

The following events are **free** and **open to all students** who would like to participate:

## Monday August 26th 2019

### Community Cooking Class

**Monday August 26<sup>th</sup> 6:00-8:00pm**

*North Bay Parry Sound District Health Unit, 345 Oak St. W*

Join us in the Health Unit's newly renovated and beautifully equipped teaching kitchen for a hands-on cooking class where we'll talk about meal planning on a budget and create a delicious meal together led by guest cook & Nipissing University student Emily Lewis. Bring your own container for leftovers, and come ready to apron-up and cook! Limited space available, RSVP here <http://bit.ly/NUCooks>

## Tuesday, August 27, 2019

### Medicine Wheel Tour

**Tuesday, August 27<sup>th</sup> 7:30-9: 30 pm**

*Nipissing University room A246*

Come join us for a welcoming event for all students. Meet the staff of the Office of Indigenous Initiatives and hear about the services, supports, and programming they offer. Learn about the four sacred medicines - sweetgrass, cedar, sage and tobacco while enjoying biscuits and tea and crafting your own medicine pouch to take with you.

### Zumba and Sports on the Field

**Tuesday, August 27<sup>th</sup> 5:00-7: 00 pm**

*Student Athletic Centre turf field*

This time will include multiple games on the new Nipissing turf field including Zumba, giant bubble soccer, frozen t-shirt races, and more.

## Wednesday, August 28, 2019

### Speak About It Performance

**Wednesday, August 28<sup>th</sup> 10:00am-12:30 pm**

*Nipissing University room F213*

This is a performance filled with dynamic true monologues and energetic skits. Speak About It is an hour-long performance that addresses consent, sexual assault, and bystander intervention. Following the performance, participants will engage in debrief and discussion with student leaders.

### City Bus Tour

**Wednesday, August 28<sup>th</sup> 2:00-4:30 pm**

*Nipissing University front foyer*

Get acquainted with North Bay by jumping aboard city transit bus for a guided tour of the City of North Bay. Great way to test your new bus pass and learn how to use the MyRideNBT website and Google Maps to plan your route.

### 2QT Pride Welcome Reception

**Wednesday, August 28<sup>th</sup> 7:00-9:00pm**

*Nipissing University room A246*

Join students, staff and faculty who are committed to making Nipissing University a welcoming place for students of all sexual orientations and gender identities.

### Outdoor Movie Night

**Wednesday, August 28<sup>th</sup> 9:00pm-12:00am**

*Nipissing University Residence, Founders Field  
(RSAC Gym A rain back up)*

Relax on the Founders Field with popcorn and enjoy two feature films projected onto a giant inflatable movie screen. Bring a blanket down and enjoy this casual orientation experience. This event is brought to you by Residence Life and NUSU.

## Thursday, August 29 2019

### Skills and Services Expo

**Thursday, August 29<sup>th</sup> 1:00-4:00pm**

*Nipissing University hallway outside of the bookstore*

Explore services available to support your academic success and learn some new skills that will prepare you for the first week of classes and beyond.

### Yoga by the Pond

**Thursday, August 29<sup>th</sup> 7:00-8:00pm**

*Nipissing University Pond area*

Unwind from the busy week by coming out to the Nipissing Pond and stretching it out with yoga. This event is brought to you by Residence Life and NUSU.

## Students of Colour United (SOCU) & AccessNU Welcome Reception

**Thursday, August 29<sup>th</sup> 7:00-9:00pm**

*Nipissing University room A246*

All Indigenous students, students of colour, students who self-identify with a disability, and allies are invited to this social. Come enjoy some food and movies, share your experiences with others, and make friends! This event is run by Students of Colour United (SOCU) and AccessNU, and it's a great opportunity to meet new people in a fun and relaxed setting. For any accessibility-related concerns, please contact [subaccessnu@gmail.com](mailto:subaccessnu@gmail.com)

Friday, August 30, 2019

## Live Well Lakers Festival

**Friday, August 30<sup>th</sup> 10:00am-2:00pm**

*Student Athletic Centre*

Live Well Lakers Festival is an interactive event with music, games, a photo-booth, and prizes! Connect with resources to enhance your well-being and have fun.

Topics will include:

- Healthy sexual relationships
- Mental health
- Physical health
- Healthy substance use
- Cultural support and education
- Supports for survivors of sexual violence

Free workshops and Demonstartaions from:

- AIDS Committee of North Bay & Area
- North Bay Parry Sound District Health Unit
- Amelia Rising | Sexual Assault Centre of Nipissing
- The Studio North Bay

## Guided Hike

**Friday, August 30<sup>th</sup> 2:00-4:00pm**

*Nipissing University picnic tables by the pond*

Experienced guide, Lori Beckerton will lead participants on an educational hike through the campus trails teaching about the various edible, medicinal, and poisonous plants that call our campus home! The hike will be 2 hours at a very leisurely pace stopping to learn about plants along the way. Students are encouraged to dress for the weather and wear appropriate footwear for rough (and possibly muddy!) terrain. Consider bringing along a water bottle and snack (allergen free please!), bug spray, and sunscreen. Meet at the picnic tables by the pond for just before 2 pm. The hike will begin at 2:05 pm,

rain or shine! Print or download and save a copy of the trail map to your phone by clicking here:  
<http://discoveryroutes.ca/wp-content/uploads/Untitled.png>

## Speed Friending

**Friday, August 30<sup>th</sup> 7:00-9:00pm**

*Nipissing University room A246*

Speed friending: it's like speed dating, but platonic! Speed Friending offers a number of activities to introduce students to each other. The goal of this event is to assist new students in befriending others of whom they have similar interests. By creating a collaborative and creative environment, students will be able to show their skills and interests in a group setting.