

# MDC Online Activities Schedule

## Legend

	Support Groups	Club Meetings	Academic Support	Cooking	Anime and Video Games
	Activities for children	Crafts	Physical Activity	Music	Comedy
Time	Mon	Tue	Wed	Thu	Fri
9:00 AM					
9:30 AM			<b>English Tutoring with Savannah (Zoom):</b> Join Savannah as she provides tutoring in English and Anthropology.		
10:00 AM	<b>Story time with Savannah, Abby, and Irene (Zoom):</b> Tune in as students tell traditional Native American, Norwegian, and Mexican stories.	<b>First Generation Support Group (Zoom):</b> Join a group of other first-generation folks who have navigated or are navigating higher education. Share your experience and resources to thrive.	<b>Women of Color Support Group (Zoom):</b> Join the Women of Color Support Group as we provide a space to discuss the complexities of navigating personal and interpersonal spaces within and outside of CR.	<b>Writing Assistance with Savannah (Zoom):</b> Need someone to look over your paper or need topic suggestions? Savannah can help.	<b>Baking with Abby (Instagram live):</b> Tune in for a chance to learn how to bake with Abby.
10:30 AM					
11:00 AM	<b>MDC Community Connection (Zoom):</b> Join us as we check in on one another. Be part of our MDC family.	<b>Crafting with Savannah and Abby (Instagram live):</b> Watch and learn different crafting activities.	<b>MDC Community Connection (Zoom):</b> Join us as we check in on one another. Be part of our MDC family.	<b>Video games with Dajon (Zoom):</b> Join as Dajon discussed video games and other related topics.	<b>Conversation with Victor (Zoom):</b> Tune in to talk to Victor about different experiences with school.
11:30 AM		<b>Exercise with Dajon:</b> Join Dajon for a brief exercise routine. No equipment necessary.			
12:00 PM	<b>Spanish Assistance/ Asistencia en Español (Zoom):</b> Join as we provide assistance with Spanish skills from writing to speaking.	<b>Conversation with Irene (Zoom):</b> Tune in to learn about student success skills such as time management, study skills, test-taking skills and how to manage stress.		<b>Latinx Student Union Meeting (Zoom):</b> LSU upholds an appreciation for the richness and beauty of the Latinx culture. Join as we foster community, promote professional development opportunities, and discuss other relevant topics.	<b>Student Ambassador Training (Zoom):</b> Access reserved to MDC Student ambassadors only.
12:30 PM					
1:00 PM	<b>Exercise with Kenny (Zoom):</b> Join Kenny for an hour of physical activity. No equipment necessary.		<b>Exercise with Kenny (Zoom):</b> Join Kenny for an hour of physical activity. No equipment necessary.		
1:30 PM				<b>Queer Student Union Club Meeting:</b> Join the QSU club as they engage in community building and support each other during this time.	
2:00 PM	<b>Trauma, Anxiety, and Trauma Support Group (Zoom):</b> Join a group of people with similar experiences who provide each other with encouragement and comfort. We will hold a confidential space. There is no obligation to share, you may simply be present. We will share methods for reducing anxiety and calming the nervous system. Facilitated by GROVE counselors Diane Caudillo and Michelle Somers	<b>Music from around the world with Irene (Zoom):</b> Join us we listen and share music from around the world.	<b>Academic Support with Irene (Zoom):</b> Need academic assistance with math, statistics, english, sociology, social work, psychology, biology, research methods, or another subject. Irene will assist as much as possible and refer you to other resources if needed.	<b>Conversación con Irene &amp; Victor:</b> Join us as we take some time to practice our Spanish speaking skills. All levels are welcome.	<b>Men of Color Support Group (Zoom):</b> Join group as they share their experiences and provide each other with resources and encouragement for success.
2:30 PM					
3:00 PM	<b>RISE Club Meeting (Zoom):</b> Join the RISE (Native American) club as they engage in community building and support each other during this time.	<b>Cooking with Luz (Instagram live):</b> Learn how to cook traditional Mexican food. Food recipes will be prepared in Oaxacan style.	<b>Music with Jayne (Zoom):</b> Join Jayne as she shares her music playlist and shares her musical talents.	<b>Asian, Pacific Islander Club Meeting (Zoom):</b> Join the API club as they engage in community building and support each other during this time.	<b>Black Student Union Club Meeting (Zoom):</b> Join the BSU club as they engage in community building and support each other during this time.
3:30 PM					
4:00 PM				<b>Conversation with Riley (Zoom):</b> Tune in to learn about resources for students with disabilities.	<b>Anime &amp; Video Game Commentary with Riley and Tech (Zoom):</b> Join as Riley and Tech discuss topics of anime and video games.
4:30 PM	<b>Conversation with Victor (Zoom):</b> Tune in to talk to Victor about different experiences with school.				
5:00 PM					
5:30 PM			<b>Tajah, Curtis, Makayla Comedy Hour (Instagram live):</b> Join us for an hour of comedy and laughs.	<b>Cooking with Tajah (Instagram live):</b> Join Tajah as she shares her cooking recipes while living in the dorms.	
6:00 PM					

Start Time: 9:00 AM

Time Interval: 30 (in minutes)