ResLife Reporter

Upcoming Important Dates:

- Mid Terms Start: 2/9
- 24-Hour Quiet Hours: 2/8-2/14
- Marvel Movie Nights @ 10:00pm: Mondays
- Insanity @ 4:30pm: Tuesdays
- The Walking Dead @ 9:00pm: Sundays

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.
⇒ Bring color into your living space—get a new plant.
⇒ Start a new exercise routine (try P90X @ The BRIC).
⇒ Wear layers of clothes rather than heavy pieces to avoid feeling weighed down.
⇒ Eat healthy—seasonal foods such as soups or stews make us feel comforted.
⇒ Take vitamins.

WE MOVED!

RHA has moved their office. We are now located in the BRIC next to the RA office.

(Offices to the left when you enter the BRIC)

Please stop by to ask questions or if you have ideas for events you would like to see on campus!
FROM THE SPORTS DESK

VOLLEYBALL SEASON IS ON!

All games will be held on Tuesdays starting at 10:00pm in the Gymnasium. The season will run from Week 3 through the championship during week 8. If you aren’t on a team, there is still time to join one of the established teams or come support your friends from the bleachers!

4V4 HALF-COURT BASKETBALL SEASON

On Mondays weeks 3 through 7 @ 10:00pm we will be hosting a 4v4 half-court basketball season in the Baker College Gymnasium. The season wraps up with the championship tournament on February 23rd.

ARE YOU A MASTER OF TABLE GAMES?

From week 3 through week 7 this quarter the “Master of Table Games” will be crowned! If you have the skill to compete in Table Tennis, 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 Wednesdays. Look for sign-up sheets at the BRIC front desk!

OPEN PLAY INDOOR SOCCER

Open Play Soccer is back and it’s heading indoors! Open Soccer will be hosted Wednesdays weeks 3 through 8 this quarter in the Baker College Gymnasium from 4:30 – 6pm! Don’t wear cleats.

FITNESS CLASSES WITH RA DRE & RA TREvor

On Wednesdays weeks 2 through 9 this quarter RA Dre & RA Trevor will be hosting video fitness classes in the BRIC Community Room @ 1:00pm!

FUTURE EVENTS

Be sure to check out the Winter 2015 IM Sports Schedule posted with any Resident Assistant and in the BRIC. All IM Sports and Recreation events are open to all Baker College faculty, staff, and students. All schedules and sign ups can be found on our Facebook page at facebook.com/MuskegonBakerResLife or in the ResLife Office or BRIC. 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.

If you are going to dream dream big
Grocery Bingo
BRIC Community Room
Thursday, February 5th
10PM

PLAY BINGO
WIN GROCERIES

Starts Feb. 8th @ the BRIC
9 P.M. Every Sunday!!!
Tuesday, February 10th
@ 8pm
in the Group Study Room
@ the BRIC

Don’t forget to
bring a partner!!

Any questions contact RA Jodi

Library Learning Connection

Monday-Thursday  
7:30am-9:00pm

Friday  
7:30am-6:00pm

Saturday  
10:00am-4:00pm

Free tutoring is available! Stop in or call 231-777-5345 to make your appointment.

Attention Anatomy and Physiology I & II Students!!

Are you worried for your lab practical? Are you already stressed about final exams?

The Learning Center is here to help!

Lab Practical Practice, Thursday 2/5/15 time: 9 a.m.-10 a.m.
A & P I Study Jam, Friday 3/13/15 time: 11 a.m.-1 p.m.
A & P II Study Jam, Friday 3/13/15 time: 2 p.m.-4 p.m.

Stop by the Learning Center for more information or to sign up!