

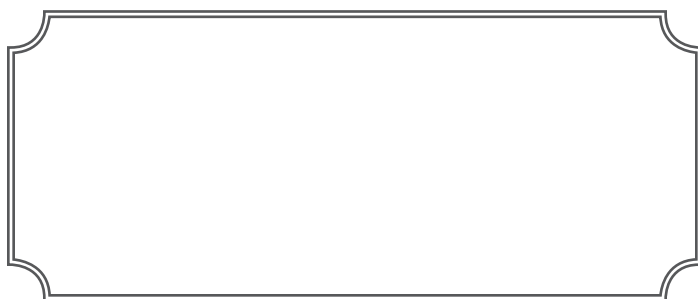
Bates

Enrichment
PROGRAM

JUNE
—
10th – 14th 24



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 Friday, May 17th at Noon

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.

IN PERSON SESSIONS MONDAY, JUNE 10TH ALL DAY EVENTS

Aetna 1:1

9:30am-3pm

Rima Mehdi

Do you have questions about your health care coverage with Aetna? A representative from Aetna will be on campus on Monday, June 10th and Friday, June 14th to meet with employees who have questions about their current health plan coverage, billing/claims, services, and other insurance-related questions. Appointments are scheduled for 30 minutes and start at 9:30 and end at 2:30.

11 30-min 1:1 Sessions

Pettengill 116

TIAA 1:1

9am-4pm

Joe Timmerman

Retirement! Your financial future awaits! Meet with Joe Timmerman, Financial Consultant with TIAA on Monday, June 10th and Wednesday, June 12th to discuss your retirement, whether you are looking to retire soon or are just getting started, these meetings will help you better understand what you need to do to be prepared for your retirement. Appointments are scheduled for 1 hour and start at 9:00 and end at 4:00.

7 60-min 1:1 Sessions

Commons 225

AFTERNOON SESSIONS



Gravestone Cleaning in Riverside Cemetery

1-3 pm

Sam Howes & Caitlin Lampman

Join staff from the Muskie Archives at Riverside Cemetery to learn about cleaning gravestones. Staff will work with the group to teach the basics and then groups will pick stones to clean themselves. Supplies will be provided, but you may wish to bring a pair of work gloves. Participants will meet at the front gates of Riverside Cemetery, 192 Summer Street.

2 Hours

5-20 participants

Riverside Cemetery

Elements & Theory of a Yoga Practice

1-2:30 pm

Katie Camire, CYT

This workshop will begin with an overview of the fundamental physical, mental, and energetic components of a yoga practice. We will then build a 60 minute sequence as we practice and explore the theory of pranayama (breathwork), asana (postures), and meditation.

1.5 Hours Max. 20 participants

Muskie Garden (weather location: Skelton Lounge)



Lego means Play Well

1-3 pm

Natalie Williamson

You'll likely recognize Lego as the brick building adventure that is not just for kids anymore. Lego or "play well", in almost any form, reduces stress, improves optimism, builds cognitive flexibility, sharpens our sense of humor, and is an important part of our overall well-being.

In this class we'll review this important aspect of healthy living and also create some fun Lego projects that will exercise our creativity and help demonstrate the endless range of Lego possibilities.

2 Hours 10-20 participants

Muskie 201

VIRTUAL SESSION MONDAY, JUNE 10TH

Getting a Head Start: A Step-by-Step Overview of Your Retirement Plan

1-2 pm

Understanding the retirement plans offered by Bates, the advantages of the retirement programs, how to create a retirement strategy, and how to update your account with TIAA.

Virtual 1 Hour

IN PERSON SESSIONS TUESDAY, JUNE 11TH ALL DAY EVENTS



Puzzles, Coloring Books, & Game Tables

Just passing through or feeling like a creative outlet? Swing by the Fireplace Lounge to color, play games, or piece together a puzzle.

Commons Fireplace Lounge

TUESDAY, JUNE 11TH MORNING SESSIONS

Resting Metabolic Rate Test

7-10 am

Physiology First

A 10-15 minute FASTED, comprehensive analysis of breath. These test offers insights into cardiorespiratory fitness, caloric needs, macronutrient metabolism, mobility, breathing efficiency, and more.

30 min. individual sessions Max. 10 participants

Merrill Gymnasium

Pilates

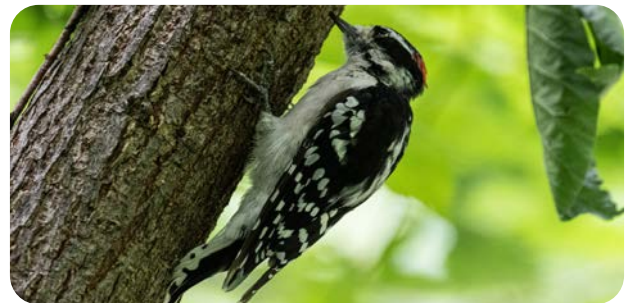
8-9 am

Allysha

A low impact session using body weight to build long lean muscles, increase flexibility, mobility, strength and flexibility, and improve posture! This is a full body workout with a deep core focus. Pilates is perfect for all fitness levels— as we can modify or advance all moves. You will leave class energized and recharged!

1 Hour Max. 30 Participants

Merrill 213 (Multi-Purpose Room)



Birds of Bates

8:30-10:30 am

Christine Murray

Did you know that over 120 species of birds have been found on campus? On a stroll around Bates hotspots, we'll identify and learn about the birds that sing, hunt, and raise their young among us every day. A limited number of binoculars will be available to borrow.

2 Hours Max. 10 participants

Commons 211

Piloxing! – Pilates, Boxing, and Dance

9:30-10:30 am

Jolene Hall

A mix of boxing, Pilates, ballet, dance, plyometrics and more. There is music, laughing, bonding, and of course a whole lot of sweating! It's the workout that doesn't feel like work while you're doing it, though you'll definitely feel it the next day.

1 Hour Max. 20 participants

Merrill 213 (Multi-Purpose Room)



Printmaking with Nature

9:30-10:30 am

Pam Smith

Spend an hour printing monotypes to keep or share with friends and colleagues using the beauty of nature and gel plates to create one-of-a-kind pieces of art. All supplies provided and no experience necessary!

1 Hour

Max. 12 participants

Commons 226

Introduction to Buddhist Meditation

9:30-11 am

Tenzin Dasel

Mindfulness. We hear this word a lot, but what does it mean and how do we begin to understand it? Kickstart your own mindfulness journey and join Tenzin Dasel, Bates' Buddhist Spiritual Advisor, for this introductory session to explore the Buddhist perspective on meditation.

1.5 Hours

Min. 5 participants

Hedge 106

Personal Safety & Self-Defense

10-11:30 am

Paul Menice

In addition to self-defense techniques, this course will guide you in developing situational awareness and learning to interpret non-verbal communication from those in your surroundings. You will gain a deeper understanding of risk and ways to recognize situations that might contain risk.

1.5 Hours

Max. 15 Participants

Pettengill G52

TUESDAY, JUNE 11TH COMMUNITY LUNCH BINGO!



12-1 PM

COMMONS 221/222

TUESDAY, JUNE 11TH AFTERNOON SESSIONS

Intro to Table Top Role Playing Games - Part 1

1-3 pm

Joe Castonguay, Alex Worley,
and Garrett Leavitt

Ever wonder what it would be like to play role playing games (R.P.G.'s.)? With renewed interest created by pop culture such as "Stranger Things" "Big Bang Theory" and the movie "Dungeons & Dragons Honor Among Thieves" popularity has risen in R.P.G.'s. Come learn to play and roll up a character.

2 Hours

3-15 Participants

Pettengill G52



Historic Frye Street Walking Tour

1-2:30 pm

Caitlin Lampman

Please join Muskie Archives staff for a historic walking tour of Frye and College Street houses. The tour covers the people, architecture, and history behind the houses, and includes historic images! Tour starts in front of Cheney House, 262 College Street.

1.5 Hours

5-20 participants

Cheney House



Adult CPR/AED Certification

1-3 pm

Kate DeZenko

We're happy to offer Adult CPR/AED Certification through the American Red Cross. The course will run approximately two hours and will prepare you to respond to cardiac emergencies.

2 Hours

2-12 Participants

Pettengill 116



Printmaking with Nature

1-2 pm Pam Smith
Spend an hour printing monotypes to keep or share with friends and colleagues using the beauty of nature and gel plates to create one-of-a-kind pieces of art. All supplies provided and no experience necessary!
1 Hour Max. 12 participants
Commons 226

Healthy Eating Cooking Demo

1-2 pm Joe Graziano and Josh Palomera
Join Joe and Josh from DCCE for a healthy eating cooking demonstration!
1 Hour Max. 20 Participants
Commons 211

Paint Night with Ron

4-5:30 pm Ron Bosse
Unwind with Ron Bosse at this Paint and Sip event! This Bob Ross-inspired instruction in acrylics is sure to get those creative juices flowing. Wine, beer, and non-alcoholic beverages will be served with light nibbles.
1.5 Hours Max. 20 Participants
Bobcat Den

IN PERSON SESSIONS WEDNESDAY, JUNE 12TH ALL DAY EVENTS



TIAA 1:1

9am-4pm Joe Timmerman
Retirement! Your financial future awaits! Meet with Joe Timmerman, Financial Consultant with TIAA on Monday, June 10th and Wednesday, June 12th to discuss your retirement, whether you are looking to retire soon or are just getting started, these meetings will help you better understand what you need to do to be prepared for your retirement. Appointments are scheduled for 1 hour and start at 9:00 and end at 4:00.
7 60-min 1:1 Sessions
Commons 211

Puzzles, Coloring Books, & Game Tables

Just passing through or feeling like a creative outlet? Swing by the Fireplace Lounge to color, play games, or piece together a puzzle.
Commons Fireplace Lounge

WEDNESDAY, JUNE 12TH MORNING SESSIONS

VO2 Max Testing

7-10 am Physiology First
Put your body to the test and learn your true VO2 Max with a state-of-the-art testing system called PNOE. During this 10-15 minute test, the PNOE device continuously analyzes the respiratory gases to determine your oxygen consumption, carbon dioxide production, and other relevant parameters. This helps assess your aerobic capacity (VO2 max), which is a measure of cardiovascular fitness. Please note, this is a maximal capacity test and will challenge your aerobic system.
30 min. individual sessions Max. 10 participants
Merrill Gymnasium

Campus Tour -- History of Bates Athletics

9:30-11 am Pat Webber
Take a campus tour of the history of Bates athletics, through pictures and stories, with the Muskie Archives. Tour will meet and start at the front steps of Hathorn Hall.
1.5 Hours Min. 5 Participants
Hathorn Hall



Croquet: The Lawn Game of Strategy

9:30-11 am Wesley Mech and Megan MacGregor
This is not your grandmother's 9 wicket backyard nonsense! This is the hard-core 6 wicket style of the American Croquet Association where scheming is just as important as skill. You will learn the rules of the game and the basic skills with which to launch your conquest of the field.
1.5 Hours Max. 12 participants
Commons Tent



WEDNESDAY, JUNE 12TH AFTERNOON SESSIONS

COMMUNITY LUNCH THEME: ROCK 'N' ROLL! 12-1 PM COMMONS DINING

Quiet Reading Time

9:30-11 am Michelle Williams
BYOB (bring your own book - or reading device) and sit a spell. First and last 15 minutes will allow for mingling/ chit chat with an hour of silent reading! Allow yourself to take a break from the hustle and bustle of the end of the year and give yourself time to enrich your mind.
1.5 Hours No maximum
Pettengill Atrium

Introduction to Buddhist Meditation

9:30-11 am Tenzin Dase
Mindfulness. We hear this word a lot, but what does it mean and how do we begin to understand it? Kickstart your own mindfulness journey and join Tenzin Dase, Bates' Buddhist Spiritual Advisor, for this introductory session to explore the Buddhist perspective on meditation.
1.5 Hours Min. 5 participants
Hedge 106



Lego means Play Well

9:30-11:30 am Natalie Williamson
You'll likely recognize Lego as the brick building adventure that is not just for kids anymore. Lego or "play well", in almost any form, reduces stress, improves optimism, builds cognitive flexibility, sharpens our sense of humor, and is an important part of our overall well-being.
In this class we'll review this important aspect of healthy living and also create some fun Lego projects that will exercise our creativity and help demonstrate the endless range of Lego possibilities.
2 Hours 10-20 participants
Muskie 201

Intro to Table Top Role Playing Games - Part 2

1-3 pm Joe Castonguay, Alex Worley, and Garrett Leavitt
Ever wonder what it would be like to play role playing games (R.P.G.'s)? With renewed interest created by pop culture such as "Stranger Things" "Big Bang Theory" and the movie "Dungeons & Dragons Honor Among Thieves" popularity has risen in R.P.G.'s. Come learn to play and roll up a character.
2 Hours 3-15 Participants
Pettengill G52



CPR – Adult/Infant/Child Certification

1-3 pm Kate DeZeno
We're happy to offer Adult/Infant/Child CPR Certification through the American Red Cross. The course will run approximately two hours and will prepare you to respond to cardiac emergencies.
2 Hours 2-12 Participants
Pettengill 116



Rock On

1-2 pm Dana Bosse
Take a break from your daily business and channel your creative side by joining us for ROCK PAINTING! Rocks will be provided, or if you have a stone that speaks to you, feel free to BYOR. Come enjoy and release your inner child...
1 Hour 2-15 Participants
Hedge 106

Zen Zone – Experience Reiki

1-3 pm Cheryl Lacey and Friends

Reiki is a practice of energy healing. Participants in this session will receive a half-hour treatment from a Reiki practitioner, using light touch to no contact, and focusing on the head, shoulders, knees, and feet. All you need to do is lie back and enjoy the relaxation and inner peace that flow through the session.

30-min 1:1 Treatments Max. 24 Participants
Pettengill G65

Treasure Hunt: Connect & Conquer!

1-3 pm Mel McGuire, Jen Kish, Becs Skolnik

Go on a quest to uncover hidden places, treasures and gems on the Bates College campus through interactive team-bonding and digital documentation. Be sure to bring your cell phone and wear comfortable shoes.

2 Hours Max. 25 Participants
Commons Fireplace Lounge

THURSDAY, JUNE 13TH EVENTS



Volunteer Opportunity

7:30-10:30 am

Trinity Jubilee Center is a long time partner of Bates College and has been serving the Lewiston community since 1991. Offering meals, groceries, day shelter, job search support, refugee integration services, and more, they are an essential resource for people experiencing hunger and/or homelessness in the LA area. Their small staff, overseen by Bates Alum Erin Reed, are always looking for committed volunteers to support their mission with regular shifts including cooking and serving meals, organizing and distributing supplies, working with guests on job hunting and resume writing, and general administrative support. The food pantry is open for the public to pick up groceries every Thursday morning, and TJC is looking for a small group of Batesies to support the organization and distribution of food pantry. Join colleagues for a food pantry shift to get to know more about TJC and try out working with them!

3 Hours 4 Volunteers Needed
Trinity Jubilee Center Food Pantry



5K RUN/WALK

5K Run/Walk!

10:00 am

11:15 am Awards Ceremony

Light refreshments will be available at the finish line!
Commons and Alumni Walk



BATES COMMUNITY LUNCH 11:30 AM-1:00 PM

THURSDAY, JUNE 13TH EVENTS

Volunteer Opportunity

1-3 pm

St. Mary's Nutrition Center, founded in 2006 as a program of the St. Mary's Health System, promotes community health in Lewiston through organizing, advocacy, education, and direct services. They house the "Lots to Gardens" program which provides community garden plots and supplies to over 120 households in LA to grow their own food. Their other programs and initiatives include cooking and nutrition education workshops, youth leadership and gardening/cooking programs, a food pantry, and strategic planning alongside other community food access stakeholders.

Bates is actually home to one of the Lots to Gardens locations, just behind the Harward Center at 161 Wood Street. Come by and get your hands dirty with Harward Center staff and other colleagues, and learn more about the Nutrition Center and how you might get involved.

2 Hours No cap on Volunteers

St. Mary's Nutrition Center Community Gardens
(behind Harward Center at 161 Wood St.)

IN-PERSON SESSIONS FRIDAY, JUNE 14TH

Aetna 1:1

9:30am-3pm

Tracy Mitton

Do you have questions about your health care coverage with Aetna? A representative from Aetna will be on campus on Monday, June 10th and Friday, June 14th to meet with employees who have questions about their current health plan coverage, billing/claims, services, and other insurance-related questions. Appointments are scheduled for 30 minutes and start at 9:30 and end at 2:30.

30-min 1:1 Sessions

Pettengill 116

VIRTUAL AND HYBRID SESSIONS FRIDAY, JUNE 14TH



Getting a Head Start: A Step-by-Step Overview of Your Retirement Plan

10-11 am

Understanding the retirement plans offered by Bates, the advantages of the retirement programs, how to create a retirement strategy, and how to update your account with TIAA.

1 Hour

Virtual

Aetna Insurance Overview

12-1 pm

Tracy Mitton

Please join Tracy Mitton from Aetna to learn about some key insurance concepts as well as tools and resources available through your Aetna plans that will help you better understand your coverage options.

1 Hour

Hybrid / Pettengill 116



A SPECIAL

THANK YOU

TO THOSE THAT MAKE OUR
EMPLOYEE ENRICHMENT
PROGRAMMING POSSIBLE:

Employee Enrichment Committee
Presenters • Dining Services • Senior Staff

