

Gail Agor, Editor

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Hello LIFErs! Have these first two months of 2023 passed as quickly for you as me? LIFE classes have been even better than usual...a complicated accomplishment since this year has shown some of the most varied and diverse lectures since I became a member!

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We are entering some of the busiest weeks of the LIFE year. Most members don't realize everything that will be happening in the next two months. Membership is gearing up for the re-enrollment process. This year we are also inviting prospective new members to visit during one of four weeks so they can appreciate LIFE up close and personally! Please, note the special "Be Our Guest" name tags that identify those special visitors! Curriculum is already hard at work planning lecture classes for next fall; and of course Trippin' through LIFE has a list of Trippin' events we are working on for your Fall enjoyment! That being said... don't forget to check out the final events the committee has put together, this semester. Links are available elsewhere in this newsletter and as always, will be available in the Tuesday, weekly e-blast.

Please, take time to read this month's LIFEtimes, since it has important information about the search for new LIFE Board Members, the UCF Disability, Aging and Technology Undergrad Scholarships, our upcoming Knights Helping Knights Spring drive, UCF Celebrates the Arts (tickets are going on sale VERY soon) and information on the Tucker Awards. -Gail

Stuff worth knowing!



Hello LIFE members.

We are almost at the LIFE member renewal time and I hope that all of you have been greatly enjoying the fabulous programs our Curriculum Committee has set up for us during this 2022-2023 year. We hope to set a record for renewals! I also hope that you have been able to log into your Member365 account portal and have explored this new wonderful way you can

keep your membership information up to date, easily register for Trippin' events, and of course renew your membership for 2023-2024. We've still got some great programs ahead of us before the end of the Spring term including several music/theatre presentations with performances and one I'm really looking forward to, learning about the wines of the Caucusus's by a faculty members from the Rosen School of Hospitality Management, and what should be a very moving presentation by Micayla Rowe on the "Amazing Story of Give Kids the World." So, lots to still look forward to including several really fascinating field trips. We will end the year with a great Annual Meeting and Volunteer Appreciation and a Piano presentation by the world renown UCF professor, Sun-A-Park. See you Tuesday mornings!

Spring Drive



March 7th

The pantry is a vital resource for the students. Please read about its history and the benefits it provides to the students on

our LIFEatUCF.org website.

Although there is a list of foods that are needed, writing a donation check or giving a cash donation triples the pantry's purchasing power.

We will have drop off stations outside Garage H, at the bus stop and outside the Pegasus Ballroom. Aleyna and someone from the Foundation will accept your check or cash outside the Pegasus Ballroom and write you a receipt if requested. Your donation makes a difference! -Debra & Jayne



LIFE at UCF is looking for dedicated members to serve on the LIFE at UCF Board of Directors.

LIFE's Board guides the direction of the institute and focuses volunteer effort toward achieving LIFE'S strategic objectives.

There are 3 simple requirements:

- -A LOVE of LIFE at UCF and a willingness to help steer the institute to greater heights!
- -Ability to attend one Board meeting per month (typically the first Monday of each month)
- -Willingness to serve on one of LIFE's 6 standing committees

Each Director is eligible to serve two, three-year terms. The upcoming terms begin in June 2023.

Please consider this opportunity to help guide LIFE at UCF and continue our 30+ year record of providing quality Lifelong Learning to Central Florida's seniors! Email life@ucf.org if you're interested.



of UCF undergraduate students engaged in studies relating to the social, cultural, psychological, and biological aspects of aging. As lifespans and the median age of our population continue to increase, education and exploration play an increasing role in creating healthy lifestyles for this growing demographic.

We provide up to two (2) \$1000 scholarships annually.

Last year your generous donations netted over \$5000.

Our long-term goal is increasing our scholarship fund to a level where it can sustain providing these scholarships in perpetuity.

If each member who renews donates \$20, we will easily exceed last year's amount raised during this year. Please join this initiative by donating when you renew your membership.

Your LIFE at UCF membership renewal fee is \$225

LIFE at UCF membership renewal will begin soon.
The membership fee will remain at \$225/member.
LIFE provides over \$60,000 annually in contributions to UCF research grants, scholarships, UCF organizations, Knights Pantry and Toys for Tots.



Membership has a variety of benefits, some of which are:

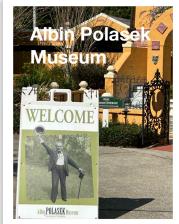
- Over 50 exciting lectures in-person, live-streamed and a recorded link for all registered members.
- On campus UCF parking pass.
- · UCF student ID valid for discounts at many venues and retailers.
- Free or reduced fees for entry to all on-campus UCF arts and music presentations, theater events, and most sports events (excluding football).
- UCF library privileges.
- · Exciting (member only) LIFE Trippin' events.
- · Volunteer opportunities participating in student research projects.



"Give me your tired, your poor, your huddled masses"...yearning to join LIFE at UCF!

That's right; it's a little known fact that when Emma Lazarus wrote her famous poem memorializing the Statue of Liberty, the original draft was a plea for folks to join LIFE. Later, she edited the poem to shine light on freedom in America. But it was LIFE at UCF that was her original inspiration. In honor of the upcoming 140th anniversary of the poem, written November 2, 1883, the LIFE Public Relations Committee will be awarding prizes to LIFE members who show a published invitation they penned inviting friends, family and strangers to join LIFE. Yes; just show us a copy of your community newsletter or other publication with a printed invitation and you'll earn a prize. Social media publication is not eligible. Use the link https://lifeatucf.org/prospective-new-member-application in your outreach to direct folks to the Prospective Member signup form.





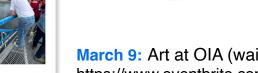
LIFE attende

Don't miss out on the final few
Trippin' through LIFE events!

Some are already full... others are filling fast!

Click the links below AND/OR in the Tuesday e-blasts!





March 9: Art at OIA (waitlist only) https://www.eventbrite.com/e/trippin-though-life-and-the-art-at-the-orlando-airport-tickets-531985241177

March 10: LIFE community service at Clean the World https://www.eventbrite.com/e/trippin-through-life-community-service-at-clean-the-world-tickets-500996412757

March 16: Nehrling Gardens tour

https://www.eventbrite.com/e/trippin-through-life-at-nehrling-gardenstickets-531902182747

March 31: Something Rotten Hagerty High School Drama Department https://www.eventbrite.com/e/special-life-member-event-to-see-something-rotten-at-hagerty-high-school-tickets-542803709507

April 12: St. John's River Cruise with lunch https://www.eventbrite.com/e/trippin-through-life-on-the-st-johns-river-with-lunch-tickets-531047847407

April 17: The Bee Guy (waitlist only) https://www.eventbrite.com/e/trippin-through-life-with-the-bee-guy-tickets-532213243137



Committee. Applications have now been received from UCF professors and graduate students who are seeking grants from the Richard Tucker Gerontology fund. The committee will now take the next several days to read and analyze the projects, whose subjects range from reading optimization of documents for older adults, to grip strength in those with sarcopenia, to the use of cannabinoid in older adults with chronic pain, to the quality of retirees' work-life interface, to how hydrating bandages may accelerate dermal healing in older adults. The committee will be looking for such things as a study's applicability to all aspects of aging, how well-written and understandable a project is, and how much a project points to any future benefits or other related studies.

The next step will be in-person interviews with the candidates via Zoom. Once this is all completed, the committee will make its recommendation to the Board for how to distribute some, or all, of the \$29,000 budgeted for this year.