

# Welcome to Monday Funday

— MONDAY, SEPTEMBER 3, 2018 —

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Orientation leaders and College staff have planned a full day of fun activities for new students! Join them for as many activities as you'd like throughout the day.

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**8:30 – 10 A.M.**    **BREAKFAST**  
*Dining Commons*

**10:30 A.M.–  
NOON**            **MEDITATION & YOGA**  
*Music and Dance Building, Small Dance Studio, Longworth Arts Village*  
Join us for some relaxation and destressing with meditation and gentle yoga. All abilities are encouraged to join. Feel free to bring your own mat, but we will have a few provided to borrow. Hosted by orientation leaders Lauren Arienzale and Allie Garland-Foster.

**ORIENTATION TO THE WEIGHT ROOM AND FITNESS CENTER**  
*Multisport Center, meet in the reception area*  
Come by to check out all the new equipment and learn about the many fitness opportunities on campus. An OPRA instructor will give you a tour of the weight room and fitness center, show you all of the equipment, talk about course offerings, and answer your questions. Hosted by OPRA instructor Troy Hill.

**HEALTH CARE AT HAMPSHIRE: HOW TO GET INVOLVED, Q&A**  
*Franklin Patterson Hall, Classroom 101*  
Are you particularly interested in health care at Hampshire? Do you want to know some of the options, and how you can participate? Or, do you have questions about the way things like medical amnesty works in your first year at Hampshire? Join a senior EMT and Student Health Advisory Committee member for a conversation on Hampshire College Emergency Medical Services and the Student Health Advisory Committee, as well as other ways to get involved in health care on campus. Hosted by orientation leader Daya Mena.

**PICK-UP SOCCER**  
*Greenwich House lawn/soccer field*  
Interested in playing soccer on a team or just for fun? Come out for a friendly game and meet the Hampshire soccer coaches. Hosted by OPRA instructor Amanda Surgen.

**NOON-1:30 P.M.**    **LUNCH**  
*Dining Commons*

**1:30 – 3 P.M.**        **SEX & CONSENT AT HAMPSHIRE**  
*Dakin Student Life Center, living room*  
This relaxed, open-ended discussion will focus around topics of sex and sexuality at Hampshire. We've got the scoop on safer sex supplies on campus, available resources for survivors, and community for queer, asexual, etc. folks. Bring your questions about the culture of sex, hooking up, and consent, or just enjoy some snacks and join the conversation. Hosted by orientation leaders Emmett DuPont and Andrew Shepard.

**SPIRITUAL LIFE MEET & GREET**  
*Spiritual Life Center, Donut 5, Greenwich neighborhood*  
Do you identify as spiritual, religious, or simply curious? Are you interested in spiritual life on campus? Come for snacks and get to know kindred spirits. Students currently active in Spiritual Life at Hampshire as well as our new Director of Spiritual Life, David Dongseong Ko, will be there to talk about their experiences and answer any questions. Hosted by orientation leader Soe Herman-Dunphy.

**PICK-UP BASKETBALL**  
*Robert Crown Center, gymnasium*  
Enjoy some friendly pick-up basketball and meet the coaches of Hampshire's basketball teams. No specific skill level required. Hosted by OPRA Instructor Troy Hill.

**INTRO TO THE CLIMBING WALL**  
*Robert Crown Center, gymnasium*  
Give the climbing wall a try and learn about getting involved with rock climbing at Hampshire. No experience necessary. Hosted by OPRA Instructor Earl Alderson.

Continued on the flip side

**1:30 – 4:45 P.M. INTRODUCTION TO MARTIAL ARTS**

*Robert Crown Center, South Lounge (2nd floor)*

A black belt is just a white belt that didn't give up. Hampshire College offers a variety of methods that can aid students in this training. Programs and classes in martial arts include Shotokan Karate, Muso Shinden Ryu Iaido (Japanese Swordsmanship), Heiki Ryu Kyudo (Japanese Zen Archery), and Aikido (The way of the Harmonizing Spirit). Each and every traditional martial art is a complete expression of the human condition with no advantages or disadvantages to another. Check out this comprehensive introduction to Hampshire Martial Arts that will include samples of beginning instruction, demonstrations, and media screenings. **No previous experience in martial arts is required** but any preexisting training is welcome. Hosted by OPRA Martial Arts Instructor, Samuel Kanner.

**WELLNESS MEET AND GREET**

*The Wellness Center, 2nd Floor of Center for Feminisms, Enfield Neighborhood*

Forget surviving your first year at college, instead come to the Wellness Center and learn how to thrive! Drop in anytime between 1:30-4:45 p.m. to meet the Wellness Center staff, enjoy some snacks, and make your own "First Year Thriving Kit." Chat with us up and grab some great resources on how to integrate well-being into your lifestyle at Hampshire.

**3:15 – 4:45 P.M. RED SCARE ULTIMATE FRISBEE**

*Soccer fields near Greenwich*

Interested in playing Frisbee? Meet the Frisbee team and learn about the Frisbee scene on Hampshire campus. We'll throw Frisbees, chat, and play games! Towards the end of this event, returning members will stop by to hang out as well. Come take a break and enjoy campus in a fun and low-key game of Ultimate. All skill levels welcome! Hosted by orientation leader Savvy Cornett.

**CIRCUS ON THE LAWN**

*Library Lawn*

Have you ever wanted to run away and join the circus? Now you can! Come join Circus Folk Unite for an afternoon of activities and fun. Learn juggling, poi spinning, acrobatics, and more! All skill levels welcome. We can teach you anything you want to know. Hosted by orientation leader Maeve Driskill.

**FIRST GENERATION COLLEGE STUDENT GROUP MEET & GREET**

*Franklin Patterson Hall, Faculty Lounge*

Identify as a first generation college student? Have questions about the academic structure, financial aid, and more? Join Hampshire's student group First-Gen @ Hampshire to learn about resources and meet our community on campus. The experience of being a first-generation college student is unique. We have walked a different path to find ourselves at Hampshire College, and we bring our own diverse points of view to our new community. So, come meet other first generation college students, as well as the faculty and staff who work with our amazing FIRST Network! Snacks included! Hosted by orientation leader Helen McGunnigle.

**IMPROV PLAYDATE**

*Franklin Patterson Hall, West Lecture Hall*

Come play improv games and learn about improv comedy on campus with members of Hampshire's improv troupes! No past theatre experience required. Hosted by orientation leaders Heather Welty and Minna Gorry-Hines.

**KAYAKING**

*Robert Crown Center, pool*

Try kayaking and learn about Hampshire's whitewater kayaking opportunities. No experience necessary. Hosted by OPRA Instructor Glenna Alderson.

**CROSS COUNTRY TEAM INFORMATIONAL MEETING**

*Robert Crown Center, lobby*

Do you love to run on trails in the woods and fields? Do you want to train together with a team to become faster and stronger? Come learn about Hampshire's cross country team! We are an inclusive team that races with other colleges in the Yankee Small College Conference of the USCAA. Runners & athletes of all abilities and experience levels are welcome and encouraged to join us! Bring running clothes & shoes and a water bottle.

**5 – 8 P.M.**

**DINNER**

*Dining Commons*

**6 – 8 P.M.**

**BLOCK PARTY MEET & GREET!**

*Longworth Arts Village, under the solar canopy*

Join us for an evening of dancing, performance, and games! Hosted by Campus Leadership and Activities.