

# Happenings



## Weekly Events

December 17 – 22, 2018

### RECURRING EVENTS

### PROGRAMS ON CAMPUS

#### Monday, December 17

- 9:00 AM - Oil Painting (150 Hawthorn)
- 10:15 AM - Advanced S & C (MR)
- 11:15 AM - Strength & Cond. (MR)
- 2:00 PM - Meditation (BTN3)
- 4:15 PM - Cows & Bulls (Comp. Rm.)

#### Tuesday, December 18

- 7:30 AM - Stretch Class (MR)
- 8:30 AM - Tai Chi (MR)
- 10:00 AM - Aquatics (Aquatic Center)
- 1:00 PM - Silversmithing (22 Crabapple)
- 1:00 PM - Bridge (HRNB1)

#### Wednesday, December 19

- 8:00 AM - Yoga (MR)
- 9:00 AM - Tag Sale Collection (HRNB1)
- 11:15 AM - Strength & Cond. (MR)

#### Thursday, December 20

- 7:30 AM - Stretch and Flex (MR)
- 9:30 AM - Cup of Conversation (DR)
- 11:00 AM - Ai Chi (Aquatic Center)
- 3:00 PM - Fiber Arts (HRNB2)
- 3:30 PM - Protestant Worship (Spruce LR)

#### Friday, December 21

- 8:00 AM - Yoga (MR)
- 9:00 AM - Woodworking (Shop)
- 9:30 AM - Drawing (BTN1)
- 11:15 AM - Strength & Cond. (MR)

#### Saturday, December 22

- 9:00 AM - Ladies Billiards (BTN)
- 7:30 PM - Movie (MR)

\* canceled

#### INQUIRE Wellness Days:

**Restorative Yoga with Weezy Newbold from Laughing River Yoga - Fri. 12/21**

(rescheduled from 11/16)

Session 1: 8-9:30AM

Session 2: 9:30-11AM

Check in with Jena for details, this class requires registration.

#### Programs this week:

**Madeleine Kunin will read from her new book,**

***Coming of Age***

***My Journey to the Eighties***

**Mon. Dec. 17<sup>th</sup> at 7:30 PM, MR**

Resident sponsored event.

#### **Holiday Market**

**Thurs. Dec. 20<sup>th</sup> after Cup from 9AM- 12PM, (MR)**

Crafts and handmade items from the Health Center staff, to benefit the Wake Robin Winterfest employee party!

### PROGRAMS OFF CAMPUS

**Coming up:**

**VSO at the Flynn on January 26<sup>th</sup>**

**A Doll's House Part 2 at Vermont Stage on January 26<sup>th</sup>**



# Happenings



## Weekly Events

**December 24 - 29, 2018**

## RECURRING EVENTS

## PROGRAMS ON CAMPUS

### Monday, December 24

- 9:00 AM - Oil Painting (150 Hawthorn)
- 10:15 AM - Advanced S & C (MR)
- **11:15 AM - Strength & Cond. (MR)**
- 2:00 PM - Meditation (BTN3)
- 4:15 PM - Cows & Bulls (Comp. Rm.)

### Tuesday, December 25

*Christmas Day!*

### Wednesday, December 26

- 8:00 AM - Yoga (MR)
- 11:15 AM - Strength & Cond. (MR)

### Thursday, December 27

- 7:30 AM - Stretch and Flex (MR)
- 11:00 AM - Ai Chi (Aquatic Center)
- 3:00 PM - Fiber Arts (HRNB2)

### Friday, December 28

- 8:00 AM - Yoga (MR)
- 9:00 AM - Woodworking (Shop)
- 9:30 AM - Drawing (BTN1)
- 11:15 AM - Strength & Cond. (MR)

### Saturday, December 29

- 9:00 AM - Ladies Billiards (BTN)
- 7:30 PM - Movie (MR)

\* Canceled

Programs this week:  
No programs this week.

Reminder that there is no CUP this week on Thursday December 27th.



SEASON'S GREETINGS

## PROGRAMS OFF CAMPUS

**Coming up:**  
Premier Coach Bus to the **VSO** at the Flynn on January 26<sup>th</sup>

**A Doll's House Part 2** at Vermont Stage on January 26<sup>th</sup>