



Stuff Worth Knowing!

LIFetimes

October 2023

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Although leaves are changing in other parts of the country, we Floridians know that when our trees change color, it's January, not October. That doesn't mean that seasonal change isn't in the air here at LIFE...it is! LIFE sessions are finally back every Tuesday; we have a new Executive Director, Jacqueline Ulacia; Rich is up on stage each week leading announcements with his comedy show; we have purchased new microphones for presenters, making for superior listening quality; Member 365 is proving to be easy for our LIFE members to access...WOW! Don't know about you, but I'll gladly take these changes and wait for the change of color in January while the rest of the country is fighting ice and snow!

October 31 may be Halloween, but it is also the date of our first drive for Knights Helping Knights Pantry; look further in this newsletter to see how you can help students in need!



Other highlights in this *LIFetimes*, of course, is upcoming Trippin' through LIFE events. Keep checking the calendar for the date on which you can register! I will attempt to keep up with all our upcoming events by posting slides at our weekly meetings as well as reminders in our weekly e-blasts that Jacqueline sends out. -Gail



“And they’re off!” Just like *A Day at the Races*, LIFE at UCF has gotten off to a great start this year.



I’ve enjoyed the informative and inspirational talks by our university president, the director of UCF athletics, city planners, zookeepers and more. The variety is amazing, and there’s much more to come. It’s great seeing so many LIFE members in the ballroom; your presence definitely energizes our speakers. And the questions you pose at the end of each presentation bring an air of intellectual curiosity that adds to the mix. I’ve heard a few speakers remark that they were impressed by the size of the audience we bring to them. And those members who watch the presentations by live stream lend credibility to LIFE’s efforts in bringing meaningful programs to a wider audience. Thank you all for “showing up.”

There are four areas of impact that I’ve set my sights on for the year ahead and I want to share them with you.

They are to:

- 1) provide the best educational programs and learning experiences for LIFE members;
- 2) achieve and maintain financial security for LIFE at UCF;
- 3) achieve a membership of 1,000;
- 4) strengthen LIFE’s relationship with the university.

These are key elements for our continued growth and success. You play an important part in each of these items. Please give them some thought and consider how you might contribute to moving LIFE forward. If you have ideas on any of these items, please share them with me.

Once more with feeling! Thanks again to Leslie Collin as she retires from serving as LIFE’s first executive director. We are better, brighter, smarter and more confident in LIFE moving forward because of the dedication and professionalism she brought to the job. Thank you, Leslie. A “lifetime membership” was presented to Leslie by the board of directors, so we look forward to seeing her at LIFE in the future.

-Rich





The Fall Annual Food/Money Drive in support of the Knights Helping Knights Pantry has begun!

It is estimated that about 35% of students struggle with food insecurity. The Pantry helps UCF students by providing basic needs including food, personal hygiene items and clothing.

Students can pick up 5 food items a day. There is no limit for toiletries or clothing.
Last year LIFE members donated \$5982 and 517 lbs of non-perishable items during our Fall and Spring drives.

Let's set a target of donating over \$3500 in October.

If you choose to donate money, please go to
www.UCFfoundation.org/knightshelpingknights

In the “comments” section, note that you are a member of LIFE at UCF so the final monetary donation amount will be attributed to our members.


Keep in mind that through the assistance of Second Harvest every single dollar donated will bring THREE dollars of much needed food items to UCF Students!

Make your money go further!

If you prefer to bring items (food and/or professional clothing), bring them on Tuesday, October 31 when LIFE hosts its Fall Drive.

Items may either be brought into the Student Center or you may opt to drop them off outside Parking Garage H. On the 31st, we will also be accepting cash and/or checks (made out to **Knights Helping Knights Pantry) in front of the Pegasus Ballroom. Receipts will be given.**


Thank you in advance for your generosity. -Debra Barton & Jayne Leach



LIFE at UCF has made a \$25 donation to the UCF Foundation
in memory of the following members who have passed away this year.

Dean Barber
Allen Reinhardt
Andrew Stolzar
Nancy Whitney

If you know of other deceased members who
are not listed, please provide the details to
Jacqueline Ulacia.





Something for **EVERYONE!**
If you can't find a
Trippin' through LIFE event
that you'd enjoy,
you haven't been checking our calendar at
lifeatucf.org

Click on the Trippin' through LIFE tab
& scroll down to the calendar.
Click an event/date that is of interest to you!

Trippin' FAQs:

- 1) Trippin' through LIFE events open on the advertised date prior to our weekly LIFE meeting.
- 2) Trippin' through LIFE events are ONLY open to LIFE members
- 3) Trippin' through LIFE events have limited availability; when the maximum capacity is reached, a waitlist is created
- 4) If something unforeseen occurs and you are unable to attend an event for which you are registered, follow the EASY steps, below, to open your seat to another LIFE member

Trippin' through LIFE Cancellation HOW TO...

Even though we hope you
never need to use it.

Step 1: Take a photo of this slide in case
you need to refer to it at a later date!

Step 2: go to lifeatucf.org

Step 3: sign in to your Member 365 account

Step 4: on the black bar click "events"

Step 5: on the drop down menu, click "my event registrations"

Step 6: on the green box, click "withdraw/modify"

Step 7: click "remove"



With this information...
WHAT are you waiting for???
QUICKLY... go to lifeatucf.org
and use your Trippin' through LIFE member benefit!



**I just received this from a “friend.”
 Figured I would share.
 With grins, giggles & a lot of understanding. - Gail**

As we get older...

1978	2023
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell bottoms	Big bottoms
Disco	Costco
Whatever	Depends
Rock n' roll all night	Sleep through the night
Think you know everything	Think you know your name