

## Recovery Center Summer Activities

**TO ATTEND:** Go to <https://zoom.us/join> and enter the Meeting ID associated with that activity at the scheduled meeting time.

**TO JOIN BY PHONE:** Dial (646)876-9923 and the Meeting ID associated with that activity at the scheduled meeting time.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Coffee &amp; Conversation</b> 10:00 – 10:45 Steph <b>Meeting ID: 959-1087-6915</b>	<b>Morning Movement</b> 10:00 -10:45 Alex V, Garrett, Lenny & Bob <b>Meeting ID: 923-3439-6121</b>		<b>Morning Sweat</b> 10:00 -10:45 Alex V, Garrett, Lenny & Bob <b>Meeting ID: 923-3439-6121</b>	<b>Virtual Making Strides</b> 10:00 – 10:45 Steph <b>Meeting ID: 956-7412-1621</b>
<b>Breathing for Freedom from Anxiety</b> 11:00 – 11:45 Derek <b>Meeting ID: 940-0616-1852</b>	<b>Book Club</b> 10:00 – 11:00 Marijane & Wendy <b>Meeting ID: 980-1076-6162</b>	<b>Breathing for Freedom from Anxiety</b> 11:00 – 11:45 Derek <b>Meeting ID: 940-0616-1852</b>	<b>Breathing for Freedom from Anxiety</b> 11:00 – 11:45 Derek <b>Meeting ID: 940-0616-1852</b>	<b>Weekly Services Staff Check-in</b> 11:00 – 11:45
<b>Celestial Communication</b> 11:00 – 12:00 Rainer <b>Meeting ID: 991-0454-4961</b>	<b>Breathing for Freedom from Anxiety</b> 11:00 – 11:45 Derek <b>Meeting ID: 940-0616-1852</b>	<b>Cook &amp; Taste</b> 12:00 – 12:45 Steph <b>Meeting ID: 978-6485-9115</b>	<b>Peer Support</b> 12:00 – 12:45 Lenny, Bob & Viesia <b>Meeting ID: 963-6728-5943</b>	<b>Poetry in a Time of Separation</b> 12:00 – 12:45 Mike & Derek <b>Meeting ID: 969-5722-4887</b>
<b>Tech Support Office Hour</b> 12:00 – 1:00 Eric <b>Meeting ID: 951 1029 4149</b>	<b>Images and Memory</b> 12:00 -12:45 Garrett & Derek <b>Meeting ID: 950-2191-3663</b>		<b>Knitting</b> 1:00 – 1:45 Louise <b>Meeting ID: 913-9062-9643</b>	<b>Gentle Yoga</b> 12:00 – 12:45 Rainer & Lenny <b>Meeting ID: 941-1402-6533</b>
<b>Today's Podcast is...</b> 1:00 – 1:45 Steph & Eric <b>Meeting ID: 931-4110-7651</b>	<b>Knitting</b> 1:00 – 1:45 Louise <b>Meeting ID: 913-9062-9643</b>	<b>Chess for Beginners</b> 2:00 -2:45 Gary & Garrett <b>Meeting ID: 914-8683-3526</b>	<b>Poetry of Hope</b> 2:00 – 2:45 Marjorie, Garrett & Deb <b>Meeting ID: 963-4561-9101</b>	
<b>Board Game Social</b> 2:00 – 2:45 Garrett & Eric <b>Meeting ID: 994-1054-5901</b>	<b>Meditation through Music &amp; Song</b> 2:00 – 2:45 Marjorie, Andre, Garrett & Deb <b>Meeting ID: 975-1564-9893</b>	<b>Chess for Advanced Beginners</b> 3:00 – 3:45 Gary & Mike <b>Meeting ID: 950 6157 7008</b>	<b>Reiki II</b> 3:30 – 5:00 Gary & Deb <b>MUST HAVE TAKEN REIKI 1</b> <b>Meeting ID: 982-1726-1443</b>	<b>Laughter</b> 1:30 – 2:15 Deb <b>Meeting ID: 921-0593-2442</b>
<b>Qigong for Boosting your Immune System</b> 3:00 – 3:45 Derek <b>Meeting ID: 979-7559-2147</b>	<b>Story Telling</b> 3:00 – 4:00 Gary, Bob & Eric <b>Meeting ID: 978 2510 7983</b>	<b>Open Studio</b> 3:00 – 4:00 Derek <b>Meeting ID: 947-7431-7804</b>		<b>Open Mic</b> 3:00 – 4:00 Derek <b>Meeting ID: 994-2980-4130</b>
	<b>Quarantunes (Karaoke)</b> 4:00 – 5:00 Derek <b>Meeting ID: 998-0503-9499</b>		<b>Qigong for Boosting your Immune System</b> 4:00 – 4:45 Derek <b>Meeting ID: 990-5087-2155</b>	

All activities are **drop-in** this Summer, **no registration or class limits**. These virtual activities are an opportunity for us to stay engaged with our community and to continue working on our wellness and recovery goals, while we are physically away from 940 Comm Ave. We encourage all students to establish a weekly schedule. Any questions, contact Stephanie Ewing, Recovery Center Manager, 857-337-5303 or [stephc13@bu.edu](mailto:stephc13@bu.edu)

# Recovery Center Summer Activities

## Weekly Recovery Education Summer Activities Descriptions

### MONDAY:

**10:00-10:45 Coffee & Conversation:** connect over coffee, tea, and chat

**11:00-11:45 Breathing for Freedom from Anxiety:** Practice relaxation through posture and breathe. Improve your sleep and your sense of physical comfort.

**11:00-12:00 Celestial Communication:** A moving meditation composed of choreographed arm and hand variations. These movements connect with your neurons and relieve deep stress that accumulates in the brain.

**12:00-1:00 Tech Support Office Hour:** help with zoom, computer questions, smartphone troubles, tech troubles

**1:00-1:45 Today's Podcast is...:** listen to and discuss various podcasts

**2:00-2:45 Board Game Social:** familiar and fun interactive online board games

**3:00-3:45 Qigong for Boosting your Immune System:** Develop/strengthen your qigong practice to help you stay healthy and energized. Your practice is a great way to give your immune system a boost when you're starting to feel unwell, or any time for that matter!

### TUESDAY:

**10:00-10:45 Morning Movement:** stretching/yoga with strength and mobility exercises, for all fitness levels

**10:00-11:00 Book Club:** Not sure if you're a reader? Drop into the Book Club and find out. We read all genres of books and welcome student suggestions; we vote as a group on what to read next.

**11:00-11:45 Breathing for Freedom from Anxiety:** Practice relaxation through posture and breathe. Improve your sleep and your sense of physical comfort.

**12:00-12:45 Images and Memory:** Is there an image you remember that has a special meaning to you? We will be sharing images and we will be composing short narratives to reveal the meaning they have to us.

**1:00-1:45 Knitting:** learn how-to-knit, brush up on your techniques and explore your creativity in a supportive and encouraging virtual space. Supplies can be purchased through amazon.com or michaels.com

**2:00-2:45 Meditation through Music & Song:** We will listen to music that lifts our spirits and expands our mind, sing to breathe deeply, and/or meditate to calm and center ourselves in the present moment.

**3:00-3:45 Story Telling:** This fun-centered activity will provide students with the opportunity to tell stories or simply listen. Stories can be based on personal experiences, events that have happened, or complete fiction. Writers are welcome to share their works. In a supportive and encouraging environment, time will be devoted to the art of storytelling and refining these skills.

**4:00-5:00 Quarantunes:** Have a song you like to sing?! While we cannot be together to sing, we can enjoy virtual karaoke with your peers and recovery Center Staff. Don't be afraid to make a fool of yourself. In a sense, that's what Karaoke is all about. Anyone can do it!

### WEDNESDAY:

**11:00-11:45 Breathing for Freedom from Anxiety:** Practice relaxation through posture and breathe. Improve your sleep and your sense of physical comfort.

**12:00-12:45 Cook & Taste:** a virtual kitchen-based cooking experiences; use the ingredients you have

**2:00-2:45 Chess for Beginners:** learn the ultimate game of strategy with simple instructions in a supportive environment. Chess continues to be popular because it allows the player to use their mind in a fun, creative way. This activity will review the rules of chess in a relaxed, entertaining manner.

**3:00-3:45 Chess for Advanced Beginners:** If you understand the rules of chess and are able to implement basic strategies, this activity will further develop your skills from the start of the game to the end. Games will be played so you can hone your game technique in a supportive and encouraging space.

**3:00-4:00 Open Studio:** Draw and paint together. Chat and laugh while exercising your creative skills. By setting aside this time it allows us to be in a creative space together.

# Recovery Center Summer Activities

## Weekly Recovery Education Summer Activities Descriptions

### THURSDAY:

**10:00-10:45 Morning Sweat:** 10 minutes of active warm-up/stretching, 30 minutes of HILT training. All bodyweight exercises, focusing on strength, endurance, elevating your heartrate and getting a good sweat on!

**11:00-11:45 Breathing for Freedom from Anxiety:** Practice relaxation through posture and breathe. Improve your sleep and your sense of physical comfort.

**12:00-12:45 Recovery Support:** an opportunity for staff, students to come together inclusively as humans, as we navigate our way a global pandemic, social isolation and making sense of our “new” normal., together. We will articulate our goals for healing and wellness.

**1:00-1:45 Knitting:** learn how-to-knit, brush up on your techniques and explore your creativity in a supportive and encouraging virtual space. Supplies can be purchased through amazon.com or michaels.com

**2:00-2:45 Poetry of Hope:** read and discuss poetry offering hope and inspiration, all are encouraged to walk after this activity to let the rhythmic moments of your body and mind to help create your own poems. There will be an opportunity for editing and peer feedback in small groups later in the week.

**3:30-5:00 Reiki II:** will be a continuation of your reiki practice by building off Reiki I, honing your distance healing, mentally/emotionally healing and practicing Reiki clinic interviews. **MUST HAVE TAKEN REIKI I TO PARTICIPATE.**

**4:00-4:45 Qigong for Boosting your Immune System:** Develop/strengthen your qigong practice to help you stay healthy and energized. Your practice is a great way to give your immune system a boost when you’re starting to feel unwell, or any time for that matter!

### FRIDAY:

**10:00-10:45 Virtual Making Strides & Step Count Challenge:** each Friday we will go on a walk together outside or from the comfort of your home, you are encouraged to get out daily and aim to get 10,000 steps each day! Rain or shine!

**12:00-12:45 Poetry in the Time of Separation:** bring, share and experience new and familiar poets and their works. Explore the art and techniques of writing poetry as we find our ways to express ourselves, find our path to healing while being together during these challenging times.

**12:00-12:45 Gentle Yoga:** develop or strength your yoga practice, can be done on the floor, couch or chair. Let us move within, among, and beyond circumstance through dynamic breath, movement and deep relaxation.

**1:30-2:15 Laughter:** laughter is fun, playful and social connecting while uplifting your mood. Laughter is also an exercise, practice breathing exercises, stretching, dancing to fun songs and laughter yoga exercises. “Laughter is America's most important export.” – Walt Disney

**3:00-4:00 Open Mic:** bring any instrument, including your voice, to make music and connect while being in the comfort of your own space

### INSTRUCTORS CONTACT INFO:

Stephanie Ewing: [stephc13@bu.edu](mailto:stephc13@bu.edu)

Derek Fulker: [dfulker@bu.edu](mailto:dfulker@bu.edu)

Garrett Dicarlo: [gtd@bu.edu](mailto:gtd@bu.edu)

Gary Horwitz: [ghorwitz@bu.edu](mailto:ghorwitz@bu.edu)

Viesia Novosielski: [viesian@bu.edu](mailto:viesian@bu.edu)

Rainer Goldberg: [rainer@bu.edu](mailto:rainer@bu.edu)

Alex Vuckovic: [advuck10@bu.edu](mailto:advuck10@bu.edu)

Eric Besson: [ebesson@bu.edu](mailto:ebesson@bu.edu)

Lenny Mulcahy: [lennymul@bu.edu](mailto:lennymul@bu.edu)

Bob Spilsbury: [bobspils@bu.edu](mailto:bobspils@bu.edu)

Marjorie Jacobs: [mljacobs@bu.edu](mailto:mljacobs@bu.edu)

Louise Bowler: [lbowler@bu.edu](mailto:lbowler@bu.edu)

Deb Bennett: [debb@bu.edu](mailto:debb@bu.edu)

Marijane Diodati: [mjdiodati@yahoo.com](mailto:mjdiodati@yahoo.com)

Wendy Marcotti: [wamarcotti@gmail.com](mailto:wamarcotti@gmail.com)

Mike Igo: [migoe2662@gmail.com](mailto:migoe2662@gmail.com)