# ResLife Reporter

Volume 7, Issue 13 February 4, 2014

## Upcoming Important Dates:

Mid Terms Start

2/10

24 Hour Quiet Hours

2/9-2/15

#### 24-Hour

**Quiet Hours** 

Quiet Hours start Sunday, February 9th @ noon and ends Saturday, February 15th @ noon.

Remember the college has the right to remove items not in compliance with quiet hours!!! This is outlined on page 33 of your Guideline Book!

## Beating the Winter Blues

The winter months are colder and darker, a phenomenon which often makes us feel tired, crabby, and lethargic. Below are some tips suggestions to help you stay happy and refreshed:

- Wrap up and go for a walk outside (be sure to wear a hat!).
- !⇒ Learn something new or pick up a new hobby.
- !⇒ Wear bright colors.
- l⇒ Bring color into your living space—get a new plant.
- i⇒ Start a new exercise routine (try Pilates @ The BRIC).
- ⇒ Wear layers of clothes rather than heavy piecesto avoid feeling weigheddown.
- i⇒ Eat healthy—seasonal foodsi⇒ such as soups or stews makei→ us feel comforted.
- <sup>i</sup>⇒ Take vitamins.

# FR M THE SP RTS DESK

#### **VOLLEYBALL SEASON HAS BEGUN!**

All games will be held on Mondays starting at 10:00pm in the Gymnasium. The season will run from week 3 through the championship during week 8. Come cheer on your friends!

#### WILL YOU CLAIM THE TITLE OF "MASTER"?

During Week 4 of this quarter the "Master of Table Games" will be crowned! If you have the skill to compete in Cornhole, Air Hockey, Shuffleboard, Foosball, and Billiards then test your skills against the best Baker has to offer in our tournaments! All events will take place in the BRIC Night Owl @10:00pm on Tuesday, Wednesday, and Thursday, February 4<sup>th</sup>-6<sup>th</sup>.

**Note:** A new ping-pong table will be arriving at the BRIC soon but will not be here in time for the MoTG Tournament. We have decided to substitute Cornhole in its place.

#### 3-ON-3 BASKETBALL TOURNAMENT REGISTRATION IS OPEN!

Look for registrations forms starting today for our 3-on-3 Basketball Tournament to be held in the gymnasium on Tuesday, February 18<sup>th</sup>, 2014 @ 8:00pm! Up to 5 people can sign up on a team so you can sub out. Men & women are welcome to play but there will be no gender requirements for this tournament.

#### **OPEN PLAY INDOOR SOCCER**

Open Play Soccer is back and it's heading indoors! Open Soccer will be hosted every Tuesday this quarter in the Baker College Gymnasium from 4pm – 6pm! Be there!

#### FITNESS CLASSES STILL AVAILABLE

Our fitness classes will continue to run through week 9 this quarter! You can still participate in Zumba @ 6:00pm on Mondays, Pilates at 6:15pm on Tuesdays, and Yoga at 6:15pm on Wednesdays. All classes are offered in the BRIC Community room and are open to all Baker College faculty, staff, and students.

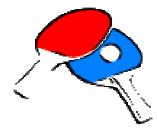
#### **FUTURE EVENTS**

Be sure to keep an eye out for the Winter 2014 IM Sports Schedule posted with any Resident Assistant and in the BRIC. All schedules and sign ups can be found on our facebook page at facebook.com/BakerCollegeIM. Feel free to contact IM Sports Coordinator Nathan Hartman at 777-5217 or nathan.hartman@baker.edu for all of your IM Sports questions or concerns. All event registration forms can also be found on Facebook, the ResLife Office or at the BRIC.

# Master of the Table Games!! All events start at 10:00 PM @ the BRIC







February 4th: Air Hockey and Cornhole Tournament

February 5th: Foosball and Shuffle Board Tournament

February 6th: Pool Tournament

# **CHESS TOURNAMENT!**





- 6:00pm
- **Group Study Room: BRIC**
- Winner gets a prize

If you have any questions contact RA Justin at ext 8811.



# **MOVIE NIGHTS**

ALL 8 MOVIES! SNACKS! DRINKS! GET THERE EARLY TO GET A BEANBAG CHAIR! BRIC COMMUNITY ROOM

Friday Feb. 7 8:00pm- Prisoner of Azkaban

10:30pm- Goblet of Fire

Friday Feb. 14 8:00pm- Order of the Phoenix

10:30pm- Half Blood Prince

Friday Feb. 21 8:00pm- Deathly Hallows part 1

10:30pm- Deathly Hallows part 2

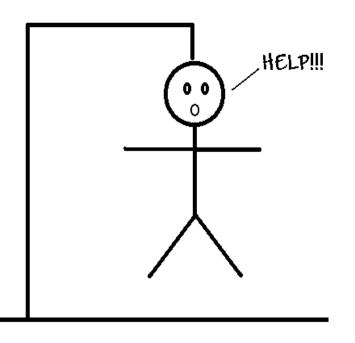
# Ayudanos

When: Sunday February 9 @ 8pm

Where: Bric Community Room

What: Enjoy a movie while we make friendship bracelets for children in Honduras





Join us for a few games of Hangman:) Bring back the childhood memories.

When: Monday, February 10th

Time: 7PM

**Where: BRIC Community Room** 

### Ribbon Art!

Come and join us as we create the concept of 'wish ribbons' that will be displayed as beautiful art here in the BRIC. Don't know what wish ribbons are? Come and find out!

Monday, February 10th

9-10:30pm in the BRIC Community Room

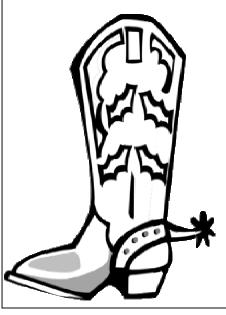
Questions? Contact RA Angel ext. 8881



# Line Dancing

Join the fun! Learn how to Line Dance:) Every step will be taught; so no need to be afraid.

See you there!



When: Tuesday, February 11th

Where: BRIC Community Room

Time: 10PM

