## UCSD Retirement Association Gazette

**Retirement Association Gazette**

**March 2019**

**Issue 55, Issue 2**

**Public program website:** [http://retirement.ucsd.edu](http://retirement.ucsd.edu)  
**Members-only:** [http://retirementassociation.ucsd.edu](http://retirementassociation.ucsd.edu)

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### 2019 Calendar of Activities

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### NHERI Shake Table Tour

**Presented by Professor Lelli Van Den Einde, PhD**

**Wednesday, March 6, 11:00 AM - 1:00 PM**

Join us for a tour of the NHERI Shake Table led by Professor Lelli Van Den Einde. Professor Van Den Einde’s expertise includes performance-based earthquake engineering and earthquake engineering data and management. Her experiments focus on large scale structures, particularly in the area of reinforced concrete, FRP composites, and hybrid bridges. Experiments such as these are made possible by the NHERI Shake Table, which was built as part of the National Science Foundation’s nationwide earthquake collaborative. Because of its size, being the largest shake table in the US, the NHERI shake table allows for landmark experiments, allowing for the testing of full-scale designs in near-source, severe ground motions.

**RSVP today!**

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### Festive Spring Member Luncheon

**Come & Join Us at our “Spring Fling”**

**Tom Ham’s Lighthouse, Wednesday, March 20**

All UCSD retirees, Association members and their guests are welcome to join us at our “Spring Fling”, which serves as our Spring member luncheon, and an opportunity to celebrate the generous service to the university of our many volunteers.

**Date:** Wed., March 20  
**Where:** Tom Ham’s Lighthouse, Harbor Isl.  
**Social:** 11:45 AM  
**Lunch:** 12:30 PM  
**Cost:** $22 per person  
Send check (payable to the Retirement Assn.) for $22 per person to:  

UCSD Retirement Assn.  
9500 Gilman Dr., 0020  
La Jolla, CA 92039-0020

**We’ll enjoy a delectable luncheon buffet, lively Gershwin tunes played by our favorite pianist, Danny Green, and a program honoring our many Retirement Assn. volunteers.**

**Bring a friend! Don’t miss this delightful event.**

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### Other Events

- **NHERI Shake Table Tour**
- **Festive Spring Member Luncheon**
- **RA Nominating Committee Meeting**
- **UCSD-RRC Conf. Room**

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### Officers

- **President:** Sue Dreier  
  - Immediate Past President: Betty Garbutt
- **Vice President:** Maureen Bennett  
  - Secretary: Mona Sonnenheim
- **Treasurer:** Mae Brown  
  - Immediate Past President: Shem Ablakatof-Clow
- **Immediate Past President:** Mae Brown  
  - Secretary: Mona Sonnenheim

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### Contact Information

- **Mailing Address:** UCSD Retirement Association, 9500 Gilman Drive, Dept. 0020, La Jolla, CA 92039-0020
- **Phones:** Retirement Association Office: (858) 534-4724  
  - PERS Information: (888) CalPERS or (888) 225-2727
- **Email:** RetireeLink@ucsd.edu

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### Additional Information

- **PERS Information:** (888) CalPERS or (888) 225-2727
- **CEI Information:** (800) 888-2827
- **Film “The Bold, the Corrupt, & the Beautiful”**
- **Long Term Care 101 Seminar**
- **Advanced Social Security**
- **Robotics in Agriculture, Lecture**
- **Fidelity One on One Appointments**
- **International Film**
- **Challenges to Democracy**
- **Ours Many Interest Groups**
- **Let’s Take a Walk**
- **Triton 5K - April 7**
- **Seminars Galore!**
- **Nutrition Talk/V. Newman**
- **Camera Lucida, April 29**
- **Contacts**
- **Calendar**

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### Website

[http://retirement.ucsd.edu](http://retirement.ucsd.edu)

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### Map

[Map Image]
Calling all Volunteers...  
Serve at the UCSD International Café  
Friday, May 17, 2019

The UCSD Retirement Association is once again sponsoring this popular volunteer event, serving up a delicious international luncheon. Volunteers are needed to work from 11:30 AM until approximately 1:30 PM. Volunteers greet café guests and help serve the lunch. Free parking and a free lunch are offered to all volunteers. The International Café is now at the Great Hall. Over 200 students, faculty, researchers, and staff from all over the world attend this informal lunch at UCSD's International Café. Be a global citizen right here at UC San Diego! Volunteer with the English in Action Program to:
- Help international students, scholars and spouses with conversational English
- Create long-lasting friendships.
- Learn about other cultures
- Develop skills needed for a successful transition into diverse and global communities

No previous experience necessary! We only ask that volunteers make a year-long commitment to meet with their students once a week.

To apply or for more information, visit our website: http://icenter.ucsd.edu/ispo/programs/eia/index.html

If you have any questions or comments, please send an email to: iprograms@ucsd.edu.

We need YOU!

ENGLISH IN ACTION (EIA)  
TUTOR PROGRAM!

Mental: Food is Mood - The Nutritional Connection with Vicky Newman, MS, RD  
Friday, April 5 = 11:45 AM to 1:15 PM

Your mood is affected by what, when, and how you eat. There’s even a trendy, new term to describe the crankiness we feel when we haven’t eaten all day – the word is hangry, and it perfectly sums up the connection between food and mood. What many of us might not be aware of, though, is the extent to which our emotional well-being is impacted by our dietary habits, often on a long-term basis. It’s not just about skipping meals. It’s about the quality of the food we eat and the nourishment – both nutritional and emotional – we receive from it.

Join us and registered dietitian Vicky Newman to learn more. All seminars are FREE to RA/EA members and their guests, and to current UCSD Staff & Faculty.

Advance sale for the April 29 Camera Lucida concert

Concert date: Monday, April 29, 7:30 PM  
Music: Mozart and Beethoven

We’ve got a block of discounted tickets (only $17 each) just for our members, for this fabulous concert in the beautiful Prebys Music Hall. Please mail your check to UCSD Retirement Association, 9500 Gilman Dr., Dept. 0010, La Jolla, CA 92093-0010.

Members: Please mail your check to: UCSD Retirement Asso., 9500 Gilman Dr., Dept. 0010, La Jolla, CA 92093-0010.

Please register online at https://hrweb.ucsd.edu/ra/or call (858) 534-4724, if you have no online access.

Get the right amount of Email Notices coming your way…  
Subscribe to the Listserv which best fits your needs.

UCSD Retirement Association has three listservs for you to choose from:

**Listserv #1** - You will receive one, and only one email per month. It’s a link to the newest issue of the UCSD Retirement Association Gazette. Usually our members who live outside of the area most often choose this listserv. They enjoy reading the Gazette, but live too far away to participate in our many program offerings.

**Listserv #2** - You will receive a link to the RA Gazette, plus all Benefits news, as well as email flyers for all upcoming RA events, programs and activities. Subscribers to this listserv typically receive about 35 emails each month.

**Listserv #3** - You will receive a link to the RA Gazette, plus all Benefits news, all RA event and program email flyers, as well as relevant campus email flyers. Subscribers to this listserv typically receive between 200 and 300 emails each month.

Are you on the right listserv for your needs?

If you wish to change your listserv preference, please send an email to RetireeLink@ucsd.edu, and ask to be moved to the listserv of your choice (1, 2 or 3, as defined above). If you do not wish to change your listserv subscription, there is NO NEED to email us!
Investment Interest Group  
Join us at the most popular interest group: the Retirement Association Investments Interest Group.

We meet on the fourth Tuesday of each month to continue our study and discussion of hot current investment topics with our Investment Group Facilitator, Ryan Hyslop, Certified Financial Planner, of Morgan Stanley. This month the topic will be “Maximizing your Retirement Income.” Join us at our next meeting, Tue., March 26, in UC 400, from 11:45 AM to 1:15 PM. Come early to find parking.

This group is open to current staff and faculty, members of the UCSD Retirement and Emeriti Associations, and their guests. Please RSVP online to attend at: http://www.hr.ucsd.edu/go/ra

RA Fiction Book Club  
The next book club meeting will be held on Wednesday, March 27, from noon to 2:00 PM at the 94th Squadron, located at 8885 Balboa Avenue. Join us, and join in the interesting discussions we hold. Please submit your RSVP online at: http://www.hr.ucsd.edu/go/ra or call (858) 534-4724.


Let’s Take a Walk  
Friday, March 29  
9:15 - 11:30 AM  
The Secret Stairs of La Mesa  
(GPS 32.763575, -117.022720)  
Come join your fellow RA members as we take beautiful walks around San Diego. Ready to go up and down some stairs? Meet us at the Secret Stairs. Short walk, one loop (1.1 mile) 549 stairs. The walk provides nice views and a good aerobic workout. There is metered parking on La Mesa Blvd (75 cents/hour, bring quarters). There are no facilities. The nearest restroom is Starbucks in La Mesa Springs Shopping Center. Bring water, ID, hat, sunscreen and dress in layers. If you RSVP’d and won’t be attending, please CANCEL so we don’t wait for you.

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Let’s Take a Walk  
Sunday, April 7  
9:15 - 11:30 AM  
The Triton 5K Run/Walk in support of our Chancellor’s Scholars!  
It’s so easy to register online. To join the UCSD Chancellor’s Scholars team for the Triton 5K, go to: https://5k.ucsd.edu/s/1170/bp17/home.aspx  
Click on REGISTER NOW in the top of the page. Once you enter your personal registration information on this page, click NEXT at the bottom of the page. This will take you to the next page. There it will ask if you’d like to join a TEAM? Click on the drop-down box, and scroll down to select the Chancellor’s Scholars Team. Complete your registration and pay. NOTE: You DON’T have to run or walk, if you’d rather not. You can still support the team, and student scholarships, by registering to participate for only $40.

Since it was established in 1996, the Triton 5K (formerly the Chancellor’s Challenge 5K Run/Walk for Scholars) has raised more than 5.4 million, benefitting more than 1,000 motivated ambitious students.

President’s Message  
I recently read about “super-agers”, individuals who function and behave younger and healthier than you’d expect for their chronologically years, sometimes in defiance of their objective medical tests.

Joel Kramer, PsyD, director of the neuropsychology program at UCSD’s Memory and Aging Center gives an example of a “super-ager”. The man was an 80+ year old whose brain scan showed atrophy, with areas of deep patches ridddled throughout, suggesting he had suffered mini-strokes associated with cognitive decline. Yet the man was thriving. His cognitive test scores were impeccable, and he was high functioning in everyday life. So why was this person, whose medical tests said he should be impaired, doing just fine? His attitude was keeping him alive and young at heart. He volunteered in his community, was busy with organizations and projects, was socially engaged with friends and family, he expressed gratitude for what he had, and really seemed to be enjoying his life. This ability to thrive and be vigorous and dynamic as we age, in part seems to be a function of attitude. Mind over matter.

Here are some steps to become a “super-ager”:

Embrace aging and let your wisdom shine. Volunteer is a good way to accomplish this.

Quot the negativity. Just having a negative attitude makes us more stressed, which activates biochemical cascades that may accelerate aging.

Move more. My mantra: If you want to keep moving, you have to keep moving. Exercise not only promotes cardiovascular health, but leads to the production of more brain cells, and promotes a sense of wellbeing.

Meditate. You can engage in all these steps with the UCSD RA, but the one I want to focus on is volunteering. We are an organization of volunteers. I can honestly tell you volunteering with the RA has been great fun and brought me a wealth of new activities and friends. You can volunteer with us, or you can get out and volunteer in your own way in your community, but I encourage you to volunteer. In a few weeks the RA’s Annual Spring Fling will celebrate our volunteers. Even if you have not volunteered, come and show your thanks and support to those who have served the UCSD RA. Our board members, committee members, presenters (including the food demo cooks), and special interest leaders are volunteers. Volunteers staff our membership tables, represent us at campus events and help in many other ways. I want to offer a special thank you to Marguerite Jackson, Ph.D., who has been our voice at the Council of Universities of California Retirement Associations (CU CRA) for the past 9 years. She fought for us on several important matters, including our healthcare premiums, and will soon be moving on to pursue other volunteer opportunities in the community. Be socially active and involved. You are welcome to bring a guest to our events, except for those events which are restricted to members only due to space constraints (food demos and international films) or restricted by the sponsor (some of our discounted tickets).

In the words of Wayne Dyer – Attitude is everything, so pick a good one.

Sue Dreier
“The Bold, the Corrupt & The Beautiful” Chinese Film
Presented by Professor Yingjin Zhang
Saturday, March 2  2 PM - 5 PM
at the UCSD Retirement Resource Center
Join other RA and EA members for our next film, which will be a Chinese drama presented by Yingjin Zhang, Distinguished Professor of Modern Chinese Literature. "The Bold, the Corrupt and the Beautiful" is a 2017 Taiwanese crime drama. Madame Tang, the wife of a general, is an antique dealer who lives in a mansion with her two daughters. Dealing with high ranking government officials and the rich, their lives are disrupted when the family of their close friend is murdered. Soon, the murder escalates into a game of survival between those who are involved, in which the person with the last laugh is the winner. Bring a snack to share. Be sure to RSVP: https://hrweb.ucsd.edu/ra/.

As part of the San Diego Agricultural Wonderland Series:
California Spirits Company Tour  (2 tours)
Friday, March 8
3:00 PM-4:30 PM and 5:30 - 7:00 PM
382 Enterprise St Ste 104, San Marcos, CA 92078
Please register online at https://hrweb.ucsd.edu/ra/ or call (858) 534-4724, if you have no online access.

Come join fellow Retirement Association members for a group guided tour of the California Spirits Company which is a micro-distillery that makes whiskey, rum, vodka, gin, and other specialty products. Recently, the California Spirits Company has been contracted by Misadventure & Co. to make their famous vodka that is distilled from leftover baked goods such as breads and cakes. Learn all about alcohol production at this working distillery! Please note that there will be two tours given on this day: one at 3:00 PM and another at 5:30 PM. Please do not register for both tours in order to ensure that others will be able to go. Be sure to RSVP today!

Sandy Lakoff, Professor Emeritus
Friday, March 8, 2019  Ω  11:45 AM-1:15 PM
UCSD Retirement Resource Center (UC 400)

Challenges to Democracy
Please register online at https://hrwebucsd.edu/ra/ or call (858) 534-4724, if you have no online access.

Join other UCSD Retirement Association members for a lecture by Professor Sanford Lakoff as he discusses how modern or liberal democracy has become the model for most of the world. Based on universal suffrage, with guarantees for liberty, a strong civil society, and a regulated market economy, every country had its own version but they were alike enough to allow for increasing peaceful integration. Today, democracy is under assault here and elsewhere, divisive nationalism is a rising force, and authoritarian alternatives like the Chinese model are gaining influence. Why has this happened and how can democracy be reinvigorated?

Professor Emeritus Sandy Lakoff serves as the Editor of Chronicles, newsletter of the UCSD Emeriti Association. He is the recipient of the 2008 Dickson Award, of the 2018 (UC-wide) Constantine Panunzio Award, and of the 2018 Revelle Medal.

BREXIT, Crashing Out of the EU
Presented by Professor Henry Powell
Wednesday, April 17, 11:45 AM - 1:15 PM, at the UCSD RRC (UC 400)

Please join other UCSD Retirement Association members for a lecture by Professor Emeritus Henry Powell as he discusses the initial aftermath of the UK’s exit from the EU. After years of contention, the BREXIT movement had reached a critical turning point with the UK’s official exit. However, the uncertainty caused by this separation has only been exacerbated by the insistence of a “hard exit”, marked by a refusal to compromise on aspects such as borders, law, or money with the EU. Join Professor Powell as he discusses the consequences this approach has had on Britain’s formative first few days after leaving the EU, as well as what the future will hold for both Britain and the EU as a result.
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(GPS 32.763575, -117.022720)
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Sunday, April 7

9:15 - 11:30 AM
The Triton 5K Run/Walk in support of our Chancellor's Scholars!

It’s so easy to register online. To join the UCSD Chancellor’s Scholars team for the Triton 5K go to: https://5k.ucsd.edu/s/1170/bp17/home.aspx Click on REGISTER NOW in the top of the page. Once you enter your personal registration information on this page, click NEXT at the bottom of the page. This will take you to the next page. There it will ask if you’d like to join a TEAM? Click on the drop-down box, and scroll down to select the Chancellor’s Scholars Team. Complete your registration and pay. NOTE: You DON’T have to run or walk, if you’d rather not. You can still support the team, and student scholarships, by registering to participate for only $40.

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Calling all Volunteers... Serve at the UCSD International Café
Friday, May 17, 2019
The UCSD Retirement Association is once again sponsoring this popular volunteer event, serving up a delicious international luncheon. Volunteers are needed to work from 11:30 AM until approximately 1:30 PM. Volunteers greet café guests and help serve the lunch. Free parking and a free lunch are offered to all volunteers. The International Café is now at the Great Hall. Over 200 students, faculty, researchers, and staff from all over the world attend this informal event and program e-flyers. Subscribers to this listserv typically receive about 35 emails each month.

If you wish to change your listserv preference, please send an email to: ispo@ucsd.edu.

No previous experience necessary! We only ask that volunteers make a year-long commitment to meet with their students once a week.

To apply or for more information, visit our website: http://iprograms.ucsd.edu/ispo/programs/eia/index.html

If you have any questions or comments, please send an email to: iprograms@ucsd.edu.

We need YOU!

ENGLISH IN ACTION (EIA) TUTOR PROGRAM!

Be a global citizen right here at UC San Diego! Volunteer with the English in Action Program to:

• Help international students, scholars and spouses with conversational English
• Create long-lasting friendships.
• Learn about other cultures
• Develop skills needed for a successful transition into diverse and global communities

No previous experience necessary! We only ask that volunteers make a year-long commitment to meet with their students once a week.

To apply or for more information, visit our website:
http://icoenter.ucsd.edu/ispo/programs/eia/index.html

If you have any questions or comments, please send an email to: iprograms@ucsd.edu.

Please register online at https://hrweb.ucsd.edu/ra/ or call (858) 534-4724, if you have no online access.

Mental: Food is Mood - The Nutritional Connection with Vicky Newman, MS, RD

Friday, April 5 — 11:45 AM to 1:15 PM
Venue: UCSD Retirement Resource Center, in UC 400

Your mood is affected by what, when, and how you eat. There’s even a trendy, new term to describe the crankiness we feel when we haven’t eaten all day – the word is hangry, and it perfectly sums up the connection between food and mood. What many of us might not be aware of, though, is the extent to which our emotional well-being is impacted by our dietary habits, often on a long term basis. It’s not just about skipping meals. It’s about the quality of the food we eat and the nourishment we receive from it.

Join us and registered dietitian Vicky Newman to learn more. All seminars are FREE to RA/EA members and their guests, and to current UCSD Staff & Faculty.

Please register online at https://hrweb.ucsd.edu/ra/ or call (858) 534-4724, if you have no online access.

Advance Sale for the April 29 Camera Lucida Concert

Concert Date: Monday, April 29, 7:30 PM, Music: Mozart and Beethoven

We’ve got a block of discounted tickets (only $17 each!) just for our members, for this fabulous Concert in the beautiful Prebys Music Hall. Please mail your check to: UCSD Retirement Assn., 9500 Gilman Dr., Dept. 0020, La Jolla, CA 92037.

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UCSD Retirement Association Educational Seminars - for 2019
11:45 am — 1:15 pm
Venue: UCSD Retirement Resource Center, in UC 400
All seminars are FREE and open to: RA/EA members and current UCSD Staff & Faculty
Please register on-line: https://hrweb.ucsd.edu/ra/

Tues., Mar. 5 — Military Aid and Attendance Benefits Presentation
Fri., Mar. 8 — “Challenges to Democracy” with Professor Sanford Lakoff
Wed., Mar. 13 — Five Keys to a Happy and Fulfilling Retirement
Fri., Mar. 15 — Social Security 101, Ryan Hyslop, CFP
Mon., Mar. 18 — Medicare, Ryan Hyslop, CFP
Tues., Mar. 19 — Robots in Agriculture
Wed., Mar. 21 — Advanced Social Security with Ryan Hyslop, CFP
Tues., March. 26 — Maximizing Your Retirement Income, with Ryan Hyslop, CFP
Wed., March 27 — Long Term Care 101 Seminar with Jody Hubbard
Thurs., March 28— Fall Prevention and Helpful Solutions with Kimberly Bell
UCSD Retirement Association Calendar

Mar. 1 Fri. 11:45AM - 1:15PM Meditation Class with UCSD Fillife UCSD-RRC Conf. Room
2 Sat. 2:00PM - 5:00PM Film "The Bold, the Corrupt, & the Beautiful" UCSD RRC Conf. Room
4 Mon. 9:00 AM - 3:00PM Fidelity One on One Appointments UCSD RRC Conf. Room
5 Tues. 11:45AM - 1:15PM Military Aid & Attendance Benefits UCSD RRC Conf. Room
6 Wed. 11:00AM - 1:00PM NHERI Shake Table Tour Englekirk Structural Engineering Ctr.
8 Fri. 11:45AM - 1:15PM "Challenges to Democracy" UCSD RRC Conf. Room
9 Fri. 3:00 PM - 4:30PM CA Spirits Company Tour #1 382 Enterprise St Ste 104, San Marcos
11 Mon. 10:00AM - 11:00AM Spanish Conversation Group UCSD-RRC Conf. Room
12 Tues. 9:45AM - 10:15AM RA Volunteer Committee Meeting UCSD-RRC Conf. Room
12 Tues. 10:00AM -11:30AM RA Board Meeting UCSD-RRC Conf. Room
12 Tues. 11:30AM -12:00PM RA Nominating Committee Meeting UCSD-RRC Conf. Room
12 Tues. 12 noon - 1:00PM RA Program Committee Meeting UCSD-RRC Conf. Room
13 Wed. 12 noon - 1:00PM Five Keys to Happy & Fulfilling Retirement UCSD-RRC Conf. Room
13 Wed. 3:30PM - 5:00PM "Understanding Nature Holistically with Faculty Club
15 Fri. 11:45AM - 1:15PM Social Security 101 with Ryan Hyslop UCSD-RRC Conf. Room
18 Mon. 9:00 AM - 3:00PM Fidelity One-on-One Appointments UCSD-RRC Conf. Room
18 Mon. 11:45AM - 1:15PM Medicare Seminar UCSD Seminar Room
19 Tues. 11:45AM - 1:15PM Robots in Agriculture, Lecture UCSD-RRC Conf. Room
20 Wed. 11:30AM - 2:30PM Spring Fling Luncheon Tom Ham's Lighthouse
20 Wed. 2:00PM - 4:00PM Photography Interest Group UCSD-RRC Conf. Room
21 Thurs. 11:45AM - 1:15PM Advanced Social Security UCSD-RRC Conf. Room
22 Fri. 12 noon - 2:00PM Classic Spanish Paella Food Demo UCSD-RRC Conf. Room
26 Tues. 11:45AM - 1:15PM IG: Maximizing Your Retirement Income UCSD-RRC Conf. Room
27 Wed. 11:45AM - 1:15PM Long Term Care 101 Seminar UCSD-RRC Conf. Room
28 Wed. 12 noon - 2:00PM RA Book Club "Almost Everything..." 94th Aero Squadron
28 Thurs. 12 noon - 2:00PM North County's Flower Fields The Flower Fields
28 Thurs. 11:45AM - 1:15PM Fall Prevention and Helpful Solutions UCSD-RRC Conf. Room
29 Fri. 9:30AM - 11:30AM Lets Take a Walk: Secret Stairs of La Mesa La Mesa Blvd and Acacia Ave

Inside this issue:

NHERI Shake Table Tour
Presented by Professor Lelli Van Den Einde, PhD
Wednesday, March 6, 11:00 AM - 1:00 PM

Join us for a tour of the NHERI Shake Table led by Professor Lelli Van Den Einde. Professor Van Den Einde’s expertise includes performance-based earthquake engineering and earthquake engineering and management. Her experiments focus on large scale structures, particularly in the area of reinforced concrete, FRP composites, and hybrid bridges. Experiments such as these are made possible by the NHERI Shake Table, which was built as part of the National Science Foundation’s nationwide earthquake collaborative. Because of its size, being the largest shake table in the US, the NHERI shake table allows for landmark experiments, allowing for the testing of full-scale designs in near-source, severe ground motions.

RSVP today!

Festive Spring Member Luncheon
Come & Join Us at our “Spring Fling”
Tom Ham’s Lighthouse, Wednesday, March 20

All UCSD retirees, Association members and their guests are welcome to join us at our “Spring Fling”, which serves as our Spring member luncheon, and an opportunity to celebrate the generous service to the university of our many volunteers.

Date: Wed., March 20
Where: Tom Ham’s Lighthouse, Harbor Isl.
Social: 11:45 AM
Lunch: 12:30 PM
Cost: $22 per person
Send check (payable to the Retirement Assn.) to:
UCSD Retirement Assn.
9500 Gilman Dr., 0020
La Jolla, CA 92093-0020

We’ll enjoy a delectable luncheon buffet, lively Gerahwin tunes played by our favorite pianist, Danny Green, and a program honoring our many Retirement Assn. volunteers.

Bring a friend! Don’t miss this delightful event.