

Winter Social & Wellness Calendar

Events exclusively for students in MAPSS, CIR and Computation in SSD

Winter Wellness: The Pursuit of Happiness Thursday, January 17, 2019 12:30AM-1:30PM Saieh 242

UChicago Health Promotion and Wellness will talk about ways we can increase our serotonin levels and incorporate other healthy activities, to combat Seasonal Affective Disorder and stay healthy and happy during the harsh Chicago winter. This presentation includes ways to stay active, healthy eating tips, strategies to improve our mental and emotional health and survival tactics for the harsh Chicago winter. A Free Lunch will be provided for all attendees. PLEASE RSVP to attend!

Please RSVP at: tinyurl.com/ya6uxj6q

Ski Trip to Cascade Mountain Saturday, January 19, 2019, 7:00AM-8:30PM Departing from 5730 S. Woodlawn Student Lounge

Looking for a way to shake the winter blues? MAPSS, CIR and MACSS have partnered with your student representatives from SSGSAC to offer a wonderful off-campus, daylong excursion during winter quarter. We will journey to Cascade Mountain in Portage, Wisconsin, which offers skiing, snowboarding and snow tubing.

SPACE IS VERY LIMITED! RSVP by January 10th: <https://bit.ly/2BOBDzi>

Ice Skating at the Midway Tuesday January 29, 2019 5:00PM-7:00PM 1130 Midway Plaisance North Fieldhouse Learn-to-Skate Session from 5:00 - 5:30PM with Kevin Sun, 2004 U.S. Junior National Champion

Get out and enjoy the winter wonderland of Chicago right next to campus at the Midway Plaisance Park. We are hosting an open skate for our MA programs at the ice rink and warming field house located across from the Harper Library. Ice skates and warm-up snacks will be provided indoors. All skill levels welcome! Free 30-minute skate lesson beginning at 5PM!

Please RSVP at: tinyurl.com/y9vjs9q7

Stress Relief Break Tuesday, February 5, 2019 10:00AM-2:00PM 5730 S. Woodlawn Student Lounge

A drop-in event focused on fun and taking a much needed break. Get a free tension relieving back massage by a professional massage therapist. Recharge with snacks and beverages. Relax your mind at the Arts and Kinetics Station featuring coloring books, origami, kinetic sand and legos! Get creative by designing your own Valentine to send to someone special in your life; we will mail it anywhere in the world for you for free! Grab giveaways and tons of information about on-campus resources, too.

Please RSVP at: tinyurl.com/yb6dstrf

Dumpling Making Workshop & Dinner in Chinatown Thursday, February 7, 2019, 5:15PM-8:30PM Departing from 5730 S. Woodlawn Student Lounge

In celebration of the Chinese New Year, join us for a trip to Chinatown for a dinner coordinated with the Chicago Chinese Cultural Institute. Learn to make authentic Chinese dumplings to celebrate the Year of the Pig, plus experience a full dinner at Hing Kee Restaurant. There is a \$10 non-refundable charge to attend this event. PLEASE RSVP at: tinyurl.com/dumplings19

SSD Cares Blood Drive Tuesday, February 12, 2019 9:00AM-4:00PM Pick Hall - Ground Floor Lounge

Give the gift of life during the cold of winter! Our MA programs are partnering with the University of Chicago Medical Center Blood Donation Center for a special blood drive benefiting patients at the University of Chicago facilities. Your blood donation will go directly to use in the hospital a few blocks away to patients who need your help. Please register ahead to set an appointment time. PLEASE register at: tinyurl.com/ybleycy5

Winter Escape to Garfield Park Conservatory Saturday, February 16, 2019, 1:00PM-3:30PM Departing from 5730 S. Woodlawn Student Lounge

Brighten your mood with the greenery of the Garfield Park Conservatory, an urban oasis of indoor glasshouses filled with abundant plant and flower varieties. Exposure to plants has a number of benefits research has linked to improving mental cognition and performance such as increases in accuracy, concentration and memory, while flowers improve mood, reduces stress and benefits overall mental health. We will also have sketch books available for relaxed drawing and reflection.

PLEASE RSVP at: tinyurl.com/garfieldpark19

Mandala Art with Hyde Park Arts Center Wednesday, February 20, 2019, 12:00PM-1:00PM 5730 S. Woodlawn Student Lounge

Join us for our quarterly event with the Hyde Park Arts Center using Mandala artwork. A Mandala is a spiritual representation of the Universe but can also be a helpful tool to reframe our thoughts and find our place in the world. Join us for a short workshop introducing the principle of working with mandalas while creating your own. Free lunch provided!

PLEASE RSVP at: tinyurl.com/y9mh4qlu

Happy π Day! Thursday, March 14, 2019 11:00AM until we run out of pie! 5730 S. Woodlawn Student Lounge

Take a study break for a slice of pie in honor of the mathematical constant π . Pi Day is an annual celebration observed on March 14 since, 3,1, and 4 are the first three significant digits of π . Pie slices are first come, first serve in the Student Lounge!