



December 2020

M	Tu	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 <p><u>"Lazy Yoga"</u> & <u>"Celebrating Winter Solstice"</u> article written by Sepi Yalda, Earth Sciences</p>	22 <p><u>"New Year, New You: Sustainability Resolutions for 2021"</u> article written by Steven Knepp, Office of Sustainability</p>	23 <p><u>"Mindful Minutes"</u> & <u>12pm Noon</u> <u>"Do You Hear What I Hear? Home for the Holidays: Assertive Communication"</u> with Elizabeth Swantek, Title IX Office</p>	24 <p><u>"Year End Reflection"</u> presented by the Winter Wellness Wonderland Committee</p>	25
28	29	30	31	

* Dates shaded in pink denote programming with registration requirement.



January 2021

M	Tu	W	Th	F
4 <u>"Lazy Yoga"</u> with Maria Detwiler, Center for Counseling & Human Development	5 <u>12pm Noon</u> <u>"Lunchtime Trivia"</u> with Allison Yarrow, Campus Recreation	6 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	7 <u>12pm Noon</u> <u>"What, When and How Often Should I Clean During a Pandemic"</u> with Gail Fellows, Environmental Health & Safety	8 <u>"Maskne: Tips for Addressing Skin Irritation Caused by Face Coverings"</u> article written by Joanne Ocasio, Health Services
11 <u>"Lazy Yoga"</u> with Maria Detwiler, Center for Counseling & Human Development	12 <u>10 am</u> <u>"Exposing News & Social Media"</u> presented by Michele Santamaria, Library <u>Noon</u> <u>"PSECU Webinar: Spending Plans & Credit"</u>	13 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	14 <u>12pm Noon</u> <u>"Get Involved: Meet MUBA (Millersville University Business Association)"</u> with Josh Belice, Admissions	15 <u>"Take a Break-40+ Virtual Activities To DO"</u> article prepared by Jackie Aliotta, Campus Life
18	19 <u>12 pm Noon</u> <u>"Navigating Finances During Challenging Times"</u> with Kristyne Schonhaut, PSECU	20 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	21 <u>12pm Noon</u> <u>"Strategies for Improving the Ergonomic Design of Your Remote Work Area"</u> with Gail Fellows, Environmental Health & Safety	22 <u>"Developing an Attitude of Gratitude"</u> submitted by Sherry Mull, Academic Advisement & Student Development
25 <u>"Lazy Yoga"</u> & <u>"Audience & Purpose in Business Writing"</u>	26 <u>12pm Noon</u> <u>"Journaling Workshop"</u> with Joyce Anderson, English Department	27 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	28 <u>12pm Noon</u> <u>"Extreme Couponing: Need your paycheck tomorrow to go further?"</u> with Josh Belice, Admissions	29 <u>7pm-9pm</u> <u>"Paint Nite with Miss Alison"</u>

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February 2021

M	Tu	W	Th	F
1 "Lazy Yoga" with Maria Detwiler, Center for Counseling & Human Development	2 <u>12pm Noon</u> "Can you believe this happened at Millersville?" trivia game hosted by Josh Belice, Admissions	3 "Mindful Minutes" with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	4 "Favorite Sports Team Apparel Selfie on Instagram"	5 "Good Hearted Living" with Steve Wilson of World Laughter Tour Wellness Committee Dress Red Event
8 "Lazy Yoga" & "How 2 Save \$" video starring Jason Rodriguez, Housekeeping	9 "Bibimbap - Healthy Meal Prep Demonstration" with Louis Logan, Dining & Conference Services	10 "Mindful Minutes" with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	11 <u>7pm</u> "Card Making Session- Craft a Special Message to Send to Someone Who is Homebound" with Kristyne Schonhaut, PSECU	12 <u>12pm Noon</u> "Ideas for Low Cost Family Fun" presented by Campus Life
15 "Lazy Yoga" "Take a Hike Kickoff"	16 <u>12pm Noon</u> "Lunchtime Trivia" with Allison Yarrow, Campus Recreation	17 "Mindful Minutes" & "Support the Campus Cupboard"	18 <u>12pm Noon</u> "2021 Vacation Planning – Can I Travel During the Pandemic – Safely?" with Gail Fellows, Environmental Health & Safety	19 <u>12pm Noon</u> "Spring Cleaning Tips and Tricks for Better Organization" with Allison Yarrow, Campus Recreation
22 "Lazy Yoga" with Maria Detwiler, Center for Counseling & Human Development	23	24 "Mindful Minutes" with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	25 "Millersville University's One Day Give"	26 "#Marauder Foody Friday Recap" article prepared by Lauren Carlson, Student

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March 2021

M	Tu	W	Th	F
1 "Lazy Yoga" with Maria Detwiler, Center for Counseling & Human Development	2 "Houseplant Care & Health Benefits" presented by Dr. Ryan Wagner & Dr. Christopher Hardy, Biology	3 "Mindful Minutes" with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	4 12pm Noon "MUMA Self-Defense Course" presented by Kyle Smith, Student	5 "National Day of Unplugging"
8 "Lazy Yoga" with Maria Detwiler, Center for Counseling & Human Development	9 "Healthy Meal Prep Demonstration" with John Johnson, Dining & Conference Services	10 "Mindful Minutes" "TIAA Retirement Counseling Session"	11	12
15 "Lazy Yoga" with Maria Detwiler, Center for Counseling & Human Development	16 "Fitness & Wellness App Review" with PJ Steiner, Student	17 "Mindful Minutes" with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	18	19

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