



**4/1**  
SGA Meeting  
Murphy Room  
12:30pm

**4/1-4/5**  
Empty Place at the Table, Commons Area

**4/2**  
CATS Programming Mtg.,  
12:30pm  
Room W11

**4/3-4/4**  
SGA Elections VOTE On-line

**4/3**  
Recharge, Regroup, Relax: Qi Gong  
Murphy Room  
12:30pm

**4/3**  
Evening Student Pizza  
4:30pm

**4/8**  
SGA Meeting  
Murphy Room  
12:30pm

**4/8**  
Stress Less – Learn to Meditate  
North Café  
12:30pm & 1:15pm

**5/8**  
Spring Fling  
Outside South Café  
11:30am-1:30pm

**5/7**  
CATS Programming Mtg.,  
12:30pm  
Room W11

**4/30**  
Culture Fest  
South Café  
11:30am-1:30pm

**4/30**  
CATS Programming Mtg.,  
12:30pm  
Room W12

**4/29**  
Stress Less – Learn to Meditate  
North Café  
12:30pm & 1:15pm

# Get into the Student LIFE



**Spring 2019 Leadership for Life program**- a series of eight short presentations or service opportunities on topics that will help you feel more comfortable and be successful at MWCC. From the first one in January to the last one in April, *Leadership for Life* will help you. Upcoming workshops are being held: January 30, February 6, 20, March 6, 14, 20, April 3, 17. Most workshops are held from 12:30 to 1:30 pm in the Murphy Room. **For more information:** Contact Sarah Savoie in Student Services at [ssavoie7@mwcc.mass.edu](mailto:ssavoie7@mwcc.mass.edu), 978-630-9855 or stop by room 141.

## Intramurals

**Pick-up Basketball** – Tuesdays, 3pm-4pm

**Open Gym** – Come try out all that the Fitness Center has to offer. Use the equipment, try a class, or swim in the pool. On the following dates: 4/1, 4/9, 4/17, 4/25, 5/2, 5/7, 5/13, 5/14, 5/15.

**Intramural Soccer** – Thursdays at 12:30pm

**Pool Tournament** – Begins on 4/1 with a round at 12:30pm in the Student Center and ends on 5/1 with the final round at 12:30pm in the Student Center.

**A Walk in the Park – Geocaching** - 4/29-5/3

Visit the five-geocaching sites for a chance to win prizes and relax while enjoying the outdoors. See Health Service for details.

**Please see the reverse side for detailed information.**

For further information or to inquire about an event, please contact the Student Life Office at [studentlife@mwcc.mass.edu](mailto:studentlife@mwcc.mass.edu) or 978-630-9148. Full details may also be found on the Student Life webpage at <http://mwcc.edu/studentlife/>

**4/9**  
CATS Programming Mtg.,  
12:30pm  
Room W11

**4/10**  
Pizza with the President  
12:30pm  
North Cafe

**4/11**  
It's Your Birthday Celebration,  
12:30pm,  
South Cafe

**4/13**  
NYC Trip Pre purchased tickets required.

**4/26**  
Tea Time Speaker Series  
TBD

**4/25**  
Club Recognition Luncheon,  
Gardner Museum,  
12-1:30pm

**4/24**  
Film: Ocean Heaven  
North Cafe  
12:30pm

**4/23**  
CATS Programming Mtg.,  
12:30pm  
Room W11

**4/22**  
SGA Meeting  
Murphy Room  
12:30pm

**4/18**  
Earth Day,  
South Café,  
11:30am – 1:30pm

**4/17**  
Creating Realistic Goals in an Era of Uncertainty  
Murphy Room  
12:30pm

**4/16**  
Film: Eating Animals  
Multipurpose Room  
12:30pm



**Student Photo IDs** *Contact the Student Life Office for an*

**Appointment** Please bring one of the following photo IDs: a motor vehicle license or permit, a military ID, passport or a state issued identification card. ID cost is \$10. Returning students who already have an ID should stop by the MWCC library on the Gardner Campus or the front office on the Burbank, Devens or Leominster campus to have your ID validated for the spring semester at no charge.

**Student Government Association Meeting** – 12:30 pm, Murphy Room. Come see them in action and consider running for a seat on the SGA.

**Empty Place at the Table Exhibit**, Entrance to STEM Building, Stop by this display that commemorates the lives lost in Massachusetts over the past year as a result of domestic violence. The display was created by Battered Women's Resources, Inc., and consists of a formal dining room table set up with 2 plates for each victim, one with a name and the other with a brief description of the murder.

**CATS Programming Meeting** (Campus Activities Team for Students) – 12:30 pm, Room W12 or W11. Come and join in on the fun of planning and running activities for MWCC students (i.e. Scary Karaoke, Fall Fest). For more information, contact the Student Life office at studentlife@mwcc.mass.edu. 978-630-9148 or stop by the office located in the Student Center. Open to all MWCC students.

**Student Government Association Elections** - Elections take place on-line on April 3 & 4. Polling Time: Voting on-line OPENS at 8am on Wed., April 3, & voting on-line CLOSES at 2:00pm on Thurs., April 4. To vote: log on to iconnect (<https://iconnect.mwcc.edu>)

**Recharge, Regroup, Relax – Qi Gong** – 12:30pm, Murphy Room  
Feeling stressed? Having a hard time balancing school, work and life? If so, then please join us for a wellness workshop and learn techniques to manage stress before it manages you. Qi Gong is the practice of aligning breath, movement, and awareness for exercise, healing and meditation.

**Free Pizza for Evening Students** - 4:30 pm--while food lasts, Cafeteria Hallway. Sponsored by the Student Life Office and CATS (Campus Activities Team for Students).

**Stress Less – Learn to Meditate**, 12:30pm & 1:15pm (half hour drop-in sessions, North Café.  
Enhance your concentration and productivity. Participants will sit in chairs and wear regular attire. No eating in the class, please. Classes are taught by MedWorks Corporate Meditation Programs.

**Pizza with the President** - 12:30pm, North Café  
Join President Vander Hooven for an informal time of discussion and Q&A.

**It's Your Birthday Celebration**, 12:30 pm, South Cafe. Stop by and enjoy a piece of birthday cake as we celebrate all of the February, March, and April birthdays.

**New York City Bus Trip**, April 13<sup>th</sup>. Pre-purchased tickets required, available at the Student Life Office, Room 151, while supplies last. Tickets: \$30 for students, \$35 for your guest (cash or check only).

**Film: "Eating Animals"**- 12:30pm, Multipurpose Room  
How much do you know about the food that's on your plate? Based on the bestselling book by Jonathan Safran Foer, narrated by co-producer Natalie Portman, and directed by Christopher Quinn (God Grew Tired of Us), Eating Animals is an urgent, eye-opening look at the environmental, economic, and public health consequences of factory farming.

**Creating Realistic Goals in an Era of Uncertainty** – 12:30pm, Murphy Room

John Lennon wrote: "Life is what happens while you're busy making other plans." Planning for the future can be a daunting task. Planning for the future is uncertain and may seem impossible. This interactive discussion will include "open" goals, embracing change and exploring the unknown.

**MWCC Earth Day Celebration** – Come Celebrate EARTH DAY – Featuring Joe's Craz-zy Critters (11:30 – 1:30 pm), raffle, displays, vendors, giveaways and more. Most of the activities to take place 11:30 am – 1:30 pm in the South Cafeteria. Sponsored by Student Life Office, Green Society and CATS (Campus Activities Team for Students).

**Film: "Ocean Heaven"**- 12:30pm, North Café The story of a father's tireless love for his autistic son. A terminally ill father's attempt to teach his autistic son the necessary life skills to survive on his own before he passes away. It is also a poignant tribute to the infinite love that parents have for their children and their unending desire to take care and look after them to their best abilities, no matter the struggle, no matter the effort.

**Club Recognition Luncheon, Gardner Museum**, by invitation only.

**Tea Time Speaker Series** – Details TBD, Contact Sharmese Gunn at [s\\_gunn@mwcc.mass.edu](mailto:s_gunn@mwcc.mass.edu) for more info.

**Culture Fest** – 11:30am-1:30pm in the South Cafe. Sponsored by the MWCC Diversity Committee. Come join the fun!

**Spring Fling** – 11:30am-1:3pm, Outside South Cafe  
Join us for some springtime fun including music by Jason Levasseur, Human Whack-A-Mole, Final Exam Survival Packs, food and more!!!!

**Intramural Activity - Pickup Basketball** - 3pm. Appropriate clothing and footwear are required. Players under the age of 18 need an adult signature to participate.

**Intramural Activity – Open Gym** - Appropriate clothing and footwear are required. Check out the many opportunities at Mount Fitness including classes, swimming, and fitness equipment.

**Intramural Activity – Pool Tournament** – 12:30pm. Register in the Student Life Office. The first and final rounds are played at specified times, all other rounds are at the convenience of the players. Cash prizes for the top three winners.

**Intramural Activity – A Walk in the Park - Geocaching** - Enjoy the outdoors as you look for the 5-geocaching sites. Find the sites to be entered to win prizes. Find more info in the Health Services or Student Life Offices.



**Events are held on the Gardner Campus unless otherwise noted.**