

INTELLECTUAL WELLNESS

June 2020

GoUSF is partnering with our talented staff to offer a series of workshops that focus on increasing our brain power by focusing on our creative sides. Intellectual wellness is defined as "recognizing creative abilities and finding ways to expand knowledge and skills." All are welcome, including family members and friends.

Thacher Gallery is offering **Art Hour, 11am, Wednesdays** in June, creating art with household supplies on [Zoom](#). Other workshops include:

JUNE 2
Card Making 101
Cat Seto and Linda Wong (Assist. Director, CIPE)
1-1:30 P.M. * [ZOOM](#)

There is no better time than to give and receive a special handwritten card for your friends and loved ones. Participants will have an opportunity to send their cards to be shared and displayed to COVID19 workers at test centers and hospitals. All ages are welcome. Materials: 8.5 x 11" paper, markers, colored pencils, watercolor or acrylic paints, brushes, scissors, glue.

JUNE 4
Knit Wits
Kimberly Garrett (PA, English)
12-1 P.M. * [ZOOM](#)

"My Very Basic Guide to Knitting with Kimberly". We will go over basics and start a scarf or a baby's blanket. Materials: a pair of straight knitting needles (long or short), US size 8 or 10, yarn (medium weight), a crochet hook, a tapestry needle, scissors.

JUNE 9
Secret Life of Bees
Craig Petersen and Joe Murphy (Facilities)
11 A.M. -12 P.M. * [ZOOM](#)

Did you know the average bee will make only 1/12th of a teaspoon of honey in its lifetime and the bees' buzz is the sound made by their wings which beat 11,400 times per minute? Learn more interesting facts at our seminar offered by our very own bee aficionados.

JUNE 16
Game Hour
Natalie Macias (Assoc. Director, HPS)
12-1 P.M. * [ZOOM](#)

Just because we're staying home and sheltering in place doesn't mean we have to cancel game days and connect! Join in a fun game of Pictionary through Zoom where we will have teams and try and guess what people draw. Materials optional: paper, marker/pen/pencil.

JUNE 23
Cooking in a Snap
Steve Peach (Assoc. Director, Student Conduct)
12-1 P.M. * [ZOOM](#)

There are a lot of pre-made things we buy at the store that are super simple to make ourselves. Cooking at home is not only cost-effective, but oftentimes produces something that actually tastes better. Tune in for some quick recipes you can create at home with only a few ingredients.

JUNE 30
Zine Making
Matt Collins and Gina Murrell (Gleeson Lib)
12-1 P.M. * [ZOOM](#)

Zines are do-it-yourself publications that are fun and easy to make. Common themes are art, comics, poetry, personal stories, and social commentary. Together we'll make a mini zine. Materials: paper, pens, scissors, Extras: glue stick and magazines to cut up and paste in your zine.