

OCTOBER 2018

S.T.A.Y. Well Center Activities

Woodland Community College | 700 Bldg | Room 744

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	2 OPEN LOUNGE	3 Walk It Off Wednesday Arts & Crafts	4 Stress Relieving Thursday 1-5 Movies & TV	5 Free Friday Wii & board games
8 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	9 OPEN LOUNGE	10 Walk It Off Wednesday Arts & Crafts	11 Stress Relieving Thursday 1-5 Movies & TV	12 Free Friday Wii & board games
15 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	16 OPEN LOUNGE	17 Walk It Off Wednesday Arts & Crafts	18 Stress Relieving Thursday 1-5 Movies & TV	19 Free Friday Wii & board games
22 Mindfulness Monday 12-2 Wii & Board games 3-5 Movies &TV	23 OPEN LOUNGE	24 Walk It Off Wednesday Arts & Crafts	25 Stress Relieving Thursday 1-5 Movies & TV	26 Free Friday Wii & board games
29	30	31		

Mindfulness Monday

12-2 Wii & Board games

3-5 Movies &TV

OPEN LOUNGE

Walk It Off Wednesday

Arts & Crafts

