**MONDAY 12**

7:30am: Quiet Hours, Ford Chapel
8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
8pm-11pm: Winslow Health Center Hours*
12-11:45pm: Craft Corner, Photo Frames, Game Room
SP 2pm - 12am: Quiet Hours, Ford Chapel
SP 9pm - 12am: Quiet Hours, Ford Chapel
SO 10pm-12am: Pool League, Game Room

**TUESDAY 13**

7:30am: Quiet Hours, Ford Chapel
SP 8am: Zen Meditation, PAM Retreat
SP 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
SP 8am-5pm: Winslow Health Center Hours*
SP 11am-12pm: Parkhurst Dietician available, Brooks Dining Hall
SP 12-11:45pm: Craft Corner, Photo Frames, Game Room
SP 6:30pm: Comedian Jessi Campbell, Quigley Auditorium
SP 7:30pm: Diwali Celebration, CC Lobby
SP 10pm-12am: Pool League, Game Room

**WEDNESDAY 14**

7:30am: Quiet Hours, Ford Chapel
SP 8am-5pm: Winslow Health Center Hours*
SP 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
SP 8:15am: Mindful Walking, Bicentennial Plaza
SP 7pm: International Fashion Show, CC Lobby
SP 9pm-12am: Quiet Hours, Ford Chapel
SP 10pm-12am: Pool League, Game Room

**THURSDAY 15**

7:30am: Quiet Hours, Ford Chapel
SP 8am-5pm: Winslow Health Center Hours*
SP 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
12:10-1:30pm: Peace Corps & AmeriCorps KEYS Info Session, CC303
SP 7pm: Claude AnShin Thomas Public Talk, Tippie Center
SP 8pm: In the Next Room, or the vibrator play, Vukovich
SP 8pm: Man of the Year Contest, CC Lobby

**DIMENSIONS OF WELLNESS**

- **EM** Emotional
- **EV** Environmental
- **IN** Intellectual
- **OC** Occupational
- **PH** Physical
- **SO** Social
- **SP** Spiritual

*For appointments, call Counseling and Professional Development Center (332-4368) or Winslow Health Center (332-4355). Walk-ins accepted at Winslow as schedule allows.

**FRIDAY 16**

SP 7:30am: Quiet Hours, Ford Chapel
SP 8am-5pm: Winslow Health Center Hours*
SP 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
SP 12-11:45pm: Craft Corner, Block Cubes, Game Room
SP 3pm: Women’s Basketball vs. Case Western, Wise Center
SP 6:30pm: Bilal Ansari Talk, Tippie Center
SP 7pm: Men’s Basketball vs. Pitt-Greensburg, Wise Center
SP 8pm: In the Next Room, or the vibrator play, Vukovich
SP 9pm - 12am: Quiet Hours, Ford Chapel

**SATURDAY 17**

SP 7:30am: Quiet Hours, Ford Chapel
SP 12-11:45pm: Craft Corner, Block Cubes, Game Room
SP 1pm: Women’s Basketball vs. Ohio Northern, Wise Center
SP 3:15pm: Civic Symphony, Shafer
SP 7pm: Men’s Basketball vs. Chatham, Wise Center
SP 8pm: In the Next Room, or the vibrator play, Vukovich
SP 8pm: Ping Pong Tournament, Game Room
SP 9pm - 12am: Quiet Hours, Ford Chapel

**SUNDAY 18**

SP 10:10am: Church Tour, meet at Library
SP 12-11:45pm: Craft Corner, Block Cubes, Game Room
SP 2:30pm: In the Next Room, or the vibrator play, Vukovich
SP 3:15pm: Wind Symphony, Shafer
SP 6pm: International Bazaar, Schultz
SP 6:30pm: Catholic Mass, Ford Chapel
SP 10pm-12am: Quiet Hours, Ford Chapel

**ONGOING**

- **PH** Fitness On Demand, Dance Studio in Wise Center
- **SO** Quiet Space: Prayer and Meditation (PAM) Retreat (<srl> for access code)
- **SP** Quiet Space: The Grove (woods behind Wise Center)

**WELLNESS THIS WEEK 12-18**

- **SP** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **EM** 8am-5pm: Winslow Health Center Hours*
- **IN** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **OC** 8am-5pm: Winslow Health Center Hours*
- **PH** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **SO** 8am-5pm: Winslow Health Center Hours*
- **SP** 8am-5pm: Winslow Health Center Hours*
- **EM** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **IN** 8am-5pm: Winslow Health Center Hours*
- **OC** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **PH** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **SO** 8am-5pm: Winslow Health Center Hours*
- **SP** 8am-5pm: Winslow Health Center Hours*
- **EM** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **IN** 8am-5pm: Winslow Health Center Hours*
- **OC** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **PH** 8am-12pm, 1-5pm: Counseling and Personal Development Center Hours*
- **SO** 8am-5pm: Winslow Health Center Hours*
- **SP** 8am-5pm: Winslow Health Center Hours*