



Issue 1 | October 2019

Welcome from the Wisdom Institute!

As you are planning your many adventures in retirement, don't forget to mark the Wisdom Institute events on your calendar. We would love to see you at our events and hope you will check out our website to keep up to date on our upcoming events and news.

Questions on these events or on the Wisdom Institute? Visit us at wisdom.umbc.edu or my.umbc.edu/group/wisdom or Email us at wisdominstitute@umbc.edu.

Greetings,

Fall is here and the new academic year has begun with a flourish. The ultimate goals of the Wisdom Institute, UMBC's Association for Retirees, are to engage, support, and involve our retirees in the life and work of the University and broader community. With this in mind, we have been busy planning many exciting events.

You will find highlights about some of our upcoming events here. Call your friends and join us for a tour of Mimi Dietrich's quilt exhibit at the Maryland Historical Society which is coming up soon. You may meet us there or catch a ride with us in the bus. Gather with friends at the Skylight Room for an informal luncheon once a month. You are bound to see former colleagues, too! Get into the holiday spirit at the Retiree Arts, Crafts, and Treats Exhibition. Find details on all of these events in the following pages.

There's more! Visit our website at wisdom.umbc.edu for other events and opportunities to connect. For example, do you want to extend a helping hand? You may choose to participate in the After School Tutoring Program or mentor high school students through the Honors College. Join with those who Meditate in Nature. Whatever you choose, do come back to campus, and, when you do, bring a non-perishable item and drop it in a box marked "Retriever Essentials" which supports our students with food insecurities.

We hope to see you soon!
Best wishes,
Diane



Coming Up:

October 4:

Meditation in Nature

October 18:

Retiree Lunch Gathering

October 25:

Hometown Girl-Contemporary Quilts of Mimi Dietrich

November 1:

Meditation in Nature

November 15:

Retiree Lunch Gathering

December 7:

Retiree Art, Craft, & Treats Exhibition

December 20:

Retiree Lunch Gathering

January 1:

First Day Winter Hike

January 17:

Retiree Lunch Gathering

February 21:

Retiree Lunch Gathering

March 6:

Meditation in Nature

March 20:

Retiree Lunch Gathering

October 25, 2019

Hometown Girl-Contemporary Quilts of Mimi Dietrich

When: Friday, October 25, 2019
11:45 to 4:00pm

Where: Event is held at the Maryland Historical Society, 201 West Monument Street, Baltimore. We will meet at the Rolling Road Park & Ride.

This event focuses on an outstanding exhibit of the art of quilting, led by quilting artist Mimi Dietrich (a UMBC alumnus!) being held at the Maryland Historical Society in downtown Baltimore. We will meet up for the tour at the Park & Ride (1198 South Rolling Road) 11:45 to depart by bus for Baltimore at noon. The tour runs from 1:00-2:30 pm, and then the group will return by bus to the Park & Ride by 4:00. Space is limited and preregistration is required. Cost is \$20.00/person and includes the museum tour and transport.

Purchase TICKETS at tickets.umbc.edu by October 18 using code WISDOM2019.

December 7, 2019

Retiree Art, Craft, & Treats Exhibition

When: December 7, 2019
1:00 to 3:00 p.m.

Where: Performing Arts & Humanities Building, 1st Floor Atrium
UMBC Campus

It is time for Wisdom Institute members to shine & to get an early start on celebrating the holidays! You are invited to a show & tell for your arts & crafts or tasty holiday treats while enjoying time with old & new friends & colleagues. Bring your quilting or woodworking, your water colors... or any craft product that is your specialty. If your talents turn toward cooking or baking, bring your holiday sweet treats or "specialty dishes" to share. This informal reception provides a chance to chat & see our colleagues' best arts, crafts, & treats. Registration is required for all of those exhibiting their works or treats or just coming to socialize. FREE. Beverages will be provided.

Please sign up at
<https://tinyurl.com/arts-crafts-treats>
by November 27, 2019

January 1, 2020

First Day Winter Hike

When: January 1, 2020
Noon to 3:00 p.m.

Where: Patapsco Valley State Park

Begin 2020 by following a long-standing tradition with a stroll through Patapsco Valley State Park to welcome in the New Year. We'll walk across the famous Swinging Bridge and along the Grist Mill Trail to view the restored site of the now-removed Bloede Dam. You'll learn about the history (both human and natural) of the valley from alum and emeritus faculty member, Bryan MacKay. The walk is about a mile each way, the trail is paved, and the pace will be convivial. Come celebrate the New Year with the Wisdom Institute. While there is no WI fee, a nominal fee is charged to enter the park. Come to the Route 1 entrance to the park and we'll meet at the Orange Grove parking lot, where the restroom may be open if the temperature is above freezing. Cancelled if snowy, icy, or raining.

More information from Bryan MacKay,
mackay@umbc.edu

RETIREE LUNCH GATHERINGS

Come join other Wisdom Institute retirees for an informal lunch gathering on:

October 18,

November 15,

December 20,

January 17,

and February 21

We will meet from 12:00 to 1:30 in the Skylight Room in the Commons (on campus).

All retirees, staff and faculty, are invited. Lunch will be a dutch treat with fun and fellowship with colleagues old and new.

Please visit wisdom.umbc.edu for registration information.

Seating is limited to 15 people.

"It is not true that people stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams."

~ Gabriel García Márquez

SUPPORT THE WISDOM INSTITUTE

The Wisdom Institute is always looking for people who want to become involved and for ideas for future events. Don't hesitate to reach out to us.

Do you have an idea for an event or a suggestion? Would you like to help plan an event, join a committee, or serve on the Wisdom Institute Board?

Let us know your interest by getting in touch with us via email at wisdominstitute.umbc.edu.

Would you like to support the Wisdom Institute financially? Donations are accepted via our Foundation account and will be used in executing future events.

Donate at <https://gritstarter.umbc.edu/p/wisdominstitute/>

MEDITATION IN NATURE

Join us at noon as we collectively unplug, recharge, meditate, & reflect in the outdoors.

October 4, November 1: Mediation Hikes (on the Herbert Run Greenway and CERA trails - meet at the True Grit statue)

March 6, April 3, May 1: Nature Meditation by the Pond (in front of the Albin O. Kuhn Library)

Each session will feature different facilitators and meditation techniques to help you reflect and appreciate the stillness & abundance found both within & without! Leave with more presence, calm, & clarity.

Registration is required. Register at:

<https://my3.my.umbc.edu/groups/training/events/66567>.

GET CONNECTED

Not receiving our emails?

Visit wisdom.umbc.edu and click on the "contact us" tab. Complete the Information Update Form and you will be added to our email list.

Need more information about our events?

Visit us at wisdom.umbc.edu and join our myUMBC group at

<https://my3.my.umbc.edu/groups/wisdom>

VOLUNTEER-TEACH

ADULT ESOL (English for Speakers of Other Languages)

Are you looking for ways to get to know your neighbors? Do you love language? Consider volunteering in our Adult ESOL program!

Volunteer-Teacher trainings start in September 2019!

Teaching experience and proficiency in other languages are a plus but not required. Two-hour weekly commitment.

ESPERANZA CENTER
Catholic Charities in Action
Educational Services
3700 Eastern Avenue, Baltimore, MD
CONTACT US!
hmueller@cc-md.org
667-600-2943



Join us for a Mediation Hikes (on the Herbert Run Greenway and CERA trails - meet at the True Grit statue) . See what else this campus has to offer.



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wisdominstitute.umbc.edu



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