

Stuff Worth Knowing!

# LIFEtimes

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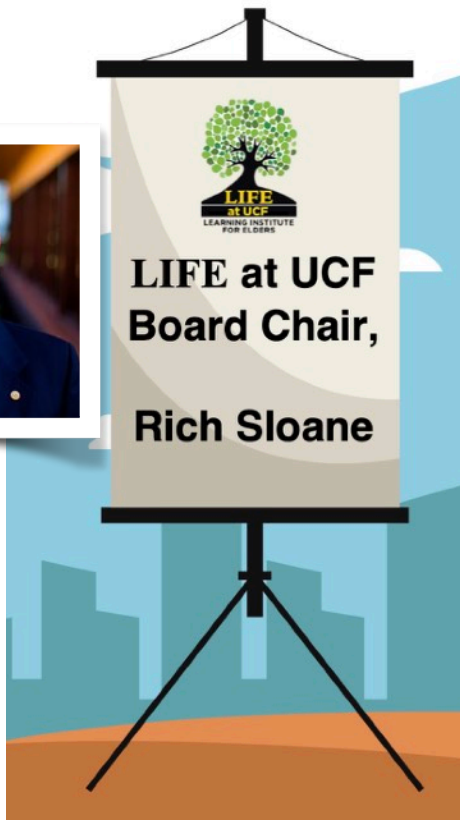
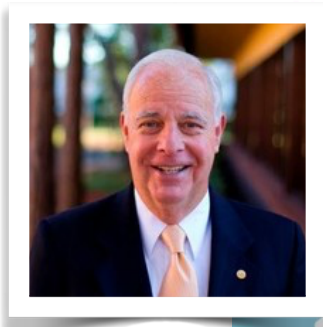
I hope all of you had a wonderful summer and are now ready for some incredible fall lectures scheduled by our fantastic Curriculum Committee.

Welcome Back to those of you who are “old hands” of **LIFE at UCF** and **WELCOME** to all new members....you are in for a treat!

Take advantage of all the benefits LIFE at UCF has to offer! There are many! Discounts or free UCF athletic events, discounts for the wonderful offerings for the UCF Theater program, restaurant and movie discounts...and of course, MY favorite... Trippin' through LIFE events that are exclusively for LIFE members ONLY! Look further in this newsletter for some of the upcoming Trippin' events that your Trippin' committee has been scheduling!

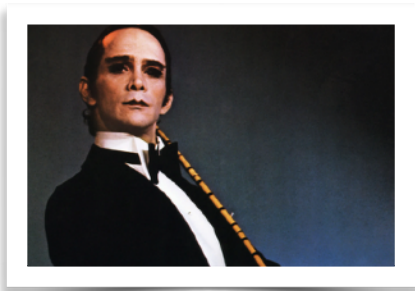


If any of you have questions you can probably get answers by accessing our website at [lifeatucf.org](http://lifeatucf.org) and using the many drop down menus. The Curriculum is posted, the Trippin' calendar is there. TONS of stuff worth knowing. If that doesn't work for you, each week we have a Welcome Desk set up outside the Pegasus Ballroom staffed by knowledgeable people. Welcome to LIFE at UCF's Fall Semester - Gail



When Joel Grey stepped on stage for the premier of the Broadway hit show *Cabaret* he opened the production with the song “Willkommen.”

And so as the curtain goes up on LIFE’s fall semester I extend a hearty Willkommen, Bienvenue, Welcome!



You, our members, are at the heart of all our programs. Whether you attend LIFE’s lectures in person or online, join the Trippin’ outings, contribute to our UCF partnership programs and activities, volunteer to participate in the research opportunities presented to us, it’s all there for you to enjoy; front row, center seats.



I hope you will partake of some, or all, of the offerings LIFE has on tap for you. They are educational, informative, stimulating, philanthropic, contributory, and social. I especially enjoy the social environment LIFE provides. It gives me the opportunity to be among longtime friends and engage with new ones.

I opened up with Joel Grey and will close with Ethel Merman; *Gypsy*. “Curtain up... light the lights...”

Oh, by the way, here’s a link to Joel Grey’s performance in the movie, <https://tinyurl.com/yrtk92wu>, and one to Ethel Merman’s hit, <https://tinyurl.com/mph4zdu3>





**Welcome back LIFE members!**  
I hope you are as excited as I am to get back on campus beginning on Tuesday, September 3rd as we begin the Fall Semester of outstanding presentations organized by the Curriculum Committee!

**Below, are a couple of updates for you as we prepare for Fall:**

- LIFE at UCF will be handing out LIFE at UCF parking permits and name tags the first two weeks of lectures, September 3<sup>rd</sup> and September 10<sup>th</sup>. If you unable to attend either session, we will mail your parking pass and name tag to your home address as listed in Member 365. Your current parking permit DOES NOT expire until September 30, 2024.
- Members with a current ID that will be expiring, please email LIFE at [jacqueline.Ulacia@ucf.edu](mailto:jacqueline.Ulacia@ucf.edu).
- LIFE will begin email communications over the next couple of weeks with information regarding our Fall schedule. The current schedule can be found here: [Class Schedule – LIFE at UCF](#). We will continue to provide in-person, live-streamed and recorded sessions for our members on LIFE’s webinar platform.
- Weekly communication will resume, beginning Friday, August 30<sup>th</sup>. Here is what you can expect:
  - Friday email:** information regarding our speakers for the upcoming Tuesday session.
  - Monday email:** a reminder email with the webinar link for Tuesday morning.
  - Tuesday email:** LIFE will send an email late Tuesday afternoon with the recorded link, a speaker evaluation survey and any announcements regarding LIFE events.

See you September 3rd!  
Jackie







## ***LIFE at UCF Mission Statement***

*The mission of LIFE at UCF is to enrich the lives of Central Florida's diverse senior community by providing stimulating, lifelong learning opportunities through classroom presentations, online accessibility, community experiences and research participation.*

## **Help UCF research efforts - Volunteer to be a research participant!**

*LIFE members make a difference as research participants in studies within the learning and longevity network in disciplines like gerontology and aging.*

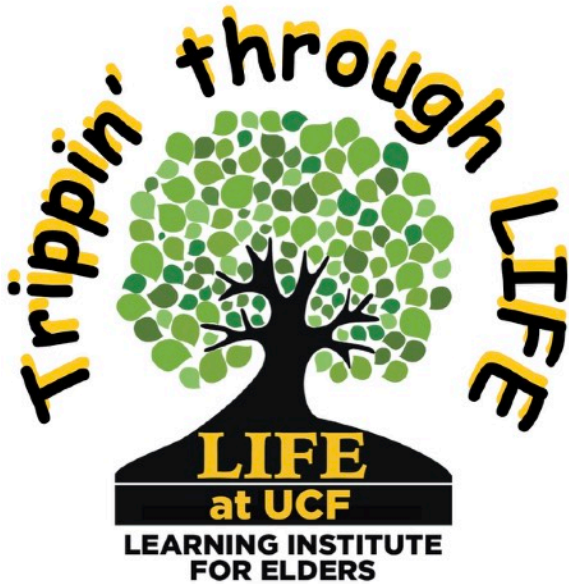
Over 150 LIFE members volunteered more than 350 hours of research support in 2023-2024. If you are interested in volunteering for research on aging, UCF has a network they draw from.

**The Learning & Longevity Research Network (LLRN)** seeks to improve human lives across adulthood. They do this through targeted research on cognition, emotion, and physical health in aging. Researchers in the LLRN are UCF faculty and students from a diverse group of disciplines, so they can each bring unique strengths to the study of aging. Their projects often involve collaborations across traditional disciplinary boundaries, since this is where the greatest discoveries are likely to be found!

If you would like to help by participating, please fill out the [volunteer registration form](#). Volunteers will be contacted to participate in new and ongoing studies at UCF according to their preferences. You can alter your contact information or opt out any time by emailing them at [lighthall.lab@ucf.edu](mailto:lighthall.lab@ucf.edu), or calling (407) 823-2311.

-Mike Agor, LIFE at UCF Vice Chair





Scan this QR code to be taken to the **Trippin' through LIFE** calendar.

Between vacations, lectures at the UCF Medical College at Lake Nona and regular “chill” time, your **Trippin' through LIFE** committee has been hard at work planning for the 2024-25 school year.

We have some AMAZING Trippin' events scheduled! Keep checking the event calendar for updates and dates that reservations begin for events in which you might be interested.

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At the end of last semester, we thought hard about “Lessons Learned.”

**Trippin' through LIFE** has grown both in committee members as well as the number of events we plan for LIFE's membership. We recognized a couple things:

- More and more people were registering for events, necessitating the need to offer some events more than once.
- Last year there were several Trippin' events with a last-minute no-show rate of 25-50%. It was embarrassing for LIFE at UCF, especially since oftentimes these organizations had made special arrangements to accommodate our large group. We understand sometimes emergencies pop-up but if you cannot attend an event, please cancel your reservation, in a timely manner, so we can fill that spot with someone from our long Wait List.

Trippin' events are in high demand: please register only if you will attend and do not register as a “place holder” for “if I want to attend on the day of.”

Starting September 2024, the minimum cost for a Trippin' event will be \$10. The cost for all Trippin' events includes admission, a donation and/or gratuity and all fees.

Any excess funds will be donated to the LIFE at UCF Endowed Scholarship fund.

### **To Check the Trippin' through LIFE Calendar follow these steps:**

- 1) go to [lifeatucf.org](http://lifeatucf.org)**
- 2) on the black banner, click on Trippin' through LIFE**
- 3) scroll down to Event Calendar**
- 4) click on the month and then click on the date of an event in which you might be interested.**



Now for the **FUN STUFF!**

This year is turning out to be the best year ever to go

## Trippin' through LIFE

\*\*\* **NOTE:** Trippin' is a benefit of membership. Only current LIFE members may attend any event.

Although you may access the **Trippin' through LIFE** calendar at any time on our website: [lifeatucf.org](http://lifeatucf.org), beginning with the first class on September 3rd, as members walk into the Student Union, they will be greeted by a Trippin' through LIFE table.

The table will advertise upcoming Trippin' events, dates, times, cost and when registration begins.

**However...we aren't yet in session, and the first THREE Trippin' events began taking registration on Tuesday, August 13th! HA! It pays to read the LIFetimes!**

1) **Equine Facilitated Learning at FREEDOM RIDE;**  
Sept12,  
12:00-1:00pm; \$15.00

2) **The Morse Museum of American Art;** Sept18, 10:30am-12:00pm; \$10.00

3) **South African Wine tasting & Buffet Hors-d'oeuvres at the UCF Rosen School of Hospitality's Anheuser-Busch Beer & Wine Lab;** Sept 27, 12:00-2:00pm; \$83.00

## September Trippin' Events

Scanning the QR code on the previous page will take you to the **Trippin' through LIFE** calendar.

Click each event to learn more about it.

- As always, the cost is inclusive of donation/gratuity and all fees.
- **All Trippin' through LIFE** events have a registration cap, but we will notify wait listed members if a vacancy occurs. Once notified, the member will have a limited time to respond before the next individual, on the wait list is contacted.

The **Trippin' through LIFE** Committee hopes you will enjoy the varied Trippin' events we have planned for you, this year! -Gail

The coming 2024 -2025 school year will feature an exciting new educational program for LIFE at UCF members. We will be announcing the start of the **SHARING OUR LIFE** program, featuring small group seminars where LIFE at UCF members volunteer to make a presentation and lead open discussions on a topic where they have in-depth and demonstrated expertise.



The sessions will be held in a classroom setting on campus immediately following the Tuesday morning guest speaker sessions. The LIFE at UCF expert member will prepare and present detailed information designed to inform the participants and elicit discussions for deeper understanding of their topic. The **SHARING OUR LIFE** seminar leader is expected to provide professional level information in a presentation format, in a way that not only informs non-experts in the field, but also stimulates discussions among the participants to gain a more personal feel for the seminar topic. Each session is expected to last no longer than 90 minutes.

LIFE at UCF members are a diverse group with many different areas of expertise gained during their careers and life experiences. LIFE at UCF's **SHARING OUR LIFE** program gives our members a chance to gain insight into interesting topics with other members in an intellectually stimulating small group forum.

We are planning to start the program with two to three seminar sessions each semester, the first to be scheduled in Fall 2024. Bob Shannon, former research engineer with Westinghouse Electric Company R&D Center, and innovation manager at Siemens Energy Inc. will lead the first **SHARING OUR LIFE** event: **LIFE at UCF ENERGY SEMINAR - A Global View of Electric Power.**

All LIFE at UCF members are encouraged to think about what areas of expertise they have, or other members they know to volunteer for leading one of the **SHARING OUR LIFE** seminars in the upcoming 2024-2025 school year. Look for more information later this summer on how to submit your ideas and details on the Fall 2024 seminar schedule.

**Volunteer to lead a session of  
"Sharing our LIFE"**

<https://lifeatucf.org/seminar-presenter-application-sharing-our-life-at-ucf/>



# Smiles

....the most beautiful  
thing in

# LIFE

All I'm saying is,  
at any point during  
that ride through the  
desert he could have  
given the horse a name.

The awkward moment when you drive your  
Chevy to the levy and the levy isn't dry.



*This is what happens  
when you're drinking  
whiskey and rye.*

The  
**HOKEY POKEY**  
Clinic

A place to turn  
yourself around