



Program Dates: January 14-29, 2021



Welcome Back and Happy New Year!



THE CENTER FOR STUDENT LIFE & ADVISING WELCOMES YOU BACK!

On behalf of the faculty and staff of Bard College, we welcome you back to the Citizen Science Program, a unique, two week intensive study during the January intersession where students develop a core understanding of both the conduct and the content of science. This foundation allows them as citizens to grapple with the ever-increasing number of national and global issues influenced by science. This booklet contains a detailed schedule of these activities and programs. If you have any questions about what you see here, or if you are looking for something and do not find it, ask your Peer Counselor (PC).

<p>Dorothy Albertini '02 (she) <i>Assistant Dean of Studies</i></p> <p>Timand Bates '02 (he) <i>Associate Dean of Students</i></p> <p>Dr. Kaet Heupel (she) <i>Assistant Dean of Studies</i></p> <p>Bethany Nohlgren (she) <i>Associate Vice-President & Dean of Students</i></p> <p>Darnell L. Pierce (he) <i>Assistant Dean of Students & Director of the First-Year Experience</i></p>	<p>David Shein (he) <i>Associate Vice-President for Academic Affairs & Dean of Studies</i></p> <p>Christi Shingara (she) <i>Office Manager, Center for Student Life and Advising</i></p> <p>Jenifer Triplett (she) <i>Assistant Dean of Studies & Director of Academic Advising</i></p>
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For more specific information about campus services and policies, please consult the student handbook online, ask your PC, call or stop by:

Center for Student Life & Advising

Sottery Hall • 845-758-7454

firstyear@bard.edu

citizenscience@bard.edu

We look forward to working with you.



2021 Citizen Science Program

The topic, the science of water, was chosen precisely because it offers rich ways of teaching and learning the skills of science literacy as well as the place of science within a greater social and political context. The focus in particular is the safety of drinking water. We envision Flint, Michigan, and Hoosick Falls, New York, as important national-level touchstones for our conversations, but we also envision bringing the Hudson River, smaller local tributaries, and the quality of drinking water in nearby municipalities (and Bard itself) into the classroom as areas of specific concern, investigation, and study. The curriculum itself emphasizes three features that we consider essential.

We have kept one overarching goal in mind: Citizen Science is meant to push students toward increased and more sophisticated levels of science literacy. We engage students in conversations about the value of literacy. We seek to put this content to use in the name of ever greater and more nuanced understandings of how science works, how (and why) it sometimes doesn't work, and what it means to truly investigate a scientific claim.

The second goal builds on the commitment to literacy and responds to the current political moment. Bard's commitment to the liberal arts and to the education of informed and competent citizens finds a natural home in Citizen Science. To be clear, our view is that science is always political. We believe it is more important than ever to illuminate the connections, tensions, and consequences that come to life at the intersection of scientific inquiry, on the one hand, and the world in which we live, on the other.

The third and final feature of the program is the ability for students to pursue their preferred focus. Rather than have students go through the same exact program, they are able to choose from four thematic strands: a research-oriented lab that will study bacteria in water samples from the local waterways; a community-action lab that will measure the presence of estrogen/testosterone in nearby streams and rivers; a communication lab that will study the theory and practice of science communication; and an education lab that will develop and assess water-related classroom activities for local schools.

As we enter year three of this topic, it is important to note that not only is the program successful from the student perspective, but from the faculty perspective. This year, we have a record number of returning Citizen Science faculty; a further testament to the program's success. We have 18 veteran faculty from previous years (two faculty have taught Citizen Science over five times, six have taught three years, and we have ten faculty that are returning for their second year) including some returning faculty from prior curricula. Of these veterans, we have two Bard faculty and four Bard alumna teaching in the 2021 program.

Citizen Science Lab Strands

Research Lab Strand

Students in this strand will conduct original scientific research on a group of aquatic bacteria that are found in waterways around the world. These bacteria produce a purple pigment, violacein that has remarkable chemical properties. Most practically, the pigment has been shown to kill a fungal pathogen that is decimating global amphibian populations. This strand is ideal for students who have done some scientific research before and are eager to do more. It's also a great entry point for students who've never had the chance to do original hands-on research and would like to try it.

Data Analysis Strand

Students in this strand will explore how data impacts and shapes their everyday life. Drawing from real-world data sets, including cutting-edge research being conducted at Bard, students will analyze data and present findings that shed light on complex biological and environmental phenomenon. At the end of the Data Analysis Strand, students will be able to describe what data is, how it is collected and analyzed, and how data impacts almost every aspect of our daily lives. This strand is for anyone interested in asking big questions and learning new skills, regardless of previous experience.

Policy Strand

Students in this strand will explore how science does (or doesn't) inform policy. By focusing on drinking water regulations, students will translate environmental monitoring data into knowledge that is useful for public policy and the protection of human health. Are current drinking water regulations good enough? How are these regulations monitored and enforced? Is enforcement equal for everyone? How can science help to protect all communities and ensure their right to safe water? To address these questions, students will analyze water samples in the laboratory and examine data-based evidence. This strand is ideal for students who want to gain some laboratory experience and are interested in conducting research that can lead to social action.

Science Communication Strand

In this strand, students will translate important scientific discoveries to make them accessible to the public. The focus will be on interpreting, synthesizing, and writing about results from potentially contradictory studies to provide the best information for people to make timely decisions. For example, does hydraulic fracturing (aka fracking) pose risks for human health? Does the widely used herbicide atrazine (produced by Monsanto) cause deformities in wildlife? This strand is a good choice for students who want to embrace the challenge of distilling scientific information for the public in clearly written prose.

Science Education Strand

In this strand, students will learn about theories and practical strategies for transformative citizen science education, culminating in designs for hands-on science activities for use in community-based settings. In the lab, students in this strand will engage in research of their own and develop classroom activities for young learners and adults. This strand is ideal for students who are interested in education, and for those who would like to gain experience and knowledge for doing hands-on work within community-centered contexts.

Required Readings:

- The first four chapters of *Water 4.0* by David Sedlak
- The entire book *What the Eyes Don't see* by Mona Hanna-Attisha



Program Staff

Mary Krembs, Ph.D (she) - Director of Citizen Science

Rebeca Patsey (she) - Laboratory Coordinator

Betsy Hoffman (she) - Program Coordinator

Program Faculty & Class Sections

RESEARCH STRAND (BLENDED)

Section	Core Professor	Core RM	Lab Professor	Lab RM	Lab
1	H. Ramsey	Remote	D. Keszenman	RKC 103	RKC 114/115
2	H. Ramsey	Remote	D. Keszenman	RKC 103	RKC 114/115
3	M. Shocket	Remote	K. Liu	RKC 100	RKC 114/115
4	M. Shocket	Remote	K. Liu	RKC 100	RKC 114/115

DATA ANALYSIS (REMOTE)

Section	Core Professor	Core RM	Lab Professor	Lab RM
5	F. Windram	Remote	R. Todd	Remote
6	F. Windram	Remote	R. Todd	Remote
7	J. Wardwell Ozgo	Remote	G. Backus	Remote
8	J. Wardwell Ozgo	Remote	G. Backus	Remote

"If we are not careful, our colleges will produce a group of close-minded, unscientific, illogical propagandists, consumed with immoral acts. Be careful, 'brethren!' Be careful, teachers!"

~Dr. MLK Jr.



POLICY (BLENDED)

Section	Core Professor	Core RM	Lab Professor	Lab RM	Lab
9	C. Carmean	Remote	E. White	RKC 101	RKC 111/112
10	C. Carmean	Remote	E. White	RKC 101	RKC 111/112
11	S. Lee	Remote	M. Fork	RKC 102	RKC 111/112
12	S. Lee	Remote	M. Fork	RKC 102	RKC 111/112

COMMUNICATION (BLENDED, LAB IN-PERSON)

Section	Core Professor	Core RM	Lab Professor	Lab RM
13	K. Osadchuck	Remote	D. Newsome	Fisher Arts 138
14	K. Osadchuck	Remote	D. Newsome	Fisher Arts 138
15	N. Walker	Remote	D. Bliss	Olin 201
16	N. Walker	Remote	D. Bliss	Olin 201

COMMUNICATION (BLENDED, CORE IN-PERSON)

Section	Core Professor	Core RM	Lab Professor	Lab RM
17	G. Doing	Olin 204	P. Lincez	Remote
18	G. Doing	Olin 204	P. Lincez	Remote
19	D. Mould	Olin 205	R. van der Weijden	Remote
20	D. Mould	Olin 205	R. van der Weijden	Remote

"True peace is not merely the absence of tension; it is the presence of justice." ~Dr. MLK Jr.



COMMUNICATION (REMOTE)

Section	Core Professor	Core RM	Lab Professor	Lab RM
21	S. White	Remote	J. Manganello	Remote
22	S. White	Remote	J. Manganello	Remote

EDUCATION (BLENDED)

Section	Core Professor	Core RM	Lab Professor	Lab RM
23	D. Fournier	Remote	S. Kellogg	Olin 202
24	D. Fournier	Remote	S. Kellogg	Olin 202
25	E. Delker	Remote	N. Avossa	Olin 203
26	E. Delker	Remote	N. Avossa	Olin 203

EDUCATION (REMOTE)

Section	Core Professor	Core RM	Lab Professor	Lab RM
27	L. Dwiell	Remote	M. Gaddis	Remote
28	L. Dwiell	Remote	M. Gaddis	Remote

Learn more about the Citizen Science Faculty [HERE](#)

"Science investigates; religion interprets. Science gives man knowledge, which is power; religion gives man wisdom, which is control. Science deals mainly with facts; religion deals mainly with values. The two are not rivals." ~Dr. MLK Jr.



Meal Times & Locations--Citizen Science

All Meals @ Kline Commons

Breakfast

8:00am - 10:00am

Brunch*

10:00am - 2:00pm

Lunch

11:30am - 2:30pm

Dinner

5:00pm - 7:30pm

* Brunch is served on the following dates:

Saturday, January 16th

Sunday, January 17th

Monday, January 18th

Sunday, January 24th

**Food delivery arrangements will be made for students in quarantine or Isolation.*



Tuesday, January 12

Citizen Science Program Arrival Day for students who are **NOT** required to quarantine 9a-3p
[\[https://coronavirus.health.ny.gov/covid-19-travel-advisory\]](https://coronavirus.health.ny.gov/covid-19-travel-advisory)

Discussion w/Civil Right Lawyer: Fred Gray

Register [here](#)

6pm - 8pm

Meet the Lawyer for Rosa Parks and Martin Luther King Jr. in a conversation with pioneering Civil Rights hero, Fred Gray. This talk will be moderated by Doug Mishkin, one of the lawyers who helped Bard secure the 2020 On-Campus Polling Place.

Star Crossed Lovers

Application [here](#)

Tinder causing Trouble? Bumble a Bother? Grinder got you down? Maybe it's time we let the STARS decide your fate. 12 Contestants! Each representing the twelve zodiac signs are put together in hopes of finding true love. They will be paired up with their top 3 most compatible signs over the course of a week. The sign? Given! Their appearance? A mystery until the end. "If the stars aligned, trust that love is blind." Follow @bardontelevision on Instagram for official rules. Submit application no later than 1/15/21.

Wednesday, January 13

Citizen Science Program Arrival Day for students who **ARE** required to quarantine 9a-3p
[\[https://coronavirus.health.ny.gov/covid-19-travel-advisory\]](https://coronavirus.health.ny.gov/covid-19-travel-advisory)

President Welcome Meeting (required)

Join [here](#)

8pm

President Leon Botsein will address the Citizen Science class of 2024.

Thursday, January 14 - Citizen Science Program Begins!

Find Your People

Join [here](#)

8pm - 10pm

Looking to expand your circle of friends? Drop in and meet new people who share common identities, hobbies, and interests.



Trivia Night

Join [here](#)

8pm - 1030pm

Come and join Us for a Trivia filled night leading up to MLK Day. Grab your friends and form your teams. A special prize awaits the top three winning teams!

Friday, January 15

Double Feature Fridays (Mulan) 2020

Join [here](#)

7pm

A young Chinese maiden disguises herself as a male warrior in order to save her father.

Double Feature Fridays (Aladdin) 2019

Join [here](#)

9pm

A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.

National Bagel Day!

Campus Center

230pm - 530pm

We're celebrating National Bagel Day! Stop by the campus center to get you a good tasting bagel from Bagel World.

Jack Box Game Night

Join [here](#)

9pm - 11pm

Bored in the house and you are in the house bored? Join our virtual Jackbox.tv Game Nights and have a blast with friends. All you need is the link, your phone, and a lot of competitive spirit!

Movie Night Triple Feature

links: check CCE IG

10pm

Join us for a Movie Night as we watch: Becoming: Michelle Obama(Netflix), Ruby Bridges (Hulu), and Moonlight(Amazon Prime)! *If you need access to login credentials to view the movies, please email civic@bard.edu.

Saturday, January 16 - MLK DAY OF ENGAGEMENT!

Pathways to Justice: The Courts

Join [here](#)

1230pm - 145pm

Get engaged with members of the Courts in a panel featuring: Justice James, Dr. Means, and Honorable Judge Swain.



MLK Day of Engagement Workshops

Sign up [here](#)

2pm - 330pm

Sign up from a variety of workshops led by members of the Bard Community as we strive to continue the Legacy of Dr. Martin Luther King Jr.

Fireside & Chill (virtual hangout)

Join [here](#)

8pm - 10pm

Drop in and hang out with new and old friends!

Sunday, January 17

Snow Funday!

Campus Center Quad

12pm

Let off some steam with a classic snowball battle. Are you pacifist?

No worries! We will have sleds and other fun snow items! Hot chocolate and some other goodies will be available for grab n go.

The Promised Neverland 1-6

Join [here](#)

2pm - 5pm

Join our Sunday Watch Party featuring The Promised Neverland Episodes 1-6. When three gifted kids learn that their isolated orphanage isn't the haven they thought, they vow to lead the other children in a risky escape plan.

DIY Sock Heating Pads

Join [here](#)

7pm - 8pm

DIY projects are easy, especially when you only need 2-3 things! Drop in and learn how you can turn a sock, rice, and (optional) essential oils into a heating pad for sore muscles, cold feet, and everything in between. You can use (mismatched) socks that you already have or you can fill out the supplies request form [here](#). This form will close on Friday 1/15/2021 or until supplies run out.

Monday, January 18

MLK Action Group - For a More Just Food System

Sign up [here](#)

10am - 12pm

Join BardEATS to learn about inequities in our food system and then take action to address them in one of three breakout groups - Education, Policy Advocacy & Research.



MLK Action Group - Make toothpaste Making **Sign up [here](#)** **12pm**

Make earth-friendly toothpaste with The O Zone! Provide a local family in need with this essential toiletry item! Join Amelia, the owner of this local low-waste business, as she demonstrates how to make her toothpaste recipe, before making your own. All-natural, plastic-free ingredients will be available at BoS, Monday by appointment after the Zoom. Email reduce@bard.edu to schedule a fifteen minute time slot to come by and DIY, the sustainable way! Make more toothpaste by appointment.

Star-Crossed Lovers: Meet the Contestants

Tune in tonight and "meet" our 12 Contestants! Instagram [@bardstarlovers](#)

MLK Action Group - Bard Farm events **Sign up [here](#)** **1pm - 415pm**

Come to the Bard farm to engage in two hands-on work stations that will help promote biodiversity around the farm and carbon neutrality in our growing practices while building our soils health. Please wear weather appropriate attire. You will be outside for 1.5 hours. Two sessions offered. Make sure to arrive on time for your registered session.

MLK Action Group - Solitary Bee Habitat **Sign up [here](#)** **1pm**

Solitary bees are wonderful pollinators - build and decorate a habitat for them to nest in. Pick up supplies from Achebe House back porch and join the Zoom.

MLK Action Group - Climate Action: **Sign up [here](#)** **2pm**

Join Remy, a member of the Citizens' Climate Lobby, to learn about carbon pricing legislation and create a postcard for your members of Congress. You can do it all virtually, or pick up a hard copy postcard at Achebe House and then join the Zoom (zoom starts 2pm - optionally pick up postcards at Achebe House in the morning)

MLK Action Group - Bard Farm events **Sign up [here](#)** **245pm - 415pm**

Join the Bard Office of Sustainability for a meadow trail walk and help us inspect our nesting boxes. We will be gathering data on bird species and occupancy rates in 2020. No experience necessary. We will teach all participants how to identify bird species by their nesting materials. (8 student limit. Meet at Bard Farm).



MLK Action Group - No-Sew Tote Making **Sign up [here](#)** **3pm**
Have a t-shirt and a pair of scissors? Learn to transform the t-shirt into a reusable bag. Make one for yourself and one for others. Borrow a pair of scissors / take t-shirts from BoS (back porch of Achebe House) as needed. Join the Zoom!

Julia's Kripalu Yoga **Join [here](#)** **530pm - 630pm**
Join Julia's Kripalu Yoga class every Monday.

MLK Day of Engagement Reflection **Join [here](#)** **8pm - 9pm**
Finish up MLK Day by contemplating on the Panel and Workshops and how we can see actionable change on Bard's Campus.

MLK Day of Engagement Action Groups **Sign up [here](#)** **Various Times**
Sign up from a variety of workshops led by members from our Community and beyond as we celebrate and strive to continue the Legacy of Dr. Martin Luther King Jr.

Snow Art Contest Week! **All week**
Submit your greatest (or wackiest) Bard made snow art! We accept snowpeople, snow angles, art drawn into snow, and even creative pictures! The last day for submission is Saturday, Jan. 23! Email a pic of your creation to tstevenson@bard.edu. Top submissions win a prize! All submissions get a place on Bard social media!

Tuesday, January 19

Refashion Your Jeans Workshop **Sign up [here](#)**
Join Tchad Ross for a tutorial on how to create your own custom hand painted jeans. She'll be demonstrating some easy techniques to use and keep in mind to make your own clothes look professionally hand painted, while doing it from home. It can be replicated on any denim material. **NOTE:** This event is on January 21 @ 6:30pm. Sign up by 1/19/21.

Star-Crossed Lovers: Day One Text Recap **IG: [@bardstarlovers](#)** **Evening Release**
Our contestants have been paired with their most compatible matches and given each others' phone numbers. Did any of our matches connect? Have some romances already fizzled out? Find out tonight and, as always, "If the stars aligned, trust that love is blind."



Microscope Making

Sign up [here](#)

Making Foldsopes and learning how to image with a paper microscope. **Note:** This event is on Saturday, January 23rd. Sign up no later than Thursday, January 21st.

Essential Oil Workshop

Sign up [here](#)

Explore the benefits of aromatherapy and learn how to create essential oils catered to your personalized health and wellness needs. During these times of uncertainty, it is very easy to forget to prioritize self-care. Join us for an evening of relaxation and self-care with Sydney Oshuna, holistic health activist. **NOTE:** This event is on January 22 @ 7pm. Sign up by 1/19/21.

Setting SMART Goals: New Year, New Semester

Join [here](#)

7-8pm

Are you looking to reflect on the previous semester and set goals for the Spring semester? Use this workshop to practice setting goals with your peers for the upcoming semester.

Wednesday, January 20

Star-Crossed Lovers: Day 2 Text Recap

IG: [@bardstarlovers](#)

Evening Release

Our contestants have been paired with their 2ND most compatible matches and given each others' phone numbers. Did any of our matches connect? Have some romances already fizzled out? Find out tonight and, as always, "If the stars aligned, trust that love is blind."

Wednesday Yoga w/Barbara Eichin

Join [here](#)

530pm -

630pm

Join Barbara's Align & Flow Yoga Class every Wednesday

Cookie Decorating & Life after Bard

Join [here](#)

7pm

Decorate cookies, and talk with Georgia Doing, Bard '15 and Dallas Mould, Citizen Science faculty.

Exploring Meditation

Join [here](#)

7pm

Do you find yourself being overwhelmed by your thoughts? Do you want to learn how to relieve stress and be more in control of your thoughts? Come learn how to meditate with Peer Health!



Thursday, January 21

Star-Crossed Lovers: Day 3 Text Recap IG: @bardstarlovers Evening Release

Our contestants have been paired with their 3RD most compatible matches and given each others' phone numbers. Did any of our matches connect? Have some romances already fizzled out? Find out tonight and, as always, "If the stars aligned, trust that love is blind."

Therapy Dog Meet & Greet

MPR

530pm - 7pm

Miss your pets? Stop by the MPR! Meet An adorable little Scottish Terrier named Gordon and Laura from Counseling Services

Refashion Your Jeans Workshop

630pm

Join Tchad Ross for a tutorial on how to create your own custom hand painted jeans. She'll be demonstrating some easy techniques to use and keep in mind to make your own clothes look professionally hand painted, while doing it from home. It can be replicated on any denim material.

Library Trivia Night

Join [here](#)

7pm

Join the House Librarians for a fun night of quiz-show style trivia!

Friday, January 22

Bard Gear Friday!

Wear your Bard Gear, Bard colors, or even a Bard vibe, and you just may win! Yes, it's that simple. Post your picture IG and use the **#bardgearfriday**. Winners will be notified via email.

Star-Crossed Lovers: Day 4 Phone Calls IG: @bardstarlovers Evening Release

All of our contestants have "met" their 3 most compatible matches and now get to choose just 2 to talk to. Who made the best (and worst) impressions? Will someone regret the matches they chose? Find out tonight and, as always, "If the stars aligned, trust that love is blind."



Essential Oil Workshop

Join [here](#)

7pm

Explore the benefits of aromatherapy and learn how to create essential oils catered to your personalized health and wellness needs. During these times of uncertainty, it is very easy to forget to prioritize self-care. Join us for an evening of relaxation and self-care with Sydney Oshuna, holistic health activist.

Double Feature Fridays: Train to Busan

Join [here](#)

9pm - 11pm

While a zombie virus breaks out in South Korea, passengers struggle to survive on the train from Seoul to Busan.

Double Feature Fridays: #Alive

Join [here](#)

9pm - 1045pm

This film follows a video game live streamer's struggle for survival as he is forced to stay alone at his apartment in Seoul during a zombie apocalypse.

Saturday, January 23

Star-Crossed Lovers: Day 5 Fan Day!

IG: [@bardstarlovers](#)

Evening Release

You've seen the matches, the texts, and the phone call rundowns, now YOU get to decide who meets. Check out the [@bardstarlovers](#) story for more updates and to cast your votes before 5 PM. Will sparks fly? Tune in tonight and, as always, "If the stars aligned, trust that love is blind."

Bard Bookworms: International Edition

Join [here](#)

11am - 12pm

Join Bard Abroad to discuss the books you've read over break, and all the places you "traveled to" through books. We will also be discussing our To be Read lists for 2021! Students, faculty, staff, alumni/ae, and community members throughout the Open Society University Network and Bard International Network Partners are welcomed to join.

Microscope Making

Join [here](#)

130pm

Making Foldscopes and learning how to image with a paper microscope. Note: This event is on Saturday, January 23rd. Sign up no later than Thursday, January 21st.



Among Us Game Night

Join [here](#)

8pm - 10pm

Join our online and local game party Among Us, a game of teamwork and betrayal in SPACE, and meet your peers!

Fireside & Chill (virtual hangout)

Join [here](#)

9pm - 11pm

Drop in and hang out with new and old friends!

Sunday, January 24

Scavenger Hunt Week!

9am

Time to test your ultimate knowledge of Winter at Bard. Sunday starts our 5 day scavenger hunt! Look for the list of items/tasks in your email on 1/24. Submit your finished list to tstevenson@bard.edu.

Star-Crossed Lovers: Day 6 Decisions

IG: [@bardstarlovers](#)

Evening Release

The time has come for our contestants to choose who they would like to go on a first date with from their 3 most compatible matches... the catch? Their fellow match must also choose them! Tune in tonight and, as always, "If the stars aligned, trust that love is blind."

Sunday Showtime: The Promised Land

Join [here](#)

2pm - 5pm

Welcome back to our Sunday Watch Party! This week we are screening The Promised Neverland Episodes 7 - 12

Monday, January 25

Star-Crossed Lovers: Day 7 First Dates

IG: [@bardstarlovers](#)

Evening Release

Tune in for tonight's finale as our "perfect matches" enjoy a lovely dinner date courtesy of the Office of Student Activities. We can't predict if these romances will flourish beyond tonight, but one thing is certain: "If the stars aligned, trust that love is blind."

Crochet Workshop

Sign up [here](#)

6pm

Drop in and learn how to make your own crochet bag! Sign up for your free supplies by Monday 1/25. **NOTE:** This event is on 1/27/21



Julia's Kripalu Yoga

Join Julia's Kripalu Yoga class every Monday

Join [here](#)

530pm - 630pm

Enjoying a Self-Compassion Meditation

Many of us may struggle with speaking kindly to ourselves and navigating harsh judgements about ourselves. Join Peer Health to explore self-compassion!

Join [here](#)

7pm - 8pm

Mug Decal Decorating

Decorating diner style mugs with vinyl name decals

Join [here](#)

730pm

Tuesday, January 26

Setting Goals: DIY Vision Board

This second goal-setting workshop will help you organize the goals we have brainstormed in the first session. We'll incorporate vision boards into our practice to create aesthetic, personalized visual representations of our goals and dreams.

Join [here](#)

7pm - 8pm

Wednesday, January 27

Wednesday Yoga w/Barbara Eichin 630pm

Join Barbara's Align & Flow Yoga Class every Wednesday

Join [here](#)

530pm -

Crochet Workshop

Drop in and learn how to make your own crochet bag! Sign up for your free supplies by Monday 1/25 at linktr.ee/bardosa.

Join [here](#)

6pm

Test Your STI Knowledge and WIN PRIZES

Join our guest from Hudson Valley Community Services to explore your sexual health knowledge! Play Jeopardy and win! "FUN" PRIZES will be provided to three lucky winners! .

Join [here](#)

7pm - 8pm

We know through painful experience that freedom is never voluntarily given by the oppressor, it must be demanded by the oppressed." ~Dr. MLK Jr.



Thursday, January 28

Therapy Dog Meet & Greet

MPR

530pm - 7pm

Miss your pets? Stop by the MPR! Meet An adorable little Scottish Terrier named Gordon and Laura from Counseling Services.

Disney Playlist Bingo

Join [here](#)

9pm - 11pm

Thursdays are when the weekends start at Bard! Tune in, test your knowledge about disney songs, and win prizes! There will be 4 rounds of Bingo and 4 chances to win!

Friday, January 29

Double Feature Movie Night

Join [here](#)

7pm - 11pm

Tired of the same movies on Netflix, Hulu, Disney+? If you're looking for a little *spice*, fill out the [Choose Your Own Movie Night form](#) and select 2 movies NOT available on major streaming platforms!

Virtual Dance Party

Join [here](#)

10pm - 12am

Dance the night away with an awesome playlist that YOU create and celebrate the beginning of the Spring 2021 Semester! Go to this link to add music to the playlist:

<https://tinyurl.com/y4dyo78b>

Happy 92nd Birthday, Dr. King!

