

LEWIS UNIVERSITY student life Sept 2020

LEWIS UNIVERSITY STUDENT LIFE FAIR

**Wednesday
September 16**

12:00pm-2:00pm
Outside Recreation Center

3:00pm-5:00pm
Virtually on Blackboard Collaborate

Get Informed & Get Involved!

Student Activities, Group Fitness, Wellness,
Intramural Sports, Club Sports,
Gaming Opportunities & Campus Events

Office of Multicultural Student Services

We Count! Todos Contamos: 2020 Census

Lewis University Census Presentation

Thursday, Sept 17, 4:00pm-5:00pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/87221783764>

Unity Dialogue

Tuesday, Sept 29, 3:00pm-4:00pm

[https://us02web.zoom.us/j/87376164663?pwd=](https://us02web.zoom.us/j/87376164663?pwd=TGxqbVIZem1iai9oZitpTnE2OUFQdz09)
[TGxqbVIZem1iai9oZitpTnE2OUFQdz09](https://us02web.zoom.us/j/87376164663?pwd=TGxqbVIZem1iai9oZitpTnE2OUFQdz09)

University Ministry

ELEVATE

Bible Discussion, Worship, Episodes of The
Chosen & More

Every Monday, 7:00pm

In-Person Event: Darcy Great Room
Masks and social distancing, addi-
tional spaces available to spread
out indoors if needed. Ministry will
also host some outdoor meetings.
*Virtual by request**

Sunday Mass

Provided both virtually and in person, with
masks and social distancing.

**Inclement weather is live-streamed only.*

Every Sunday, 5:00pm

In-Person Event: Outdoor, directly
behind the Encounter Statue
Streamed Live on Facebook:

www.facebook.com/lewisministry

**Are you a student interested in
learning more about Ministry?**

<https://forms.gle/gM513pTRLWEbZcez9>

Mass of the Holy Spirit

Let's take time to celebrate God's presence in our
lives and to pray for God's blessing and guidance
as we learn, study, and grow together in new
and unique ways due to the global pandemic.

11:00am classes are cancelled.

Wednesday, Sept 16, 11:00am

Streamed Live on YouTube:

<https://youtu.be/aj71PnEA66U>

Student Recreation

Group Fitness

Class schedule for the current week will be
posted on the LewisU app.

Daily (Weather Permitting) at 12pm or 4pm

In-Person: Outside the Rec Center
with masks and social distancing

Rhythm Toning on Demand:

[https://www.dropbox.com/s/lSk4avwk0eym6qs/
Rhythm%20Toning_LR.mp4?dl=0](https://www.dropbox.com/s/lSk4avwk0eym6qs/Rhythm%20Toning_LR.mp4?dl=0)

Zumba HITT on Demand:

[https://www.dropbox.com/s/jycqjv3d0xxant4/
Zumba%20Hit_LR.mp4?dl=0](https://www.dropbox.com/s/jycqjv3d0xxant4/Zumba%20Hit_LR.mp4?dl=0)

TikTok Fitness Challenge

Meet on the University Green to learn a fitness
based tik tok and film it! We will teach you the
routine first and stay to be in the video.

Wednesday, Sept 16, 2:00pm

Wednesday, Sept 30, 2:00pm

In-Person Event: University Green
with masks and social distancing

TikTok Snack Attack

DIY Protein Pack to make in your dorm or at home.

Thursday, Sept 24 - Join us on Instagram

Virtual Event: Tik Tok / Instagram

Follow: @LewisURecCenter

Think you can do it better?

Duet challenge by September 30th to get
re-posted and **win a blender bottle!**

Podcast - Wellness Committee

Exercise Your Right to Vote Podcast

Friday, Sept 18 - First Episode!

Follow us for more information:

@LewisURecCenter *Twitter & Instagram*

Intramural Sports

Have FUN competing in the following, socially
distant, on campus sporting events:

**Kickball on the Stadium Turf, Goalie Wars,
Fantasy Football, NFL Combine,
Singles & Doubles Tennis, Disc Golf & More!**

Every Mon, Tue, Wed & Thu - After 4pm

Registration: Must use @lewisu.edu

Website: <https://imleagues.com/lewisu>

Lewis Rec App: <https://bit.ly/LewisRecGPlay>

Apple IOS: <https://bit.ly/LewisRecApp>

Student Activities

Painting Event

Wednesday, Sept 9, 3-5pm

In-Person Event: BJG Lawn

*Inclement weather: BJG Lobby

Tie-Dye Event

Thursday, Sept 24, 12-2pm

In-Person Event: BJG Lawn

*Inclement weather: BJG Lobby

Flyer's Faces Weekly Social Media Series

Introducing the stories and passions of our Flyers
Every Tuesday!

@LewisUStudentActivities

Counseling Services

Virtual Drop-In Opportunities

Drop-in to ask questions or chat informally with
staff at Counseling Services

Thursday, Sept 3, 1:00pm | 1 hour

Meeting number: 120 572 0903

Password: wmTVvSRT429 (96888778 from phones)
[https://lewisu.webex.com/lewisu/j.php?MTID=](https://lewisu.webex.com/lewisu/j.php?MTID=mee30319d7d0a6ee406786160a2520fc8)
[mee30319d7d0a6ee406786160a2520fc8](https://lewisu.webex.com/lewisu/j.php?MTID=mee30319d7d0a6ee406786160a2520fc8)

Tuesday, Sept 8, 3:00pm | 1 hour

Meeting number: 120 435 5644

Password: 6msYHCpJT37 (66794275 from phones)
[https://lewisu.webex.com/lewisu/j.php?MTID=](https://lewisu.webex.com/lewisu/j.php?MTID=ma91ec1fce35cce7ce6399e5efaa56877)
[ma91ec1fce35cce7ce6399e5efaa56877](https://lewisu.webex.com/lewisu/j.php?MTID=ma91ec1fce35cce7ce6399e5efaa56877)

Wednesday, Sept 9, 3:00pm | 1 hour

Meeting number: 120 875 2460

Password: pSRbchMu875 (77722468 from phones)
[https://lewisu.webex.com/lewisu/j.php?MTID=](https://lewisu.webex.com/lewisu/j.php?MTID=me09494c7ae523cd8d632eb9c51fd020e)
[me09494c7ae523cd8d632eb9c51fd020e](https://lewisu.webex.com/lewisu/j.php?MTID=me09494c7ae523cd8d632eb9c51fd020e)

Friday, Sept 18, 11:00am | 1 hour

Meeting number: 120 375 1116

Password: C236YgJDq3a
(22369453 from phones)
[https://lewisu.webex.com/lewisu/j.php?MTID=](https://lewisu.webex.com/lewisu/j.php?MTID=m12c919a95a1323ca3e314f67151b6e97)
[m12c919a95a1323ca3e314f67151b6e97](https://lewisu.webex.com/lewisu/j.php?MTID=m12c919a95a1323ca3e314f67151b6e97)

Students of Color Support Group

A welcoming, safe space for students of color,
multi-ethnic students, and DREAMERS hoping to
find connection and gain support. In coming
together, students will help each other navigate
societal experiences of discrimination and
privilege and nurture identity acceptance and
empowerment in our community. **Two**
meetings per month in Oct and Nov.

Wednesday, Sept 23, 12:00pm | 1 hour

Meeting number: 120 788 2969

Password: TNiCvZz263 (86428999 from phones)
[https://lewisu.webex.com/lewisu/j.php?MTID=](https://lewisu.webex.com/lewisu/j.php?MTID=m8d50ad6fc0b461584dbce0fe7f72c097)
[m8d50ad6fc0b461584dbce0fe7f72c097](https://lewisu.webex.com/lewisu/j.php?MTID=m8d50ad6fc0b461584dbce0fe7f72c097)

Check Yourself!

Join Counseling Services for a 30-minute
workshop to learn to recognize how your own
mind and body responds to stress and what you
can do about it to find relief.

Thursday, Sept 24, 12:00pm | 30 min

Meeting number: 120 228 2277

Password: DsSY9h7kXp3 (37799475 from phones)
[https://lewisu.webex.com/lewisu/j.php?MTID=](https://lewisu.webex.com/lewisu/j.php?MTID=mfda9e7d92f09eb732e3771b8d29b29ae)
[mfda9e7d92f09eb732e3771b8d29b29ae](https://lewisu.webex.com/lewisu/j.php?MTID=mfda9e7d92f09eb732e3771b8d29b29ae)

The Amazing Benefits of Mindfulness!

Join Counseling Services for a 30-minute
workshop to learn the many scientifically proven
benefits of mindfulness practice on overall
health and wellbeing.

Tuesday, Sept 29, 12:00pm | 30 min

Meeting number: 120 470 7063

Password: MQiPayam843
(67472926 from phones)
[https://lewisu.webex.com/lewisu/j.php?MTID=](https://lewisu.webex.com/lewisu/j.php?MTID=m73d6a946332c1dbb474d9a5846f3bf78)
[m73d6a946332c1dbb474d9a5846f3bf78](https://lewisu.webex.com/lewisu/j.php?MTID=m73d6a946332c1dbb474d9a5846f3bf78)

Career Services

How to Prepare for Virtual Career Events

Workshop Pre-Registration on Handshake

Wednesday, Sept 9, 5:00pm

Tuesday, Sept 15, 11:00am

Questions: Mary Myers myersma@lewisu.edu



For a complete schedule
of **ON-CAMPUS** and
VIRTUAL EVENTS, download
the **LEWISU APP**