permanent exhibits before traveling to lunch at Clifton’s Cafeteria – a recently renovated L.A. landmark dating back to 1935. In the afternoon, we arrive at the famed Griffith Observatory in the Hollywood Hills with time to view exhibits, or purchase tickets for an optional planetarium show. \$57 for UCI Retiree Association members; \$67 for non-members. All tips for the driver and professional tour guide are included in the price. The registration form will be posted soon to the CER website. **Tour: 9 a.m. – 7 p.m. RSVP to retirees@uci.edu and Registration deadline: March 22nd.**

Wednesday, June 1st: *Annual Anne Paden Golf Tournament @ Arroyo Trabuco Country Club, 10 a.m..*

Join us on June 1st for UCI Retiree Association’s 8th Annual Golf Tournament named in honor of Anne Paden, who helped many of us successfully save for retirement! Come out and enjoy a beautiful course, prizes, food, and laughs. More information on cost and registration can be found by clicking [here](#), or by visiting retirees.uci.edu.

Website: retirees.uci.edu

Facebook Page? YES we have one!

<https://www.facebook.com/UCIrvineRetirees>