

Community Care Day Schedule

10AM-11AM: Opening Session

Featuring remarks by President Elizabeth Bradley, Dean Carlos Alamo, Dean William Hoynes, Reverend Sam Speers, Professor Jasmine Syedullah, Ella Xiao '21, and Saredo Ali '22.

Join at: bit.ly/commcaresday (passcode: vc2020)

11AM-11:10AM: Campus-Wide Mindful Moment

Immediately following the Opening Session, use these few minutes to pause and sit in silence, journal, or commit to any other practice that signals mindfulness for you.

11:30 AM- 12:30PM: Frontline Workers Appreciation

Campus frontline workers (dining staff, security staff, custodial workers, and more) are invited to take a break out of their day and pick up some snacks from the appreciation tent located in Tent 2 outside of the President's House.

11:30AM-12:30PM: Checking In With the CCT

Join members of the Community Care Team (CCT) for this hour-long session about our community standards. Students are invited to share their thoughts and debrief the semester so far.

Join the session at bit.ly/cctcheckin1 (passcode: care)

12PM-1PM: Creative Arts Gathering

Please join us for time spent exploring a variety of creative outlets! We will offer a sequence of prompts to get your creative juices flowing. We hope that through the process of creative experimentation, we can invite a sense of curiosity, playfulness, easefulness, and a different way of navigating the virtual world together. Please have a pen/pencil and paper available, and/or a way to write/draw electronically. Facilitated by Billie Stultz and Ruby Solomon from the Vassar College Counseling Service. Join the session at bit.ly/ccdayart (passcode: 061394)

1PM-3PM: Note-Writing Appreciation

Stop by Tent 1 outside of Rockefeller Hall to take part in this note-writing appreciation event. Note cards and markers will be available so you can write notes to a friend, hallmate, colleague, stranger, or whoever else comes to mind.

Save the Date: October 7th

Community Care Day Schedule

1PM-3PM: Chalk Appreciation

Chalk will be available outside of the Gordon Commons starting at 1pm. Help create a sidewalk of appreciations by writing a cheerful message or the name of someone you'd like to appreciate along the pathway to the Gordon Commons.

2:30PM- 3:30PM: Frontline Workers Appreciation

Campus frontline workers (dining staff, security staff, custodial workers, and more) are invited to take a break out of their day and pick up some snacks from the appreciation tent located in Tent 2 outside of the President's House.

3PM-4PM: Checking In With the CCT

Join members of the Community Care Team (CCT) for this hour-long session about our community standards. Students are invited to share their thoughts and debrief the semester so far. Join the session at: bit.ly/cctcheckin2 (passcode: care)

5-7PM: Music on Noyes Circle

Enjoy the music of your peers as you grab your dinner and close out the first-ever Community Care Day.

5:30-6:30PM: Sunset Yoga

Join House Advisor and CCT member Christina Winnett for sunset yoga on the Chapel Lawn. All levels welcome. RSVP at bit.ly/christinayoga107

All Day: Self-Guided Hikes and Geocaching at the Farm

Visit farm.vassar.edu for more information and download the Geocaching app at geocaching.com/play

All Day: Employee Mutual Appreciation

Academic and administrative departments have all been assigned another office/department to appreciate. Show your care through simple acts of appreciation.

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