

# THE WELL-STREET JOURNAL

~Brought to you by Jan Morris, Student Affairs~

December 2018

FREE



SPOTLIGHT  
ON:

Stress-Free  
Zones and  
Activities!

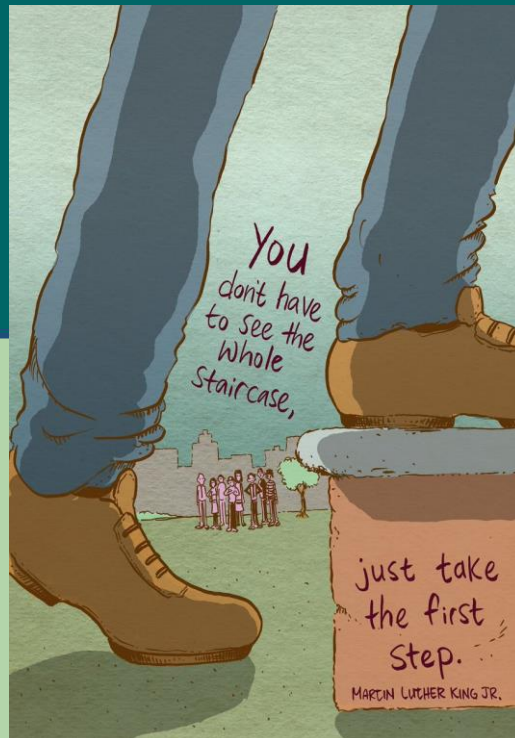
See Calendar of  
Events  
on the  
other side!!



Yesterday is gone. Tomorrow  
has not yet come. We have  
only today. Let us begin.

~Mother Teresa

**ONE STEP AT A TIME!**





“It is December,  
and nobody asked  
if I was ready.”  
~ Sarah Kay  
(spoken word poet)

# December 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						<b>1</b> <b>Northampton Book Fair,</b> 10am-4pm Carroll Rm
<b>2 Dec. 2-8:</b> <b>National Hand Washing Awareness Week</b> 	<b>3</b> 	<b>4 Tiana Clark Poetry Reading</b> 7:30pm Carroll Rm	<b>5 Gamelan Fall Concert,</b> 8pm Earle Recital Hall	<b>6 FAR AWAY</b> by Caryl Churchill directed by Gabby Farrah '19 7:30pm, Halle Flanagan Studio	<b>7 SEC Film:</b> <b>A Wrinkle in Time</b> 7:30pm, Weinstein	<b>8</b> <b>Smithereens Jam,</b> 5pm Carroll Room
<b>9 Voces Feminae fall concert,</b> 7:30pm Sweeney	<b>10 Emily Dickinson's birthday</b> 	<b>11 Rita Moreno's birthday</b> 	<b>12 Ginger-Bread House Day!</b> 	<b>13 Wailing Banshees</b> 7:30pm Earle Recital Hall	<b>14 Free 2nd Friday,</b> Museum of Art Hands-On 4-7pm, Museum Atrium <b>All ages!</b>	<b>15 Midnight Breakfast!!</b> 10pm -1am at St. Johns Church
<b>16 7am-3am Stress-Free Zone!!</b> CC 103/104 Coloring, games, legos, etc. FUN!	<b>17 Zumba!</b> 8-9pm Carroll Room	<b>18 Massage Night!</b> 7-9pm, Carroll Room	<b>19 Acupuncture!</b> 2-6pm, CC 205	<b>20 SIKOS Weekly Show</b> 7-8pm CC TV Lounge	<b>21 7am-12pm Stress-Free Zone!!</b> CC 103/104 Coloring, games, legos, etc. FUN!	<b>22 Winter Recess Begins!!</b> 
<b>23</b>  <b>Happy Holidays!</b>	<b>24</b>  <b>Happy Holidays!</b>	<b>25</b>  <b>Happy Holidays!</b>	<b>26</b>  <b>Happy Holidays!</b>	<b>27</b>  <b>Happy Holidays!</b>	<b>28</b>  <b>Happy Holidays!</b>	<b>29</b>  <b>Happy Holidays!</b>
<b>Rock Wall Open Hours</b> 	Tues/Thrs: 4-6p Wed: 7-9p Friday: 3-6p Sat/Sun: 1-4p	<b>Indoor Kayak Sessions</b> 	Dalton Pool Every Friday 6-8pm	<b>GET FIT SMITH stuff</b> 	Abs Work Spin Classes Tabata	Cardio Workout Yoga Flow Zumba

## Recurring

**MONDAYS:** Acupuncture Clinic, 1pm-6pm, Schacht Center, *Sign up on website.*

Weekly Meditation w/ Ruth Ozeki, 5-6pm, Chapel Sanctuary

**TUESDAYS:** Acupuncture Clinic, 1pm-6pm, Schacht Center *Sign up on website.*

Wholeness Open Hours: 10 am – 12 noon, Schacht Center

**WEDNESDAYS:**

Wholeness Open Hours: 1pm – 5pm, Schacht Center

**FRIDAYS:** Soup, Salad & Soul: 12noon-1pm, Bodman Lounge, Chapel; SEC Film Night, 7:30pm, Weinstein Auditorium

**Saturdays:** SEC Film Night, 7:30 pm, Weinstein Auditorium