



# **Bates College Employee Enrichment Week**

**June 15-18, 2026**

**2026**

**Course Catalog & Calendar of Events**

# Welcome to Enrichment Week

We are thrilled to present the 2026 Bates College Enrichment Week catalogue. Here you'll view three days of learning, creativity, community, and fun for all Bates' employees. This year's program features an exciting lineup of new sessions led by your talented colleagues. Whether you're looking to learn a new skill, connect with coworkers, or take a well-earned break from your routine, there is something here for everyone.

# Important Information

**Tuesday, Wednesday,  
& Thursday**



## **NEW Bates ID Pick-Up**

**Tuesday & Wednesday (10 am - 2 pm):**  
Join us in Commons and enjoy a free  
community lunch while you swipe your  
card.

**Thursday (10 am - 2 pm):**  
Find us at Bardwell Field to pick up your  
card and grab a treat!

# Full Course Listing

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# COMPLETE COURSE SCHEDULE

Time	Monday	Tuesday	Wednesday
Early Morning 8-9 am	Cardio Dance Merrill Multipurpose Room	Pilates Foundations: Merrill Multipurpose Room	Morning Flow Yoga Bardwell Field Tent
Early Morning 8-9 am		Birds of Bates Tour Ladd Library Lobby start	
Early Morning 8-9 am		The Front Porch Perk-up! 215 College Street	
Morning 9:30 - 12 pm	Frye Street Tour Cheney House, 262 College St.	Your Story 215 College Street	Nautical Knots & More Hedge 106
Morning 9:30 - 12 pm	Picture Stories Bates Museum	Better Coffee at Home Commons 211	What a Patch Job that is! Commons 211
Morning 9:30 - 12 pm	Drawing Basics PGill G52	Friendship Bracelet Era Mays Center	Sourdough 101 Commons 226
Morning 9:30 - 12 pm	Herb Mini-Garden Bardwell Field Tent	World of Charcuterie Commons 226	PACE Palette Mays Center
Morning 9:30 - 12 pm	Solo Roleplaying Games Hedge 106	Shaking Your Family Tree Ladd Library Rm 145	Red Cross CPR/AED Commons 221/222
Morning 9:30 - 12 pm	Escape Enrichment Week! Ladd Library	How to Work a Room PGill G52	Bates Around the Edges Tour Starts at Commons (Central Ave side)
Morning 9:30 - 12 pm		Printmaking with Nature Hedge Hall Rm. 106	
Lunch 12 - 1 pm		Bates Community Lunch - Commons BINGO - Commons 221/222	Bates Community Lunch - Commons
Afternoon 1 - 3 pm	Want to Be a Beekeeper? PGill G52	Prints in the Sun Library Arcade	Drawing Basics PGill G52
Afternoon 1 - 3 pm	Nautical Knots & More Hedge 106	Beer Brewing Commons 226	Your Story 215 College Street
Afternoon 1 - 3 pm	Cedar Planter Build Bardwell Field Tent	Making Mappettes Mays Center	Picture Stories Bates Museum
Afternoon 1 - 3 pm	Make A Bookmark Pettengill G10	Interviewing Tips & Tricks Commons 211	5K Sign Making Bardwell Field Tent
Afternoon 1 - 3 pm	Shaking Your Family Tree Ladd Library Rm 145	Quiet Reading Time Ladd Library and/or Quad	Make it a Miniature! Commons 211
Afternoon 1 - 2:30 pm	Cribbage Muskies Archives	CPR/AED/First Aid Commons 221/222	Just Do the Darn Thing! Commons Rm. 226
Afternoon 1 - 3 pm		Printmaking with Nature Hedge Hall Rm. 106	Using AI in My Job Commons Rm. 221/222
Evening 4 - 6 pm	Gravestone Cleaning Riverside Cemetary	Kickball Showdown Leahey Field	Trivia Night Benjamin Mays Center

# BATES ENRICHMENT WEEK PROGRAM 2026

Registration Opens May 26th!

## How to Register

1. Go to the [Eventbrite link](#) for Enrichment Week 2026
2. Scroll through the course options OR
3. Click on the **Course Title** in this catalog to bring you directly to the course
4. Click **Get Tickets** on the course you'd like to attend
5. Click **Register** and enter your name and **Bates' email address**
6. Click **Register** to receive your confirmation

To review your registered courses, click the **Tickets** link near the top of the Eventbrite screen.

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

## Schedule At-A-Glance

Time Slot	Monday 6/15	Tuesday 6/16	Wednesday 6/17	Thursday 6/18
AM	<ul style="list-style-type: none"> <li>• Cardio Dance</li> <li>• Frye Street Tour</li> <li>• Picture Stories</li> <li>• Drawing Basics</li> <li>• Herb Mini-Garden</li> <li>• Solo Roleplaying</li> <li>• Escape Enrichment Week</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates Foundations</li> <li>• Birds of Bates Tour</li> <li>• Front Porch Perk-up!</li> <li>• Your Story</li> <li>• Make Better Coffee</li> <li>• Friendship Bracelet Era</li> <li>• World of Charcuterie</li> <li>• Shaking Your Family Tree</li> <li>• How to Work a Room</li> <li>• Printmaking</li> </ul>	<ul style="list-style-type: none"> <li>• Morning Yoga</li> <li>• Nautical Knots &amp; More</li> <li>• Herb Mini-Garden</li> <li>• What a Patch Job</li> <li>• Sourdough 101</li> <li>• Discover Your Style</li> <li>• Red Cross CPR/AED</li> <li>• Around the Edges Tour</li> </ul>	B Well 5k and Food Truck Lunch
Lunch		<ul style="list-style-type: none"> <li>• Community Lunch</li> <li>• Pick up your new ID!</li> <li>• Bingo</li> </ul>	<ul style="list-style-type: none"> <li>• Community Lunch</li> <li>• Pick up your new ID!</li> </ul>	
PM	<ul style="list-style-type: none"> <li>• Want to Be a Beekeeper?</li> <li>• Nautical Knots &amp; More</li> <li>• Build Your Own Cedar Planter</li> <li>• Create Your Own Bookmark!</li> <li>• Shaking Your Family Tree</li> <li>• Cemetery Gravestone Cleaning</li> <li>• Cribbage</li> </ul>	<ul style="list-style-type: none"> <li>• Prints in the Sun</li> <li>• Beer Brewing</li> <li>• Making Mappettes</li> <li>• Interviewing Tips &amp; Tricks</li> <li>• Quiet Reading Time</li> <li>• Red Cross CPR/AED/First Aid</li> <li>• Printmaking with Nature</li> <li>• Kickball Showdown</li> </ul>	<ul style="list-style-type: none"> <li>• Drawing Basics</li> <li>• Your Story</li> <li>• 5K Sign Making</li> <li>• Make it a Miniture!</li> <li>• Just Do the Darn Thing!</li> <li>• Using AI in My Job</li> <li>• Trvia Night!</li> </ul>	

Full Class title, description, time, and location provided in full course catalog pages 7-19

## Cardio Dance

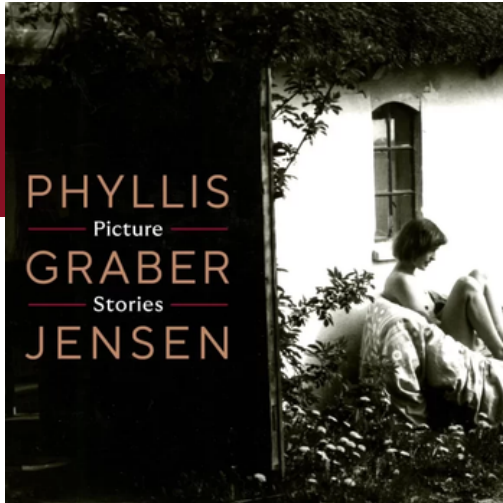
**Facilitator:** Jolene Hall  
**Location:** Merrill Multipurpose Room  
**Class Maximum:** 30

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



**Monday, 6/15**  
**8 - 9 am**

**Monday, 6/15**  
**9:30 - 10:30 am**



## Phyllis Graber Jensen: Picture Stories

**Facilitator:** Carrie Cushman  
**Location:** Bates College Museum of Art  
**Class Maximum:** 20

Join the Bates Museum of Art Director Carrie Cushman for an hour-long tour of Phyllis Graber Jensen: Picture Stories. This exhibition chronicles the accomplished photographic work of Phyllis Graber Jensen, from her career in photojournalism to her thirty years spent encapsulating life at Bates. We hope to see you there!

## Historic Frye Street Tour

**Facilitators:** Pat Webber, Sam Howes, & Caitlin Lampman  
**Location:** Meet at Cheney House, 262 College Street  
**Class Maximum:** No Max

Please join the Muskie Archives staff for a walking tour of the historic houses on Frye and College Streets. Come learn about the people and families behind the houses, as well as the architecture! The tour includes historic images!



**Monday, 6/15**  
**9:30 - 11:00 am**

**Monday, 6/15**  
**9:30 - 11:30 am**



## Drawing Basics

**Facilitator:** Jennifer Michel  
**Location:** Pettengill Hall, Rm. G52  
**Class Maximum:** 10

Think you can't draw? Come learn how to draw and shade the four basic shapes--the cone, the cylinder, the cube, and the sphere. This course is designed for drawing beginners - once you can draw these, you can draw anything!

## Hands in the Soil: Plant your own Herb Mini-Garden

**Facilitator:** Wells Castonguay  
**Location:** Bardwell Field Tent  
**Class Maximum:** 10

Discover Maine's rich tradition of herb growing in this hands-on session. We'll explore the historical and modern use of herbs in Maine cuisine, from traditional favorites (wintergreen and lemon balm) to today's popular flavors (there are so many varieties of basil!). You will then plant your own mini herb garden to take home—all supplies provided. This is a hands-on and informational session, so come ready to get your hands in the soil and leave with new knowledge (and plants!) to grow all summer long.



**Monday, 6/15**  
**9:30 - 10:30 am**

**Monday, 6/15**  
**9:30-11:00 am**



## Unlock Creativity with Solo Roleplaying Games!

**Facilitator:** Alex Mhyre  
**Location:** Hedge Hall, Rm. 106  
**Class Maximum:** 12

Solo role-playing games (RPGs) lie somewhere in between a game and a creative writing exercise, and are a great tool both for entertainment and for developing your own creativity. Join us for a demonstration of how a solo RPG can turn simple dice rolls into a powerful engine for storytelling, and learn a new hobby that can be just as rewarding whether you have a few minutes or several hours to spare.

## Escape Bates Enrichment Week!

**Facilitator:** Marianne Williams  
**Location:** Meet in the Ladd Library Lobby to start  
**Class Maximum:** 20

Explore Bates College during Enrichment Week with a campus-wide escape room packed with diverse puzzles, hidden clues, and challenges. Teams of 3-5 collaborate, race the clock, and solve mysteries across familiar spaces all over campus.



**Monday, 6/15**  
**9:30 - 11:30 am**

**Monday, 6/15**  
**1:00 - 2:30 pm**



## So You Want to Be a Beekeeper?

**Facilitator:** Andrew Pelczar  
**Location:** Pettengill Hall, Rm. G52  
**Class Maximum:** 30

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!

## Nautical Knots & More

**Facilitator:** Bruce Hall  
**Location:** Hedge Hall, Rm. 106  
**Class Maximum:** 9

Knowing how to tie knots is a useful skill to have, whether you're on land or water. Come join this hands-on activity, learn to tie several knots, and leave with a new life skill!



**Monday, 6/15**  
**1:00 - 2:00 pm**

**Monday, 6/15**  
**1:00 - 3:00 pm**



## Build Your Own Cedar Planter

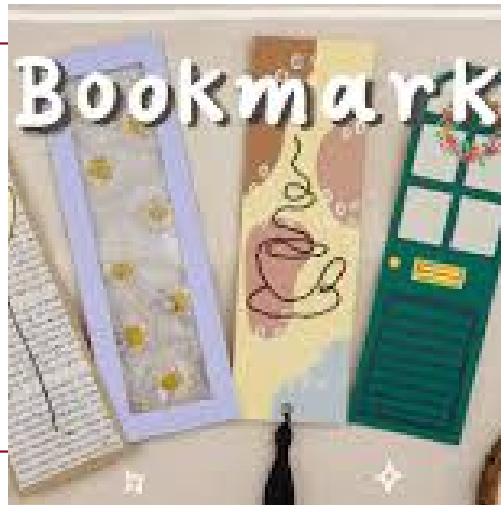
**Facilitator:** Matt Capone  
**Location:** Bardwell Field Tent  
**Class Maximum:** 10

Build it once, grow for a decade. Join us for this woodworking session as we construct a dual-box cedar planter rack. Perfect for small herbs, edible flowers or any other potted plants, this 16-inch square unit is naturally insect-resistant and tough enough to stay outside through every season. Level up your DIY skills and start your garden the right way. All planter pieces will be pre-cut to allow participants to assemble the day of. All abilities are welcome and all tools will be provided.

## Bookmark it - Create your own Bookmark!

**Facilitator:** Lauren Danie-Briggs  
**Location:** Pettengill Hall, Rm G10  
**Class Maximum:** 20

Take a breather and lean into your creative side with this "low-key, high-reward" crafting session. Whether you're a lifelong reader or just looking for a 15-minute screen break, stop by to design and assemble your own custom bookmark. We'll provide all the supplies - No "artistic talent" is required; just show up, chat with colleagues, and walk away with a functional piece of art.



**Monday, 6/15**  
**1:00 - 2:00 pm**

**Monday, 6/15**  
**1:00 - 3:00 pm**



## Shaking Your Family Tree: A Genealogy Workshop!

**Facilitator:** Mary Meserve  
**Location:** Ladd Library Rm. 145  
**Class Maximum:** 10

Ever wondered who the faces in those old photographs in the shoebox really are? Does family lore say your family is from Ireland or that you are related to a famous person? Do you want to know more but don't know where to start? Stop guessing and start searching. In this hands-on session, we'll both talk about genealogy and do genealogy! You won't just learn how—you'll actually find your first records before the class is over.

## Come Play Cribbage!

**Facilitator:** Caitlin Lampman

**Location:** Muskie Archives

**Class Maximum:** 24

Come and play cribbage or learn to play cribbage! No experience necessary. There will be people on hand to teach you how to play!



**Monday, 6/15**  
**1:00 - 2:30 pm**

**Monday, 6/15**  
**4:00 - 5:00 pm**



## Riverside Cemetery Gravestone Cleaning

**Facilitators:** Caitlin Lampman & Sam Howes

**Location:** Front gates of Riverside Cemetery,  
192 Summer Street

**Class Maximum:** No Max

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.

## Pilates Foundations: Strength & Stability

**Facilitator:** Allysha Tourcotte

**Location:** Merrill Multipurpose Room

**Class Maximum:** 20

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.



**Tuesday, 6/16**  
**8 - 9 am**

**Tuesday, 6/16**  
**8:30 - 10:30 am**



## Birds of Bates Tour

**Facilitator:** Christine Murray

**Location:** Meet at Ladd Library to start

**Class Maximum:** 10

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.

## The Front Porch Perk-up!

**Facilitators:** The HR Team

**Location:** Front Porch of 215 College Street

**Class Maximum:** No Max

Come perk up Tuesday morning on our front porch! HR is collaborating with our Advancement department to serve iced coffee with all the fixings - let us serve you! No need to register for this event; just mark your calendars and stop by while supplies last.



**Tuesday, 6/16**  
**8:30 - 9:30 am**

**Tuesday, 6/16**  
**9:30 - 11:30 am**



## Your Story: Written in the Stars

**Facilitator:** Brittany Pleau-Richardson

**Location:** 215 College Street (use the ramp entrance)

**Class Maximum:** 6

In this 20-minute one-on-one session, explore the story your birth chart tells about who you are and how you move through the world. You'll receive a personalized written report offering in-depth insight into your Sun, Moon, and Rising signs, along with other key placements that shape your energy, patterns, and perspective. This session is designed to offer clarity, reflection, and a deeper understanding of yourself. No prior astrology knowledge required.

\* Your birth date, birth time, and birth location are required for your reading.

## How to Make Better Coffee at Home

**Facilitator:** Kevin Johnson  
**Location:** Commons, Room 211  
**Class Maximum:** 12

Want to learn how to make better coffee at home from a former coffee professional? Interested in learning how coffee travels from farm to cup, approaches to coffee tasting, and various brewing methods? Attend this session to learn and ask questions. Size of attendance and time permitting, we'll taste some coffee and discuss. This session is open to anyone, from Dunkin drinkers to specialty coffee sippers.



**Tuesday, 6/16**  
**9:30 - 10:30 am**

**Tuesday, 6/16**  
**9:30 - 12:00 pm**



## In Our Friendship Bracelet Era

**Facilitator:** Jaime Pulk  
**Location:** Benjamin Mays Center  
**Class Maximum:** No Max

Are you Ready for It? Come unwind and 'make the friendship bracelets' with us. We'll have inspiration, easy-to-follow guides and materials for you to craft your masterpiece. Stop by the Mays Center anytime between 9:30-12pm to beat, chat and 'shake it off!'

## The Delicious World of Charcuterie

**Facilitator:** Violet Bernard  
**Location:** Commons, Room 226  
**Class Maximum:** 20

Back this year by popular demand! 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.



**Tuesday, 6/16**  
**9:30 - 11:00 am**

**Tuesday, 6/16**  
**9:30 - 11:30 am**



## Shaking Your Family Tree: A Genealogy Workshop!

**Facilitator:** Mary Meserve  
**Location:** Ladd Library, Room 145  
**Class Maximum:** 10

Ever wondered who the faces in those old photographs in the shoebox really are? Does family lore say your family is from Ireland or that you are related to a famous person? Do you want to know more but don't know where to start? Stop guessing and start searching. In this hands-on session, we'll both talk about genealogy and do genealogy! You won't just learn how—you'll actually find your first records before the class is over.

## How to Work a Room

**Facilitator:** Tyler Lussier  
**Location:** Pettengill Hall, Room G52  
**Class Maximum:** 25

Does the thought of walking into a room full of strangers make you want to head for the nearest exit? You aren't alone—but you can be the person who navigates the crowd with ease. Join us and transform networking from a high-stress chore into a professional asset. In "How to work a Room," we're stripping away the awkwardness and replacing it with a practical toolkit designed to build your confidence from the moment you step through the door.



**Tuesday, 6/16**  
**9:30 - 11:00 am**

**Tuesday, 6/16**  
**9:30 - 10:30 am**



## Printmaking with Nature

**Facilitator:** Pam Smith  
**Location:** Hedge Hall, Room 106  
**Class Maximum:** 12

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!

## Prints in the Sun: A Cyanotype Workshop!

**Facilitators:** Sam Howes, Caitlin Lampman, Marianne Williams  
**Location:** Ladd Library Arcade  
**Class Maximum:** 12

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!



**Tuesday, 6/16**  
**1:00 - 2:30 pm**

**Tuesday, 6/16**  
**1:00 - 2:30 pm**



## From Grain to Glass: Beer Brewing

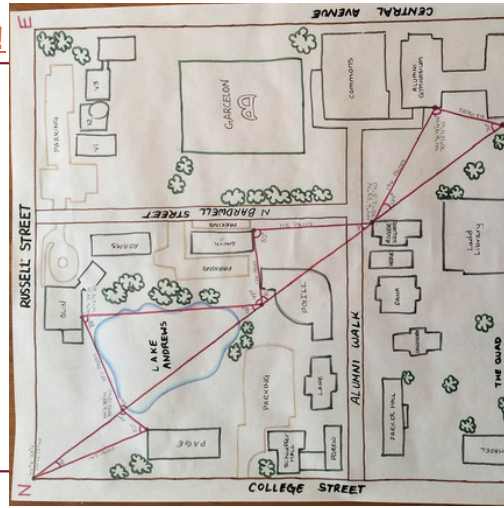
**Facilitator:** Nicole Emery  
**Location:** Commons, Room 226  
**Class Maximum:** 20

Come experience this basic introduction to beer brewing and recipe development. Participants will learn about the ingredients used in brewing beer and will discuss how the different ingredients contribute to the final product. There will also be opportunity to taste and critique non-alcoholic beer, to learn some of the language around beer tasting/judging.

## Making Mappettes: Celebrate the Tiny Places we Love!

**Facilitator:** Molly Brown  
**Location:** Benjamin Mays Center  
**Class Maximum:** 20

In this workshop, participants will make hand-drawn maps of the places they love! Don't think you're map-savvy or an artist? Not a problem! Our very own Molly Brown has been running this MollyMaps workshop for over a decade and says everyone can do it. Participants will brainstorm the place(s) that matter to them, develop a small map design and use pens and watercolors to make it masterful and unique!



**Tuesday, 6/16**  
**1:00 - 4:00 pm**

**Tuesday, 6/16**  
**1:00 - 2:00 pm**



## Interviewing Tips & Tricks

**Facilitator:** Dana Bosse  
**Location:** Commons, Room 211  
**Class Maximum:** 20

Whether you're hiring a new employee weekly or every few years, it's important to stay up to date on best practices for interviewing candidates. Come join Dana Bosse, Bates' Talent Acquisition Specialist, as she takes you through the search process at Bates. You'll hear about the importance of rubrics and practice your interview question knowledge in this engaging workshop. Perfect for hiring managers and those who participate in search committees.

## Page Turners: Quiet Reading Time

**Facilitator:** Lauren Danie-Briggs  
**Location:** Meet outside Ladd Library in the courtyard  
**Class Maximum:** No Max

Give yourself the gift of quiet. "Page Turners" is a dedicated 2-hour block simply for you to slow down and get lost in a good story. We will meet outside the library to hand out bookmarks, and then you are free to find your favorite cozy corner or sunny spot to read in peace. Bring that book you've been meaning to finish, or grab a new one nearby!



**Tuesday, 6/16**  
**1:00 - 3:00 pm**

**Tuesdays, 6/16**  
**1:00 - 3:00 pm**

 **American Red Cross**  
**First Aid**  
**CPR**  
**AED**

## Red Cross CPR/AED/First Aid for Adults

**Facilitators:** Kate DeZenzo and Jasmin Le-Mattson  
**Location:** Commons, Room 221/222  
**Class Maximum:** 24

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.

## Printmaking with Nature

**Facilitator:** Pam Smith

**Location:** Hedge Hall, Room 106

**Class Maximum:** 12

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!



**Tuesday, 6/16**  
**1:00 - 2:00 pm**

**Tuesday, 6/16**  
**3:00 - 6:00 pm**



## Playground Legends: Ultimate Kickball Showdown

**Facilitators:** Lauren Danie-Briggs & Mike Milliken

**Location:** Leahey Field

**Class Maximum:** 28 (2 teams of 14)

It's time to find out who really rules the field! We are drafting two teams for an epic head-to-head battle in our "Playground Legends" kickball game. Lace up your sneakers and register today to secure your spot on the roster and compete for bragging rights.

Not looking to break a sweat? We need a cheering section! If you prefer the sidelines, please mark your calendars to come out, enjoy the fresh air, and root for your favorite colleagues. It wouldn't be a legendary game without a legendary crowd!

## Morning Flow Yoga

**Facilitator:** Heidi Audett  
**Location:** Bardwell Field Quad  
**Class Maximum:** 24

Start your morning with a refreshing and grounding yoga session in the Library Quad. Led by Heidi Audett, 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.



**Wednesday, 6/17**  
**8 - 9 am**

**Wednesday, 6/17**  
**9:30 - 10:30 am**



## Nautical Knots & More

**Facilitator:** Bruce Hall  
**Location:** Hedge Hall, Rm. 106  
**Class Maximum:** 9

Knowing how to tie knots is a useful skill to have, whether you're on land or water. Come join this hands-on activity, learn to tie several knots, and leave with a new life skill!

## Hands in the Soil: Plant your own Herb Mini-Garden

**Facilitator:** Wells Castonguay  
**Location:** Bardwell Field Tent  
**Class Maximum:** 10

Discover Maine's rich tradition of herb growing in this hands-on session. We'll explore the historical and modern use of herbs in Maine cuisine, from traditional favorites (wintergreen and lemon balm) to today's popular flavors (there are so many varieties of basil!). You will then plant your own mini herb garden to take home—all supplies provided. This is a hands-on and informational session, so come ready to get your hands in the soil and leave with new knowledge (and plants!) to grow all summer long.



**Wednesday, 6/17**  
**9:30 am - 10:30 am**

**Wednesday, 6/17**  
**9:30 - 11:30 am**



## What a Patch Job that is!

**Facilitator:** Joe Massa  
**Location:** Commons Rm. 211  
**Class Maximum:** 9

Come learn the basic techniques for patchwork quilting, including fabric selection, cutting, basic block assembly and finishing techniques. This cozy session will incorporate instructor demonstrations with the opportunity to practice on your own.

## Sourdough 101: From TikTok to Tangy Loaves

**Facilitator:** Jessica Fournier  
**Location:** Commons Rm. 226  
**Class Maximum:** 20

Ready to turn your doom scrolling into dough rolling? This fun, beginner-friendly 60-minute class breaks down the basics of sourdough, no culinary degree required. If you've saved a hundred sourdough TikToks but haven't actually started, this is your sign. We'll cover what sourdough really is, how to feed and maintain a starter, the simple tools you actually need, and a realistic timeline for baking your first loaf. No baking during class. This class is focused on practical, confidence-building basics to get you started. Everyone will leave with an active sourdough starter in a mason jar and the know-how to begin baking at home.



**Wednesday, 6/17**  
**9:30 - 11:00 am**

**Wednesday, 6/17**  
**9:30 - 11:00 am**



## Discover Your Style: An Introduction to PACE Palette

**Facilitator:** Lauren Danie-Briggs  
**Location:** Commons 221/222  
**Class Maximum:** 40

Join us for an enlightening 90-minute journey into self-discovery using the PACE Palette. During this session, you will identify your dominant temperament pattern—whether you lead with logic, emotion, structure, or adventure. PACE Palette was designed as a more intuitive, “in the moment” alternative to complex assessments like the Myers-Briggs Type Indicator (MBTI). Since 1991, individuals and teams have been using PACE Palette to understand their strengths and opportunities for growth. Participants will leave this session with practical tools to improve their interactions and a fresh perspective on the diverse personalities that make our workplace thrive

## Red Cross CPR/AED for Adult, Child & Infant

**Facilitators:** Kate DeZenzo and Jasmin Le-Mattson  
**Location:** Commons 221/222  
**Class Maximum:** 24

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.



**Wednesday, 6/17**  
**9:30 - 11:30 am**

**Wednesday, 6/17**  
**9:30 - 11:00 am**



## Bates Around the Edges Tour

**Facilitator:** Sam Howes  
**Location:** Tour begins outside Commons on Central Ave.  
**Class Maximum:** No Max

Join the Muskie Archives staff on a new tour as we walk and talk about the perimeter of campus. Starting along Central and continuing down Campus Avenue, we'll tell you the stories of buildings past and present. What was there before Kalperis, Chu, and Bonney? Come find out! And in keeping with our walking tours there will be historic photos and images!

## Drawing Basics

**Facilitator:** Jennifer Michel  
**Location:** Pettengill Hall, Rm. G52  
**Class Maximum:** 10

Think you can't draw? Come learn how to draw and shade the four basic shapes--the cone, the cylinder, the cube, and the sphere. This course is designed for drawing beginners - once you can draw these, you can draw anything!



**Wednesday, 6/17**  
**1:00 - 3:00 pm**

**Wednesday, 6/17**  
**1:00 - 3:00 pm**



## Your Story: Written in the Stars

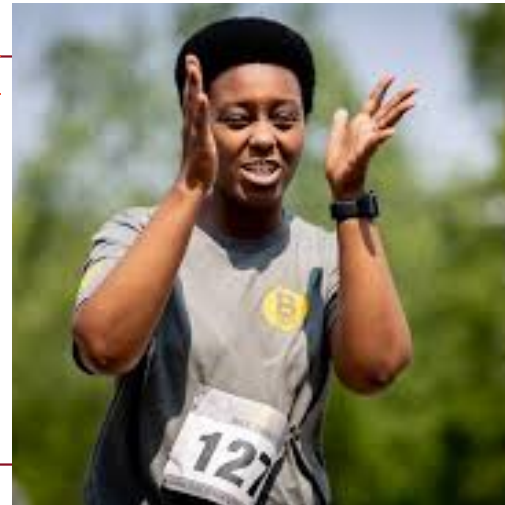
**Facilitator:** Brittany Pleau-Richardson  
**Location:** 215 College Street (use the ramp entrance)  
**Class Maximum:** 6

In this 20-minute one-on-one session, explore the story your birth chart tells about who you are and how you move through the world. You'll receive a personalized written report offering in-depth insight into your Sun, Moon, and Rising signs, along with other key placements that shape your energy, patterns, and perspective. This session is designed to offer clarity, reflection, and a deeper understanding of yourself. No prior astrology knowledge required.  
\* Your birth date, birth time, and birth location are required for your reading.

## The Motivation Station: Create Signs for the Bates 5k!

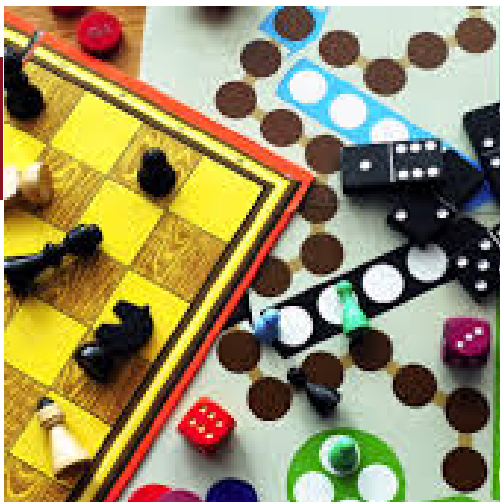
**Facilitator:** Lauren Danie-Briggs  
**Location:** Bardwell Field Tent  
**Class Maximum:** 20

Tomorrow, our colleagues hit the pavement for the 5k—but today, we provide the fuel! Join us at the Motivation Station to craft high-energy, high-impact signs to cheer on our runners and walkers. Whether you're a master of puns or just want to share some words of encouragement, we've got all the markers, glitter, and posters you'll need.



**Wednesday, 6/17**  
**1:00 - 3:00 pm**

**Wednesday, 6/17**  
**1:00 - 3:00 pm**



## Make it a Miniature!

**Facilitator:** Garrett Leavitt  
**Location:** Commons, Rm. 211  
**Class Maximum:** 10

From Dioramas to Book Nooks, Tabletop Gaming to Display Boards, join in as we explore the world of tiny things, and how to build them! Topics covered will include the tools to use, tips and tricks, online resources, as well as some hands-on experience building your own landscape in Miniature.

## Just Do the Darn Thing!

**Facilitator:** Danielle Miller  
**Location:** Commons Rm. 226  
**Class Maximum:** 20

What have you been putting off? Is it a rollover into a new retirement account? Maybe scheduling that appointment you've been meaning to make? Whether you're looking to get started on a Will, purchase pet insurance, or clean up your subscriptions, there are always not enough hours in the day, and these things continue to get pushed back. It's time to make them a priority. Participants in this session are encouraged to drop in anytime between 9:30-11:30am and Do the Darn Thing! Prep with a checklist of things you want to get done, and start checking them off! Our team of facilitators will be on site to help you get it done and answer your questions!



Wednesday, 6/17  
1:00 - 3:00 pm

Wednesday, 6/17  
1:00 - 3:00 pm



## Five Minutes of Fame: Using AI in My Job

**Facilitator:** Pat Schoknecht  
**Location:** Commons Rm. 221/222  
**Class Maximum:** 40

Come learn from your colleagues! This session will highlight several Bates employees and how they are using AI in their work - what they are doing and how AI benefits them. If you're looking to spark ideas on how you might employ AI in your work, this session is for you!

## Trivia Night

**Facilitators:** Brittany Pleau-Richardson & Becca Bonney  
**Location:** Benjamin Mays Center  
**Class Maximum:** 30

Ready to prove you're the smartest person in the room? Or just here for the snacks? Either way, Trivia Night 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 "name that tune" You'll laugh, you'll panic, and you'll probably want to ask Siri/Google a bunch of questions by the end of the night. Either way, it's guaranteed to be a smashing good time! So, grab your team, or show up and guess wildly! Wine, beer, and non-alcoholic beverages will be served with light nibbles.



Wednesday, 6/17  
4:00 - 6:00 pm

# B Well 5k & Community Lunch

Join us on Thursday, June 18<sup>th</sup> at 10:00am for the B Well 5k Fun Run/Walk event!

## NEW FOR THIS YEAR!

- Course redesign due to construction on Central Ave.
  - Shorter course! Participants can also choose a shorter course for a more flexible way to join in.
- **Tuesday and Wednesday** registration, bib, and t-shirt pickup will be held during community lunches in Commons from 11:30 am - 1:00 pm
- Same-day Registration will be held in front of Commons.
- Finish line activities
  - Snacks
  - Instructor-led stretches
  - Lawn Games
  - And more!
- Awards Ceremony with Raffle Winner Announcement to follow the conclusion of the event.
- New 2026 t-shirt!
- New! Cheering stations are available for Departments to decorate and cheer participants on during the event.
  - Contact Jessica Fournier (jfournier@bates.edu) if you are interested in signing up to claim a section of the course to decorate and station during the event.

[Register for the event here!](#)

## COMMUNITY LUNCH

- Lunch will be provided by the following food trucks from 12-2
  - On A Roll
  - L/A Taco
  - Great Wave Sushi
  - Dotties Ice Cream
- Food trucks will be located near Garcelon Field

**IMPORTANT! Employees are allowed two meals TOTAL between trucks and one ice cream item from Dotties. Please make sure you follow these guidelines as this will help ensure everyone gets meal.**

# THANK YOU!

**We want to thank our incredible partners who help to make this event a success each year.**

**Thank you to the following!**

Dining, Catering, Conferences, and Campus Events

Bates College Store

Employee Enrichment Week Committee

Event Volunteers

Course Instructors

Senior Staff

*Thank you  
very much!*