



December 2020

M	Tu	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 <u><i>"Lazy Yoga"</i></u> & <u><i>"Celebrating Winter Solstice"</i></u> article written by Sepi Yalda, Earth Sciences	22 <u><i>"New Year, New You: Sustainability Resolutions for 2021"</i></u> article written by Steven Knepp, Office of Sustainability	23 <u><i>"Mindful Minutes"</i></u> & <u><i>12pm Noon</i></u> <u><i>"Do You Hear What I Hear? Home for the Holidays: Assertive Communication"</i></u> with Elizabeth Swantek, Title IX Office	24 <u><i>"Year End Reflection"</i></u> presented by the Winter Wellness Wonderland Committee	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 <u>"Lazy Yoga"</u> with Maria Detwiler, Center for Counseling & Human Development	2 <u>12pm Noon</u> <u>"Can you believe this happened at Millersville?"</u> trivia game hosted by Josh Belice, Admissions	3 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	4 <u>"Favorite Sports Team Apparel Selfie"</u>	5 <u>"Good Hearted Living"</u> with Steve Wilson of World Laughter Tour Wellness Committee Dress Red Event
8 <u>"How 2 Save \$"</u> video starring Jason Rodriguez, Housekeeping & <u>"Lazy Yoga"</u>	9 <u>"Bibimbap - Healthy Meal Prep Demonstration"</u> with Louis Logan, Dining & Conference Services	10 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	11 <u>7pm</u> <u>"Card Making Session- Craft a Special Message to Send to Someone Who is Homebound"</u> with Kristyne Schonhaut, PSECU	12 <u>12pm Noon</u> <u>"Budget Friendly Family Fun in Lancaster"</u> presented by Campus Life
15 <u>"Lazy Yoga"</u> <u>"Take a Hike Kickoff"</u>	16 <u>12pm Noon</u> <u>"Lunchtime Trivia"</u> with Allison Yarrow, Campus Recreation	17 <u>"Mindful Minutes"</u> & <u>"Support the Campus Cupboard"</u>	18 <u>12pm Noon</u> <u>"2021 Vacation Planning – Can I Travel During the Pandemic – Safely?"</u> with Gail Fellows, Environmental Health & Safety	19 <u>12pm Noon</u> <u>"Spring Cleaning Tips and Tricks for Better Organization"</u> with Allison Yarrow, Campus Recreation
22 <u>"Lazy Yoga"</u> with Maria Detwiler, Center for Counseling & Human Development	23 <u>"State Employee Assistance Program (SEAP) – What's in it for me???"</u> PPT created by Wendy Bowersox, Human Resources	24 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	25 <u>"Millersville University's One Day Give"</u>	26 <u>"#Marauder Foody Friday Recap"</u> article prepared by Lauren Carlson, Student

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March 2021

M	Tu	W	Th	F
1 <u>"Lazy Yoga"</u> with Maria Detwiler, Center for Counseling & Human Development	2 <u>"Decoding Nutrition Labels"</u>	3 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	4 MUMA Self-Defense Class Rescheduled to March 15th Due to Network Outage	5 <u>"Celebrate National Day of Unplugging"</u> video presented by Campus Recreation Students
8 <u>"Lazy Yoga"</u> with Maria Detwiler, Center for Counseling & Human Development	9 <u>"Healthy Meal Prep Demonstration"</u> with John Johnson, Dining & Conference Services	10 <u>"Mindful Minutes"</u> <u>"TIAA Retirement Counseling Session"</u>	11 <u>"What are personal pronouns and why do they matter?"</u> with Lori Souder, Housing & Residential Programs & J Whitlow, Campus Life	12 <u>"Plan Your Day in 18 Minutes"</u>
15 <u>12pm Noon "MUMA Self-Defense Class"</u> presented by Kyle Smith, Student & member of MUMA & <u>"Lazy Yoga"</u>	16 <u>12pm Noon "Fitness & Wellness App Review"</u> with PJ Steiner, Student	17 <u>"Mindful Minutes"</u> with Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling & Human Development	18 <u>"Houseplant Care & Health Benefits"</u> presented by Dr. Christopher Hardy, Dr. Maja Klosinska, & Dr. Ryan Wagner Biology	19 <u>"Millersville University Wellness Committee Resource Summary"</u>

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