

Bates

Enrichment
PROGRAM

JUNE

9th – 12th

25



COURSE CATALOG

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

EMPLOYEE ENRICHMENT COMMITTEE
PRESENTERS • DINING SERVICES • SENIOR STAFF

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 May 27th at Noon

How to Register:

- Go to the [EventBrite link](#) for Enrichment Week 2025 available on the HR website
- Scroll through the options of courses
- When you find a course you'd like to register for, click Get tickets
- Then click Register
- Add in your name and email address - remember to use your Bates email!
You can uncheck the boxes for marketing emails
- Click Register
- Receive your confirmation

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

ALL DAY EVENTS!

Need a break from the hustle? Come cozy up at the Fireplace Lounge in Commons for an easygoing, drop-in community hangout! Whether you're in the mood to battle it out over a board game, dive into a good book, color your stress away, or just spark some creativity—this is your space to relax, unwind, and connect.

Meet new faces, share some laughs, or simply enjoy the company of colleagues. No sign-up, no pressure—just good vibes, all week long!

Duration: Mon - Thurs

Class Size: N/A

Location: Fireplace Lounge

MONDAY JUNE 9TH EARLY MORNING SESSION

The Category is DANCE - Zumba Movement

8-9am

Jolene Hall

Start your day with a burst of energy and fun! Join our very own Jolene Hall for a high-energy Dance/Zumba session that blends upbeat music, cardio, and feel-good moves to get your heart pumping and your mood soaring. Whether you're a seasoned dancer or just love to move, Jolene's infectious energy will have you smiling and sweating in no time.

Duration: 60 mins **Class Size:** Max of 20

Location: Merrill Multipurpose Room

MONDAY JUNE 9TH MORNING SESSIONS

Trees of Bates: A History Tour

9:30am

Pat Webber & Christine Murray

Come join us as we explore the evolution of the trees on campus from the farmland beginnings to the lush campus of today. Pat Webber, Director of Archives and Special Collections, will discuss the early years of tree planting and various tree traditions. Christine Murray, a Maine Master Naturalist and Ladd's own Social Sciences Librarian, will be on hand to discuss the natural history of our trees and the challenges they face including issues of disease.

Duration: 90 Minutes **Class size:** No Max

Location: Meet at the steps of Hathorn Hall



Museum Tour

9:30am

Anthony Shostak

Join the Bates Museum of Art Education Curator, Anthony Shostak, for an hour-long guided tour of the current exhibition, Ralph Steadman: And Another Thing. This exhibition is a comprehensive overview of Ralph Steadman's 60-year-long influential career in the arts. Visitors will have the chance to view Steadman's illustrations, sketchbooks, personal ephemera, and even a bronze sculpture. Included in the 140+ works on display are the artist's most well-known works, such as the illustrations for literary classics like Lewis Carroll's Alice in Wonderland and Robert Louis Stevenson's Treasure Island. We hope to see you there!

Duration: 60 mins **Class Size:** Max. of 20

Location: Bates College Museum of Art

Red Cross CPR/AED/First Aid for Adults



9:30am

Kate DeZenzo & Jasmin Le-Mattson

This is a two-hour course, designed to certify you to perform the life-saving skills of performing CPR, using an AED and providing first-aid to adults.

Duration: 120 Mins **Class Size:** Max. of 24

Location: Skelton Lounge, Chase Hall

B Well Ambassador Onboarding

9:30am

Mike Milliken

Curious about well-being at Bates and want to get more involved? The B Well Ambassador Class is your chance to explore and sample the many dimensions of well-being on campus. From strength training to meditation, building resilience to managing finances, the B Well program embraces a whole-person approach to wellness. This interactive session will introduce you to the diverse offerings and resources that support mind, body, and community at Bates. As we launch the

new B Well Ambassador Program, you'll learn how to serve as an advocate, participant, and positive force in promoting well-being across campus. Come sample these approaches and discover how you can make a meaningful impact!

Duration: 90 mins **Class Size:** Max of 20

Location: Commons 211

MONDAY, JUNE 9TH AFTERNOON SESSIONS



Knit, Crochet, Stitch and Yarn Group

12pm

Sylvia Gnieser-Castonguay,
Suzy Nattress, Lori Ouellette

Craving a creative break? Want to learn a new skill or share your expertise? Come learn more about our group! We knit, crochet, do cross stitch, needlepoint, macramé, etc., and we have a lot of fun! This is a great class for experts or beginners! Come be creative with us!

Whether you're a seasoned "creator of stitches" or just curious to learn, all are welcome! Bring your needles, yarn, and any projects you're working on. If you're a beginner, don't worry! We're happy to help you get started and have supplies!

Duration: 60 mins **Class Size:** Max of 20

Location: Commons 220



So You Want to Bee a Beekeeper?

1pm

Andrew Pelczar

Interested in Beekeeping? Let's talk! This course will provide information regarding the practice of beekeeping with relevant information regarding cost, time, best practices, and answers to any questions you may have about beekeeping!

Duration: 90 mins **Class Size:** Max of 20

Location: Commons 211

Plant Pot Painting

1pm Michelle Williams
Grab a pot, some paint, and let your creativity flow! Using acrylic paints, we'll decorate the home for your new plant friend. Each participant will get to take home a spider-plant baby in their uniquely decorated pot (as well as some tips and tricks on keeping it alive)! All materials will be provided at the end of the description for Plant Pot Painting

Duration: 120 mins **Class Size:** Max of 20

Location: Commons 226

20 Minutes of Relaxation

2 pm Resources for Living (EAP)
Feeling overwhelmed with the day-to-day grind? Do you need a little vacation but don't have a day to spare? After going through this brief relaxation exercise, followed by questions and answers, participants will leave the session feeling relaxed and renewed!

Duration: 20 mins **Class Size:** Max of 20

Location: Hedge 106

Sip and Bloom

1pm Jessica Fournier
Come build your own DIY floral arrangement with Trader Joe's flowers and thrifted glassware while sipping on a delicious mocktail! There are no experts here, just people who love to get creative while enjoying the company of campus colleagues. After you have finished your creation, bring it home with you!

Duration: 120 mins **Class Size:** Max of 15

Location: Commons 201



Relaxing Watercolor Paint-along

1pm Ron Bosse
Create a one-of-a-kind unique greeting card with watercolors. Trace a botanical-inspired design created by Ron Bosse and then be guided through the watercolor painting process. This class is perfect for individuals of all experience levels. All paint supplies and cards will be provided to participants.

Duration: 120 Mins **Class Size:** Max of 20

Location: Benjamin Mays Center

TUESDAY JUNE 10TH EARLY MORNING SESSIONS

Pilates Foundations: Strength & Stability

8-9am Allysha Turcotte
Discover the power of Pilates in this beginner-friendly session led by B Well instructor Allysha Turcotte. This class focuses on core strength, flexibility, and controlled movements to improve posture and overall well-being. Whether you're new to Pilates or looking to refine your practice, this session will provide the foundational techniques to build strength and balance in a supportive and engaging environment. Participants may bring their own mat if they have one, and mats will also be provided. Please dress for movement and consider bringing your own water.

Duration: 60 Mins **Class Size:** Max of 25

Location: Merrill Multipurpose Room

Birds of Bates Tour

8:30am Christine Murray
Did you know that over 120 species of birds have been found right here on the Bates campus? From the top of Mount David and down to the Puddle, we'll find and identify the birds that sing, hunt, and raise their young among us every day. All levels of experience are welcome. A limited number of binoculars will be available to borrow and share.

Duration: 120 Mins **Class Size:** Max of 10

Location: Meeting in Ladd Library Lobby to start

TUESDAY, JUNE 10TH MORNING SESSIONS



Returning to the Center of Awareness, Breath by Breath: Sitting & Walking Meditation

9:30am Tenzin Dasel
A practical workshop on using movement of breath and body to create inner balance and harmony as we move through the day with more presence and awareness.

Duration: 90 Mins **Class Size:** Max of 20

Location: Perry Atrium, Pettengill Hall



The Delicious World of Charcuterie

9:30am

Violet Bernard

Discover the delicious world of charcuterie in this hands-on, fun, and flavorful workshop! Perfect for food lovers, home entertainers, and anyone wanting to elevate their hosting skills, this class teaches you how to craft a beautiful and balanced charcuterie, Fauxcuterie, and cheese board.

Duration: 90 Mins **Class Size:** Max of 20

Location: Commons 211



Card Sharks: Dive into the World of Handmade Cards

9:30am

Mel McGuire

In this class, you'll learn the basics of creating beautiful, handmade greeting cards for any occasion. We'll cover essential techniques along with how to choose the right materials and tools. Whether you're a beginner or looking to refine your skills, this class will provide the foundation to craft personalized cards that add a special touch to birthdays, holidays, or any celebration. You'll leave with the confidence to create unique designs and the creativity to make every card one-of-a-kind.

Duration: 90 Mins **Class Size:** Max of 15

Location: Commons 221/222

The Tessellation Station

9:30am

Grace Coulombe

No experience necessary! We will unlock the beauty of geometrically inspired art in this hands-on drawing class where you'll use a ruler, compass, colored pencils, and tracing paper to craft a symmetric design known as a tessellation. This session will guide you through creating an intricate, repeating pattern with precision.

Duration: 120 Mins **Class Size:** Max of 25

Location: Dana 204

Printmaking with Nature

9:30am

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!

Duration: 60 Mins **Class Size:** Max of 12

Location: Benjamin Mays Center

TUESDAY, JUNE 10TH AFTERNOON SESSIONS

COMMUNITY LUNCH BINGO!

Meet new faces, share some laughs, or simply enjoy the company of colleagues. No sign-up, no pressure—just good vibes, all week long!

Duration: 12:00 to 1 PM **Class Size:** N/A

Location: Commons 221/222



Printmaking with Nature

1:00pm

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!

Duration: 60 Mins **Class Size:** Max of 12

Location: Benjamin Mays Center

The Tessellation Station

1:00pm

Grace Coulombe

No experience necessary! We will unlock the beauty of geometrically inspired art in this hands-on drawing class where you'll use a ruler, compass, colored pencils, and tracing paper to craft a symmetric design known as a tessellation. This session will guide you through creating an intricate, repeating pattern with precision.

Duration: 120 Mins **Class Size:** Max of 25

Location: Dana 204

Bates Garden Tour

1pm

Mike Fox

Please join us in a walking tour of Bates College landscapes. We will tour some of the many campus planting beds. It will be an opportunity to learn about the different plants used on campus and discuss their preferred habitats, care and culture. Please come with lots of questions.

Duration: 90 Mins **Class Size:** Max of 20

Location: Tour starts on the brick patio between Chase Hall and Carnegie Science Hall



Navigating a Multigenerational Workplace

1pm

Lauren Danie-Briggs & Dana Bosse

For the first time in history, 5 generations are represented in the workplace. Each generation brings their own experiences, values, communication styles, and preferences to work each day, and sometimes, navigating those differences can be challenging. Let's talk about it! Please join us for a discussion on our generations in the workplace, the importance of challenging generational stereotypes, and communication strategies to implement at work and beyond. We'll learn, discuss, and practice skills in our time together, leaving space to hear your experiences and answer questions.

Duration: 90 Mins **Class Size:** Max of 40

Location: Commons 221/222

Quiet Reading Time

1pm

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, bookending an hour of quiet 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.

Duration: 90 Mins **Class Size:** No Max

Location: Dana Livingroom

Pop Quiz, Hotshot!

4pm

Brittany Pleau-Richardson

Ready to prove you're the smartest person in the room? Or just here for the snacks? Either way, *Pop Quiz, Hotshot* is your chance to flex your brain muscles (or fake it 'til you make it). With questions ranging from "who won what in 1987" to "why is this even a question?"—you'll laugh, you'll panic, and you'll probably Google something. Grab your team, or just show up and guess wildly. Either way, it's guaranteed to be a smashing good time! Wine, beer, and non-alcoholic beverages will be served with light nibbles.

Duration: 120 Mins **Class Size:** Max of 40

Location: Benjamin Mays Center

Riverside Cemetery Gravestone Cleaning

4:30pm

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. All are welcome! No experience needed! Supplies will be provided, but you may wish to bring a pair of work gloves. Please wear clothes and shoes appropriate for outdoor activity and that can get dirty and/or wet.

Duration: 60 Mins **Class Size:** No Max

Location: Front gates of Riverside Cemetery, 192 Summer Street

WEDNESDAY JUNE 11TH EARLY MORNING SESSION

Morning Flow Yoga

8am

Heidi Audet

Start your morning with a refreshing and grounding yoga session in the serene Muskie Gardens. Led by Heidi Audet, owner of Chill Yoga and longtime B Well partner, this gentle flow is designed to awaken the body, calm the mind, and set a positive tone for the day. All levels are welcome! Participants may bring their own mat if they have one, but mats will also be provided. Please dress for movement and consider bringing your own water.

Duration: 60 Mins **Class Size:** Max of 24

Location: Muskie Gardens

WEDNESDAY, JUNE 11TH MORNING SESSIONS



Returning to the Center of Awareness, Breath by Breath: Sitting & Walking Meditation

9:30am Tenzin Dasel

A practical workshop on using movement of breath and body to create inner balance and harmony as we move through the day with more presence and awareness.

Duration: 90 Mins **Class Size:** Max of 20

Location: Perry Atrium, Pettengill Hall



Lewiston History through Riverside Cemetery

9:30am Pat Webber, Caitlin Lampman, Sam Howes

A new tour from the Muskie Archives offering a view of Lewiston history through the lens of Riverside Cemetery. The archivists from Muskie will share tales of mayors, store owners, suffragettes, and more!

Duration: 90 Mins **Class Size:** No Max

Location: Tour starts at Riverside Cemetery

Build a Bluebird House

9:30am Matthew Capone

Have some fun while assembling your own birdhouse! These houses are designed to be very inviting for our Eastern Bluebird friends. These birds are native to Maine and have seen declines in population due to competition from introduced bird species, like House Sparrows. All materials will be provided, assembly should take about an hour.

Duration: 90 Mins **Class Size:** Max of 10

Location: Library Quad Tent

CHALLENGING CONVERSATIONS

Leading Challenging Conversations

9:30am Jessica Fournier

This program is a great opportunity for supervisors and managers, or anyone who struggles with conflict and relaying difficult information. This presentation will cover different types of challenging conversations, identifying barriers to conversations and overcoming them, and how to prepare, execute, and follow up on a challenging conversation.

Duration: 60 Mins **Class Size:** Max of 25

Location: Commons 221/222

Intro to TableTop Role Playing Games

9:30am Joe Castonguay

Ever wonder what it would be like to play role-playing games (RPGs)? 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 RPGs. Come learn to play and roll up a character.

Duration: 120 Mins **Class Size:** Min of 4 - Max of 25

Location: Pettengill G65

WEDNESDAY, JUNE 11TH AFTERNOON SESSIONS

JUNE 11TH BATES COMMUNITY LUNCH

Duration: 12:00 to 1 PM

Location: Commons Dining



CPR/AED
TRAINING



Red Cross CPR/AED for Adult, Child & Infant

1pm Kate DeZenzo & Jasmin Le-Mattson

This is a two-hour course, designed to certify you to perform the life-saving skills of CPR and AED for adults, children and infants.

Duration: 120 Mins **Class Size:** Max. of 24

Location: Skelton Lounge, Chase Hall

Bates Museum of Art Guided Tour: *Ralph Steadman: And Another Thing*

1:30pm

Anthony Shostak

Join the Bates Museum of Art Education Curator, Anthony Shostak, for an hour-long guided tour of the current exhibition, *Ralph Steadman: And Another Thing*. This exhibition is a comprehensive overview of Ralph Steadman's 60-year-long influential career in the arts. Visitors will have the chance to view Steadman's illustrations, sketchbooks, personal ephemera, and even a bronze sculpture. Included in the 140+ works on display are the artist's most well-known works, such as the illustrations for literary classics like Lewis Carroll's *Alice in Wonderland* and Robert Louis Stevenson's *Treasure Island*. We hope to see you there!

Duration: 60 mins **Class Size:** Max. of 20

Location: Bates College Museum of Art



Prints in the Sun: A Cyanotype Workshop!

1pm

Marianne Williams, Sam Howes,
and Caitlin Lampman

Description: Come explore one of the earliest photographic processes: the cyanotype! The cyanotype is a camera-less photography process that creates blue and white images by placing objects like leaves, film negatives, shells or other objects on top of a paper coated with photosensitive chemicals to sunlight. It was historically used for blueprints and botanical illustrations and is known for its vibrant blue color, although new methods allow us to use a range of different colors. In this session, participants will make their own cyanotype prints!

Duration: 90 Mins **Class Size:** Max of 12

Location: Library Quad Tent

Acrylic Painting Workshop

1pm

Ron Bosse

Create a beautiful landscape acrylic masterpiece to hang on your wall. This class is perfect for painters of any skill level. Ron Bosse will guide participants in a step-by-step painting process and will offer support and guidance throughout each step. All paint supplies and canvases will be provided to participants.

Duration: 120 Mins **Class Size:** Max of 15

Location: Benjamin Mays Center



Treasure Hunt: Collect & Conquer

1pm

Jen Kish & Mel McGuire

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.

Duration: 120 Mins **Class Size:** Max of 25

Location: Start in Commons Fireplace Lounge



The Power of Positive Thinking

1pm

Resources for Living (EAP)

Is the glass half-full or half-empty? Did you do well on that project because you worked hard or because your boss went easy on you? Positive thinking helps you feel empowered and improves self-esteem. In this class we'll identify a positive or negative thinkers, examine the importance of positive thinking, and learn ways to become a positive thinker.

Duration: 60 mins **Class Size:** Max of 20

Location: Hedge 106

THURSDAY, JUNE 12TH AFTERNOON SESSION

B Well 5K Run/Walk!

10am

B Well

Join us for a fun and energizing B Well 5K Run/Walk where the only thing serious is the good vibes! Whether you're a seasoned runner or a power-walking pro, this is your chance to get moving, connect with coworkers, and enjoy some fresh air. Expect music, snacks, high-fives, and a few surprises along the way. Let's get our steps in and smiles on—see you at the starting line!

Duration: 90 mins **Class Size:** No Max

Location: In Front of Commons

[**REGISTER HERE!**](#)