

[Principle 8]

To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.

Retirement Center

- UC Berkeley retirees have access to discounted recreational opportunities at UC Berkeley. Retirees with a [Retiree ID](#) can join the [Recreational Sports Facility \(RSF\)](#) for a reduced annual rate.
- Retirees enjoy free admission to the [Berkeley Art Museum \(BAM\)](#) and faculty/staff rates at the [Pacific Film Archive \(PFA\)](#)
- Navigating Aging Well Series helps retirees, staff and faculty learn about a variety of considerations to meet health or personal care needs.

Osher Lifelong Learning Institute (OLLI)

- OLLI provides a monthly series called Vital Aging. Topics include health-related issues and information regarding overcoming social isolation.
- OLLI works collaboratively with the UC Berkeley Art Museum and Pacific Film Archive.

The University Health Services

- The Elder Care Program offers confidential counseling, information and support to UC Berkeley faculty, staff, visiting scholars, and postdocs, and Lawrence Berkeley Lab employees who are caring for an elder or dependent adult.

UC Berkeley School of Public Health: *Health After 50* Newsletter

- The Health After 50 newsletter is published monthly and is a collaboration between the UC Berkeley School of Public Health and Health Central Corporation. The newsletter provides up-to-date, evidence-based research and expert advice on the prevention, diagnosis, and treatment of a wide range of health conditions affecting adults in middle age and beyond.

UC Berkeley Art Museum and Pacific Film Archive

Berkeley Art Museum and Pacific Film Archive (BAMPFA) is dedicated to art and film.

- BAMPFA is committed to artistic diversity through its robust slate of art exhibitions, film screenings, artist talks, live performances, and educational programs
- BAMPFA offers a discounted admission to seniors and the galleries are free on the first Thursday of each month.