REGISTRATION 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 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

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**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!

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

**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

**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

**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
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 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

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

WEDNESDAY, JUNE 12TH
AFTERNOON SESSIONS

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

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 DeZenko
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

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

TIAA

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

A SPECIAL THANK YOU
TO THOSE THAT MAKE OUR EMPLOYEE ENRICHMENT PROGRAMMING POSSIBLE:

Employee Enrichment Committee
Presenters • Dining Services • Senior Staff