

NITEO ONLINE ACTIVITIES SPRING 2020

NITEO ACTIVITIES

The NITEO Activities are 45-minute engaging workshops, discussions, games, and exercises delivered remotely through Zoom. These Activities promote wellness across all dimensions – physical, academic, spiritual, emotional – and are delivered through various modalities. We hope you’ll share these opportunities and join us!

TO ATTEND: confirm interest in participating with Courtney by email (cjoly@bu.edu) or text (617-483-3827), and join the class via Zoom: Meeting ID: 777-951-1143.

Weekly NITEO Activities Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Snack & Chat 10:00-10:45 am		The Good Life 10:00-10:45 am	
	10 AM w Tyler 10:00-10:45 am		10 AM w Tyler 10:00-10:45 am	
			Yoga & Meditation 11:00-11:45 am	
	Crafts & Games Corner 12:00-12:45 pm		Sports Center 11:00-11:45 am	
	Fitness for Everyone 1:00-1:45 pm		Lunch Bunch 12:00-12:45 pm	
			Step Count Challenge 2:00-2:45 pm	
Music & Community 3:00-3:45 pm	Storytelling 3:00-3:45 pm	Virtual Game Social 3:00-3:45 pm	Cook & Taste 3:00-3:45 pm	Netflix Club 3:00-3:45 pm
Podcast Listen & Discuss 4:00-4:45 pm	LEAD BU 3:30-5:00 pm	What’s Up with That? 4:00-4:45 pm		Poetry with Paul 4:00-4:45 pm
Duct Tape Crafts 5:00-5:45 pm	Jackbox Games 5:00-5:45 pm		Making Music 5:00-5:45 pm	Twitch 5:00-5:45 pm

Weekly NITEO Activities Descriptions

MONDAY:

3:00-3:45 Music & Community: an in-depth exploration of music by genre; every week a new genre

4:00-4:45 Today's Podcast Is: listen to and discuss various podcasts

5:00-5:45 Duct Tape Crafts: create and build various structures and crafts with one material: duct tape

TUESDAY:

10:00-10:45 Snack & Chat: connect over coffee, tea, and snacks and chat

10:00-10:45 10 AM's with Tyler: strength and condition your body with calisthenics

12:00-12:45 Games & Crafts Corner: improv games and crafting

1:00-1:45 Fitness for Everyone: cardio conditioning and strengthening for all

3:00-3:45 Storytelling: listen to and tell your stories on a theme or topic

3:30-5:00 LEAD BU: an academic and wellness-skills building workshop

5:00-5:45 Jackbox Games: party games played on a web browser or phone

WEDNESDAY:

3:00-3:45 Virtual Game Social: familiar and fun interactive game-playing

4:00-4:45 What's Up with That?: examine and discuss obscure observational topics

THURSDAY:

10:00-10:45 The Good Life: examine and discuss what makes for a good life

10:00-10:45 10 AM's with Tyler: strength and condition your body with calisthenics

11:00-11:45 Sports Center: catch up on local and national sports and athletes

11:00-11:45 Yoga & Meditation: engage in physical poses, breath control, and relaxation for wellness

12:00-12:45 Lunch Bunch: connect over lunch or a snack

2:00-2:45 Step Count Challenge: meet your competitors who are also tracking their daily steps

3:00-3:45 Cook & Taste: a virtual kitchen-based cooking experiences; use the ingredients you have

5:00-5:45 Making Music: bring any instrument, including your voice, to make music and connect

FRIDAY:

3:00-3:45 Netflix Club: watch and discuss various Netflix shows

4:00-4:45 Poetry with Paul: bring, share, and experience new and familiar poems

5:00-5:45 Twitch: explore games and streamers with your host Henry