

DAILY ACTIVITIES

MONDAY THROUGH FRIDAY

8am- 9pm
Walking Club

3:30-5pm

Youth Activities (Multipurpose Room)
Sept. 14 - Dec. 17

MONDAYS

6pm Aerobics/Yoga/Tai Chi (Healing Room)
Archery (South of Solo Dorm)
Hand Games/Open Drum (Multipurpose Room)

TUESDAYS

12-1pm Circle of Parents - Sept. 14 - Dec. 14
4pm Measuring up to Good Health - Sept. 14 - Dec. 7
(Wellness Center Classroom)
5-7pm UTTC Employee Night
6pm Beading/Sewing/Quillwork (Multipurpose Room)
7pm Billiards Tournament (Coed Dorm)
7-9pm Men's Wellness
(Fathers can bring their sons ages 13-18)

WEDNESDAYS

5pm FROLF (Weather permitting)
6pm UTTC Volleyball Leagues(S. of Coed Dorm)
7-9pm Women's Wellness
(Mothers can bring their daughters ages 13-18)

THURSDAYS

6pm Double Ball - *Weather Permitting* (N. of Sitting Bull Hall)
7pm Ping Pong Tournament (Coed Dorm)

FRIDAYS

6pm Movie Night (Multipurpose Room)

SATURDAYS

1-6pm Family Fitness Day (Families & children ages 13-18)

Strengthening Lifestyles Department:

Ruth Buffalo-Zarazua, Director

701-255-3285 Ext. 1357 • rbuffalo-zarazua@uttc.edu

Delmar Clown, Fitness Specialist

701-255-3285 Ext. 1454 • dclown@uttc.edu

Tamera Marshall, Family Specialist

701-255-3285 Ext. 1492 • tmarshall@uttc.edu

Warren Giago Jr., Health Promotions Specialist

701-255-3285 Ext. 1261 • wgiago@uttc.edu

Office Hours: Monday - Friday • 8 am - 5 pm

Schedule Subject to Change (Weather permitting on all outdoor activities)

Activity fees are provided by SLS Family Activity

Children must be accompanied by parent

Transportation Provided:

ON Campus Residents will depart 15 minutes prior

OFF Campus Residents call in advance for contact information

STRENGTHENING LIFESTYLES



Monthly Events Schedule

FALL 2010



Lewis Goodhouse Wellness Center Hours

Monday - Friday • 8 am - 9 pm

Saturday • 1 pm - 9 pm

Sunday • 1 pm - 9 pm

Closed Holidays & T-Bird Home Games

James Henry Gymnasium Hours

Monday - Sunday • 1 pm - 9 pm

Closed Holidays & T-Bird Home Games

AUGUST / SEPTEMBER

AUGUST

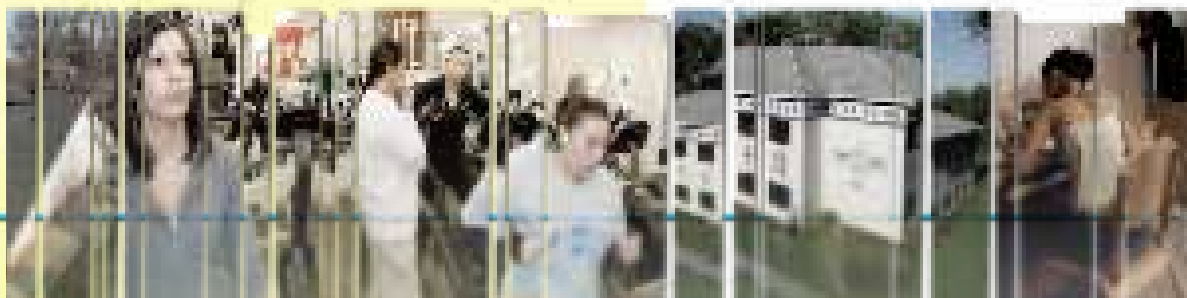
25th	6pm	Native Artwork (Wellness Classroom) Volleyball Leagues (South of Coed Dorm)
26th	6pm	Open Drum/ Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room) College Student Dance (Civic Center)
27th	9:30pm	Movie Night (Multipurpose Room)
28th	6pm	Camping @ McDowell Dam
29th	4pm	Dakota Zoo
30th	2pm	Aerobics/Yoga/Tai Chi (Healing Room)
	6pm	Archery (South of Solo Dorm) Frolf (Campus)
31st	6pm	Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)

SEPTEMBER

1st	6pm	Native Artwork (Wellness Classroom) Volleyball Leagues (South of Coed Dorm) Frolf (Campus)
2nd	6pm	Open Drum/Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room)
3rd	6pm	Movie Night (Multipurpose Room)
4-6th		LABOR DAY WEEKEND
	6pm	Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Frolf (Campus)
7th	6pm	Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)
8th	6pm	Native Artwork (Wellness Classroom) Volleyball Leagues (South of Coed Dorm)
9-13th		UTTC International Powwow
10-12th		UTTC Thunderbird Softball Tournament (Clem Kelly)
13th		Professional Development Day
	6pm	Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Frolf (Campus)
14th	4pm	Measure Up To Good Health (Healing Room)
	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)

September continued...

15th	3:30-5pm	Youth Activity (Multipurpose Room)
	4pm	Physical Fitness Challenge (Gym)
	6pm	Native Artwork (Wellness Classroom) Volleyball Leagues (South of Coed Dorm)
16th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Open Drum/Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room)
17th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Movie Night (Multipurpose Room)
18th	4pm	Camping @ Ft. Lincoln
19th	6pm	Community Bingo (Multipurpose Room)
20th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Frolf (Campus)
21st	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)
22nd	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Native Artwork (Wellness Classroom) Volleyball Leagues (South of Coed Dorm)
23rd	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Open Drum/Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room)
24th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Movie Night (Multipurpose Room)
25th	1pm	Movie Matinee @ Grand Theatre
	4pm	Dodgeball Tournament (Gym)
26th	2pm	Snoopers
	6pm	Hiking @ Chief Looking Village
27th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Frolf (Campus)
28th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)
29th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Native Artwork (Wellness Classroom) Volleyball Leagues (South of Coed Dorm)
30th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Open Drum/Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room)



OCTOBER

1st	3:30-5pm	Youth Activity (Multipurpose Room)	17th	2pm	Gateway to Science (Francis Leach High Prairie Arts & Science Complex)
	6pm	Movie Night (Multipurpose Room)	18th	3:30-5pm	Youth Activity (Multipurpose Room)
2nd	1pm	Out of the Darkness Suicide Walk		6pm	Aerobics/Yoga/Tai Chi (Healing Room)
	6pm	Xbox 360 Game Night			Archery (South of Solo Dorm)
3rd	3pm	Hiking @ Chief Looking Village			Frolf (Campus)
4th	3:30-5pm	Youth Activity (Multipurpose Room)	19th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Aerobics/Yoga/Tai Chi (Healing Room)		6pm	Double Ball (North of Sitting Bull Hall)
		Archery (South of Solo Dorm)			Billiards Tourney (Coed Dorm)
		Frolf (Campus)	20th	3:30-5pm	Youth Activity (Multipurpose Room)
5th	3:30-5pm	Youth Activity (Multipurpose Room)		6pm	Native Artwork (Wellness Classroom)
	6pm	Double Ball (North of Sitting Bull Hall)			Volleyball Leagues (Multipurpose Room)
		Billiards Tourney (Coed Dorm)	21st	3:30-5pm	Youth Activity (Multipurpose Room)
6th	3:30-5pm	Youth Activity (Multipurpose Room)		6pm	Open Drum/Handgames (Healing Room)
	6pm	Native Artwork (Wellness Classroom)			Ping Pong Tourney (Multipurpose Room)
		Volleyball Leagues (South of Coed Dorm)	22nd	3:30-5pm	Youth Activity (Multipurpose Room)
7th	3:30-5pm	Youth Activity (Multipurpose Room)		7pm	Late Movie @ the Grand Theatre
	6pm	Open Drum/Handgames (Healing Room)	23rd	2pm	Papa's Pumpkin Patch
		Ping Pong Tourney (Multipurpose Room)	24th	6pm	Community Bingo
8th	3:30-5pm	Youth Activity (Multipurpose Room)	25th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Movie Night (Multipurpose Room)		6pm	Aerobics/Yoga/Tai Chi (Healing Room)
9th	2pm	Heritage Center			Archery (South of Solo Dorm)
10th	2pm	Papa's Pumpkinn Patch			Frolf (Campus)
11-15th		Mid Terms Week	26th	3:30-5pm	Youth Activity (Multipurpose Room)
11th	3:30-5pm	Youth Activity (Multipurpose Room)		6pm	Double Ball (North of Sitting Bull Hall)
	6pm	Aerobics/Yoga/Tai Chi (Healing Room)			Billiards Tourney (Coed Dorm)
		Archery (South of Solo Dorm)	27th	3:30-5pm	Youth Activity (Multipurpose Room)
		Frolf (Campus)		6pm	Native Artwork (Wellness Classroom)
12th	3:30-5pm	Youth Activity (Multipurpose Room)			Volleyball Leagues (Multipurpose Room)
	6pm	Double Ball (North of Sitting Bull Hall)	28th	3:30-5pm	Youth Activity (Multipurpose Room)
		Billiards Tourney (Coed Dorm)		6pm	Open Drum/Handgames (Healing Room)
13th	3:30-5pm	Youth Activity (Multipurpose Room)			Ping Pong Tourney (Multipurpose Room)
	4pm	Physical Fitness Challenge (Gym)	29th	3:30-5pm	Youth Activity (Multipurpose Room)
	6pm	Native Artwork (Wellness Classroom)		7pm	5th Annual Masquerade Powwow (Gym)
		Volleyball Leagues (South of Coed Dorm)	30th	2pm	Pumpkin Painting/Carving (Multipurpose Room)
14th	3:30-5pm	Youth Activity (Multipurpose Room)		9-11pm	Masquerade Dance ft. Red Flesh (Multipurpose Room)
	4pm	Physical Fitness Competition (Gym)	31st	4pm	Trick-or-Treating
	6pm	Open Drum/Handgames (Healing Room)			
		Ping Pong Tourney (Multipurpose Room)			
15th	3:30-5pm	Youth Activity (Multipurpose Room)			
	6pm	Movie Night (Multipurpose Room)			
	9-12am	Thunder Alley Bowling (Midway Lanes)			
16th	7pm	Corn Maze			



NOVEMBER

1st	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Mens Basketball League (Gym)	16th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)
2nd	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)	17th	3:30-5pm 4pm 6pm	Youth Activity (Multipurpose Room) Physical Fitness Challenge (gym) Native Artwork (Wellness Classroom) Volleyball Leagues (Multipurpose Room)
3rd	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Native Artwork (Wellness Classroom) Volleyball Leagues (Multipurpose Room)	18th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Open Drum/Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room)
4th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Open Drum/Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room)	19th	3:30-5pm 6pm 9pm	Youth Activity (Multipurpose Room) Movie Night (Multipurpose Room) Thunder Alley Bowling (Midway Lanes) Heritage Center
5th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Movie Night (Multipurpose Room)	20th	2pm	Community Bingo (Multipurpose Room)
6th	2pm 6pm	Youth Shoot-Out (Gym) Xbox 360 Game Night (Multipurpose Room)	21st	6pm	Youth Activity (Multipurpose Room)
7th	2pm	Snoopers	22nd	3:30-5pm 6pm	Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Mens Basketball League (Gym)
8th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Mens Basketball League (Gym)	23rd	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)
9th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)	24th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Native Artwork (Wellness Class Room) Volleyball Leagues (Multipurpose Room)
10th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Native Artwork (Wellness Classroom) Volleyball Leagues (Multipurpose Room)	25-28th		Thanksgiving Break
11th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Open Drum/Handgames (Healing Room) Ping Pong Tourney (Multipurpose Room)	27th	6 & 8pm	UTTC Thunderbirds vs Turtle Mountain Community College (Gym)
12th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Movie Night (Multipurpose Room)	29th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Mens Basketball League (Gym)
13th	2pm	Swimming	30th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Double Ball (North of Sitting Bull Hall) Billiards Tourney (Coed Dorm)
14th	1pm	Movie Matinee @ Grand Theatre			
15th	3:30-5pm 6pm	Youth Activity (Multipurpose Room) Aerobics/Yoga/Tai Chi (Healing Room) Archery (South of Solo Dorm) Mens Basketball League (Gym)			

