

Bates

Enrichment PROGRAM

20
—
JUNE 21
1ST – 18TH



COURSE CATALOG

REGISTERING FOR COURSES

We encourage you to take part in this exciting program. Please obtain permission from your supervisor prior to enrolling in courses.

Registration begins on
Wednesday, May 26th at 9:00 am

How to Register:

- Log on to Garnet Gateway using your Bates ID.
- Go to the Events Menu Tab located at the top of the page.
- In Upcoming Events, click on Bates Enrichment Week.
- Click [sign up] next to the courses you wish to take. If you want more information about a course, click the name of the course.

To review the courses you have signed up for, click the Events link near the top of the screen.

Questions? Please call Human Resources at 207.786.6140 (x6140)

Sponsored by
— Bates Employee Enrichment Committee —

IN PERSON SESSIONS **IP**

MONDAY, JUNE 7TH AM SESSIONS

Outdoor Yoga Flow

8:00 am Presenter(s): Rachel Forcillo

Start your day off right with a beginner to intermediate yoga flow led by our very own Rachel Forcillo! Yoga is a great way to treat your mind and body and can be adopted for many fitness levels. If you have your own mat please bring it, if not, mats will be available!

Muskie Garden (Rain location Muskie 2nd Floor)

In-Person 45 minutes 4-15 people

Garcelon Bog: History And Natural History Of An Urban Park

9:30 am Presenter(s): Dana Little

We will walk on a short trail and boardwalk into a forested oasis in the middle of Lewiston. We will discover some of the birds and plants that call this home and learn about its history and how it is being preserved forever as a place of awe.

Meet at Visitors Lot next to Underhill Arena

In-Person 60 minutes 1-14 people

Basic Water Color Painting

9:30 am Presenter(s): Ron Bosse

Learn the basics of water color painting from our own employee artist. In this hands-on class you will create your own water color painting.

Chase Hall, Memorial Commons

In-Person 90 minutes 1-16 people

Planting Annuals In Your Garden

9:30 am Presenter(s): Michael Fox

In this course I will talk about planting and caring for annual plants in the garden. This will be a hands on course for those who choose. We will start with soil preparation and fertilization, then planting, watering and mulching. Please join us in making Bates beautiful, and hopefully learn something new in the process.

LOCATION: On campus, to be determined.

In-Person 90 minutes 8-12 people

MONDAY, JUNE 7TH PM SESSIONS

Planting Annuals In Your Garden

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LOCATION: On campus, to be determined.

In-Person 90 minutes 8-12 people

TUESDAY, JUNE 8TH AM SESSIONS

Introduction To The Bates Outdoor Fitness Park

8:00 am Presenter(s): Mike Milliken

Last year, Bates installed an outdoor fitness park between the Tennis Court and Underhill Arena. The park features a state-of-the art surface along with a variety of strength and conditioning stations. Come check out the park and try out some of the equipment in a guided (optional) workout!

Underhill Arena / Tennis Courts

In-Person 45 minutes 4-12 people

Basic Water Color Painting

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Learn the basics of water color painting from our own employee artist. In this hands-on class you will create your own water color painting.

Chase Hall, Memorial Commons

In-Person 90 minutes 1-16 people

Embodied Beats: Taiko For Everyone!

9:30 am Presenter(s): Carissa Aoki

“Taiko” is a Japanese form of ensemble drumming, brought to North America in the mid-20th century and developed by immigrants and the descendants of immigrants into the vibrant performance practice it is today. Come give it a try—no experience (taiko, musical, or otherwise) required; and wear comfortable clothing—you’ll be using your whole body!

Chase Lounge

In-Person 120 minutes 6-12 people

A Tour Through Time

9:30 am Presenter(s): Pat Webber

Come take a campus tour with Archives staff, and hear stories about Bates history, buildings, and people. With pictures!

Tour will meet and begin on the Quad side of Hathorn Hall.

In-Person 60 minutes 4-12 people

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In-Person 60 minutes 4-12 people



Social Media for Adults: Mindfulness Over Mayhem

1:00 pm Presenter(s): David Ernst
Social Media can be a large source of stress these days but it's also a great way to stay connected. The session will introduce the basics of social media platforms as well as how to use the platform in a positive way.

Pettengill G52

In Person 60 minutes 10-40 people

WEDNESDAY, JUNE 9TH AM SESSIONS

Introduction To The Bobcat Fitness Trail

8:00 am Presenter(s): Vanessa Williamson
A one mile loop through campus, the Bobcat Fitness Trail has six exercise stations along the way. Each station is marked with signs which provide exercises for participants to perform. Join a guided group session through the trail and get a workout in!

Meet in front of Merrill

In-Person 45 minutes 4-12 people

The Value Of Eating Local

9:30 am Presenter(s): Francis Eanes
Most know that when we eat local, we are often eating fresh produce with great nutritional value. However, there are many more reasons to consider eating locally. From sustainability to the local economy to community connection, learn how your choice to source your food locally has a broader impact than you may realize.

Pettengill G52

In-Person 60 minutes 1-20 people

Frisbee Golf

9:30 am Presenter(s): Josh Connell
Like golf? Like playing Frisbee? Come learn the fundamentals of Frisbee Golf in a fun, stress-free environment! This class is outdoors, so please dress appropriately! Dragan Field Disc Golf

Historic Quad / Meet by Carnegie

In-Person 90 minutes 1-25 people

Origami

9:30 am Presenter(s): Natalie Williamson
Step by Step. Bold, bright, beautiful paper – we'll follow along together, step by step, to create beautiful origami creations and will have options from easy to complex-made-easy!

Pettengill G65

In-Person 90-120 minutes 1-25 people

Cooking Demonstration: Breakfast Bowls!

9:30 am Presenter(s): Michael Staffenski
Join Bates Chef Michael Staffenski for a live cooking demonstration! Staffenski will be showing participants how to make Breakfast Bowls.

Commons 221/222

In-Person 90 minutes 5-18 people

VIRTUAL SESSIONS

JUNE 1ST TO JUNE 18TH

AM SESSIONS PM SESSIONS

Planning For Retirement With TIAA Traditional: Why, What And How

June 1

Noon

Presenter(s): David Sullivan

This presentation discusses the concept of income diversification - combining income from different sources - and how lifetime income can be used to cover essential expenses. It reviews features of the TIAA Traditional Annuity and how it can help offset certain risks, such as longevity and market volatility.

Virtual 60 minutes 15 min. people

Common Estate Planning Considerations

June 2

10:00 am

Presenter(s): David Sullivan

In life, nothing is certain, but you can help improve your overall financial well-being by creating an estate plan. In this seminar, we will help you think through important lifetime planning issues and state planning techniques, including: Preparing for health care and financial decisions to be made if you are not in a position to make them yourself, Determine whether lifetime gifts to your loved ones or charity should play a role in your planning, Knowing what questions to ask your attorney to execute an effective estate plan Familiarize yourself with the basic planning documents to implement as part of your estate plan Understanding the importance of asset ownership and beneficiary designations, Evaluating the potential for estate taxes

Virtual 60 minutes 15 min. people

Medicare Transition Services

June 3

2:00 pm

Presenter(s): Ed Bennett

Medicare 101 Educational Event. Medicare Enrollment Options: When to enroll, How to enroll, Enrolling in Medicare while working. Medicare Enrollment common mistakes and how to avoid them.

Virtual 45 minutes 1-500 people

Nutritious And Delicious: Healthy Summer Dishes

June 4

11:00 am

Presenter(s): Judy Donnelly

Nutritionist and long time partner to Bates B Well, Judy Donnelly will lead a virtual cooking class highlighting a few healthy dishes to bring to your next summer barbecue or potluck. Judy will share a few recipes and demonstrate the prep. Join virtually from your desk or cook along in your kitchen! Free Recipes.

Virtual 60 minutes 5-60 people

Gather Round!

June 14

9:30 am

Presenter(s): Casey Andersen

Join people from across campus to mix and mingle during 3 rounds of fast-paced, engaging Icebreaker games. Flip cards that reveal discussion prompts, such as "If the zombie apocalypse hits, your ability to _____ will come in handy," and laugh along with your partner or group.

Virtual 30 minutes 10-40 people

Performance Management: Setting Goals And Managing Performance

June 15

9:30 am

Presenter(s): Melissa Benoit

As a manager, you want to set your employees up for success by helping them create smart goals that align with the needs of your department, Bates College, and the skills the employee has and needs to develop. In this short course, we will dig into the manager's role in managing performance, helping you master both goal setting and performance management. Learn how to create an environment that's data driven and ensures support and accountability, as well as help your direct reports define and align smart goals.

Virtual 60 minutes 5-15 people



VIRTUAL SESSIONS



TIAA PRESENTATIONS

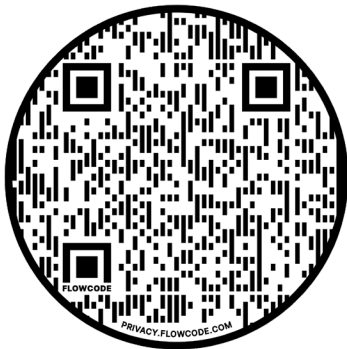
JUNE 15TH TO JUNE 17TH VIRTUAL AM SESSIONS PM SESSIONS

TIAA Financial Essentials Live Webinars

June 15th to June 17th

Each month TIAA presents Financial Essentials Live Webinars available to all Bates Employees. In June these will be offered June 15th – June 17th as listed below. Registration for all TIAA Financial Essentials Live Webinars are available at this single direct link: [“Click here to Access Courses”](#) (scan qr code below). Note that recent previously aired webinars are also available on demand through the same link. Complete webinar descriptions and presenter information are available on this site. You may want to bookmark this page for future reference.

Full link is:



Charting Your Course: A Financial Guide For Women

June 15

Noon

Virtual

60 minutes

1-500 people

Presenter(s): TIAA

Lifetime Income: Market Proof Your Retirement

June 15

3:00 pm (ET)

Virtual

60 minutes

1-500 people

Presenter(s): TIAA

An Introduction To Alternative Investments: Real Estate

June 16

Noon

Virtual

60 minutes

1-500 people

Presenter(s): TIAA

Well-Rounded Retirement - An Overview

June 16

3:00 pm

Virtual

60 minutes

1-500 people

Presenter(s): TIAA

Financial Housekeeping For Now And Later

June 17

Noon

Virtual

60 minutes

1-500 people

Presenter(s): TIAA

Within Reach: Transitioning From Career To Retirement

June 17

3:00 PM

Virtual

60 minutes

1-500 people

Presenter(s): TIAA