Family Weekend
October 20th & 21st, 2018

#UNHFamily

Schedule

Saturday, October 20th
9am-2pm
Scheduled activities around campus
11:30, 12:30, 1:30
Lunch
3:30
UNH Vs. Delaware Football Game

Sunday, October 21st
9am - Pancake Breakfast

8:30am - Registration Begins (Tent on Great Lawn)

9:00 am
- Dimond Library Activities Begin: Study Spot Hashtag, Yearbook Look-Up, Snacks, Button Making Station. 9am-2pm. (Dimond Library, lobby)
- Demonstrations Presented by Alpha Chi Sigma – Chemistry Student Society, College of Engineering and Physical Science: Carbon Dioxide Bubbles, Slime, Elephant Toothpaste (Iddles Auditorium Lobby, Parsons Hall) 9am-10am.
- WUNH Radio Station Open House Begins. 9am-2pm. (1st floor, Memorial Union Building)
- Activities in the Hamel Recreation Center Begin. Activities include Meet and Greets with: Career and Professional Services, Housing, Community Standards, Student Accessibility Services, USAE, Sexual Harassment and Rape Prevention Program (SHARPP), Health and Wellness, Parents Council, Psychological and Counseling Services, Presentations and demonstrations by the Model UN, and Students for the Exploration and Development of Space. Apples, donuts, and jeopardy with Residential Life. Activities run 9am-2pm.
Schedule of Events

Saturday, October 20th

9:00 am
- Come climb with Outdoor Adventures at the Bouldering Wall! Open 9am-2pm. Shoes can be rented for free at the front desk. (Hamel Recreation Center)
- Open Houses Begin at Health and Wellness Psychological & Counseling Services, Student Accessibility Services and SHARPP. (Health Services Building, Smith Hall, 3rd floor, Smith Hall, 2nd floor and Wolff House) 9am - 2pm
- Come on down to the Horse Barn (across from the football stadium) and join equine students and staff for a barn tour, information on our equine programs, a chance to meet some of our horses and play a fun equine scavenger hunt game! 9am - 2pm.
- Town of Durham Table: Meet the folks that make Durham great and learn more places of interest in town. (Great Lawn)

9:30 am
- TEAL (technology enabled active learning) classroom demonstration with academic technology department. (Hamilton Smith, room 130)
- Alabaster Blue A Capella Performance (Great Lawn)
- AeroCats Demonstration (Great Lawn)
- Vinyasa Yoga Class: Vinyasa describes a series of three poses that are done as part of a sun salutation sequence. This class allows for a diverse range of poses with breath and movement synchronized. Expect to become stronger and more flexible. (Studio 1, Hamel Recreation Center)
- LunaCats Demonstrations (Great Lawn)

10:00 am
- Meet your UNH mascots! Gnarly and Wild E. Cat will be visiting with students and families at Hamel Recreation Center.
- Connect & OMSA Coffee and Donuts for families. 10-11:30. The Office of Multicultural Student Affairs and the Connect Program invite you to warm up during Family Weekend with some delicious coffee and donuts while connecting with your community. This event is geared towards students and families that are a part of the Connect Program and / or who frequent the Office of Multicultural Student Affairs. (Hamel Recreation Center, Demonstration Kitchen)
- Atkins Investment Group and Rines Angel Fund Presentation: Students from the Atkins Investment Group, a completely student-managed investment fund, and the Rines Angel Fund, a student-run angel investing group, will give a joint presentation about their involvement in these funds. Immediately following the presentation, members of the groups will guide those in attendance to the Bloomberg Terminals for viewing and to answer questions. 10-11 (Paul College, G25)
- The Student Occupational Therapy Association (SOTA) will demonstrate assistive devices and assistive technology for people with disabilities. 10-12 (Hewitt 131)
- College of Liberal Arts Socratic Society: Join the UNH philosophy department in a discussion about family. (Hamilton Smith Hall, 105)
- Dimond Library Activities Continue: Study Spot Hashtag, Yearbook Look-Up, Snacks, Button Making Station. 9am-2pm. (Dimond Library lobby)
- Explore academic enrichment opportunities with the Honors Program, Study Abroad, and the Hamel Center for Undergraduate Research. Snacks, information, and conversations with staff and students will be on offer. (Conant Hall, Room 113)
- WUNH Radio Station Open House Continues. 9am-2pm. (1st floor, Memorial Union Building)
- Activities in the Hamel Recreation Center Continue.
- Open Houses Continue at Health and Wellness, Psychological & Counseling Services, Student Accessibility Services and SHARPP. (Health Services Building, Smith Hall, 3rd floor, Smith Hall, 2nd floor and Wolff House)

10:30 am
- Yoga with the director of Residential Life - all are welcome including people who want to try yoga for the first time. It will be a gentle mindful yoga class. An opportunity to catch your breath, get centered, relax and get a great start to your Saturday. (Studio 2, Hamel Recreation Center)
- Cycling Class: Get ready for the ride of your life. Perfect for any fitness level! Challenge your endurance and strength on the bike! Great way to maximize your workout with bursts of power and speed. (Studio 3, Hamel Recreation Center)
- Health and Wellness Guided Meditation & Mindfulness Practice: We teach students about the benefits of mindfulness and meditation as a way to promote well-being for academic and personal success. The ability to be present and take moments of pause have been found to enhance concentration, cognition, emotional flexibility, self-compassion and general well-being. We invite you to join us for a 20-minute practice. There will be opportunities to ask questions. No experience needed. (Thrive Suite in the Hamel Recreation Center, Second floor)
- Come on down to the Horse Barn (across from the football stadium) and join equine students and staff for a barn tour, information on our equine programs, a chance to meet some of our horses and play a fun equine scavenger hunt game! 9am - 2pm.

11:00 am
- Exploring Wellness: We teach students that wellness is an active process through which they become aware of, and make choices towards, a more balanced life. Join us for an overview of the 8 dimensions of wellness, learn about the interconnectedness of each dimension, and how all aspects of life contribute to feeling well, both physically and mentally. There will be opportunities for questions. (Thrive Suite, Hamel Recreation Center, 2nd floor)
- College of Engineering and Physical Sciences Facility Tours: The 30-minute tour will highlight some of the laboratory spaces and unique hands-on projects and competition teams led by UNH students such as Aerocats, ET NavSwarm and the Lunacats. (North lobby of Kingsbury Hall, 33 Academic Way)
Schedule of Events

Saturday, October 20th

- Engineering Project and Competition Teams: Engineering students project teams will have their projects (cars, planes, robotic vehicles) on display. Stop by to speak with students about their projects: Aerocats, ET NavSwarm, Lunacats and more. 11am - 1pm. (Kingsbury South Hall Lobby and Project Corridor, Kingsbury Hall, 33 Academic Way).
- The Student Occupational Therapy Association (SOTA) will demonstrate assistive devices and assistive technology for people with disabilities. 10-12 (Hewitt 131)
- Dimond Library Activities Continue: Study Spot Hashtag, Yearbook Look-Up, Snacks, Button Making Station. 9am-2pm. (Dimond Library, lobby)
- Open Houses Continue at Health and Wellness, Psychological & Counseling Services, Student Accessibility Services and SHARPP. (Health Services Building, Smith Hall, 3rd floor, Smith Hall, 2nd floor and Wolff House)

11:30am
- First Lunch Seating (Hamel Recreation Center)
- Chambers Singers A Capella Performance (Hamel Recreation Center)
- Tour of Parsons Hall including General Chemistry, Quant and Organic Labs. (Meet Cindi Rohwer in Iddles Lobby, Parson Hall)
- Health and Wellness Guided Meditation & Mindfulness Practice: We teach students about the benefits of mindfulness and meditation as a way to promote well-being for academic and personal success. The ability to be present and take moments of pause have been found to enhance concentration, cognition, emotional flexibility, self-compassion and general well-being. We invite you to join use for a 20-minute practice. There will be opportunities to ask questions. No experience needed. (Thrive Suite in the Hamel Recreation Center, Second Floor)
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- WUNH Radio Station Open House Continues. 9am-2pm. (1st floor, Memorial Union Building)

12:00 noon
- Paul College: Kitchen Viewing. 12-2pm. The Paul College teaching kitchen will be open for viewing while Chef Ron Boucher and the Advanced Food Operations Hospitality Management students prepare for an event. Watch students in action from the adjoining classroom or step inside the kitchen for a close-up look. (Teaching Kitchen, Paul College, 10 Garrison Ave)
- Museum of Art Tour (Museum of Art, Paul Creative Arts Center, 30 Academic Way).
- Exhibit: People, Places and Things: Recent Acquisitions. Open 12-4pm. (Museum of Art, Paul Creative Arts Center, 30 Academic Way).
- Exhibit: Do Or Die: Affect, Ritual and Resistance. Open 12-4pm. (Museum of Art, Paul Creative Arts Center, 30 Academic Way).
- Chambers Singers A Capella Performance (Hamel Recreation Center).
- Engineering Project and Competition Teams: Engineering students project teams will have their projects (cars, planes, robotic vehicles) on display. Stop by to speak with students about their projects: Aerocats, ET NavSwarm, Lunacats and more. 11am - 1pm. (Kingsbury South Hall Lobby and Project Corridor, Kingsbury Hall, 33 Academic Way).
- Open Houses Continue at Health and Wellness, Psychological & Counseling Services, Student Accessibility Services and SHARPP. (Health Services Building, Smith Hall, 3rd floor, Smith Hall, 2nd floor and Wolff House)

12:30pm
- Second Lunch Seating (Hamel Recreation Center)
- College of Liberal Arts: Student Jazz Trio (Hamel Recreation Center)
- Tour of Parsons Hall including General Chemistry, Quant and Organic Labs. (Meet Cindi Rohwer in Iddles Lobby, Parson Hall)
- College of Engineering and Physical Sciences Facility Tours: The 30-minute tour will highlight some of the laboratory spaces and unique hands-on projects and competition teams led by UNH students such as Aerocats, ET NavSwarm and the Lunacats. (North lobby of Kingsbury Hall, 33 Academic Way)
- Exploring Wellness: We teach students that wellness is an active process through which they become aware of, and make choices towards, a more balanced life. Join us for an overview of the 8 dimensions of wellness, learn about the interconnectedness of each dimension, and how all aspects of life contribute to feeling well, both physically and mentally. There will be opportunities for questions. (Thrive Suite, Hamel Recreation Center, 2nd floor)
Schedule of Events

Saturday, October 20th

1:00pm
-Museum of Art Open House Continues
-Dimond Library Activities Continue
-Open Houses continue at Health and Wellness, Psychological & Counseling Services, Student Accessibility Services and SHARPP. (Health Services Building, Smith Hall, 3rd floor, Smith Hall, 2nd floor and Wolff House)
-Hamel Recreation Center Activities Continue
-Health and Wellness Guided Meditation & Mindfulness Practice: We teach students about the benefits of mindfulness and meditation as a way to promote well-being for academic and personal success. The ability to be present and take moments of pause have been found to enhance concentration, cognition, emotional flexibility, self-compassion and general well-being. We invite you to join use for a 20-minute practice. There will be opportunities to ask questions. No experience needed. (Thrive Suite in the Hamel Recreation Center, Second Floor)

1:30pm
-Third Seating Lunch (Hamel Recreation Center)
-Open Houses across campus continue
-Hamel Recreation Center Activities Continue
-Museum of Art Open House Continues
-Dimond Library Activities Continue
-Exploring Wellness: We teach students that wellness is an active process through which they become aware of, and make choices towards, a more balanced life. Join us for an overview of the 8 dimensions of wellness, learn about the interconnectedness of each dimension, and how all aspects of life contribute to feeling well, both physically and mentally. There will be opportunities for questions. (Thrive Suite in the Hamel Recreation Center, Second Floor)
-Come on down to the Horse Barn (across from the football stadium) and join equine students and staff for a barn tour, information on our equine programs, a chance to meet some of our horses and play a fun equine scavenger hunt game! 9am – 2pm.

2:00pm
-Exhibit: People, Places and Things: Recent Acquisitions. Open 12-4pm. (Museum of Art, Paul Creative Arts Center, 30 Academic Way)
-Exhibit: Do Or Die: Affect, Ritual and Resistance. Open 12-4pm. (Museum of Art, Paul Creative Arts Center, 30 Academic Way)

3:30pm
-UNH vs. Delaware Game kickoff

5:00pm
-Express Yourself: Identity, Style and Adornment: The Black Heritage Trail of New Hampshire and the University of New Hampshire will host a Fashion Show in the atrium on the first floor of Hamilton Smith Hall. The fashion show, the first of its kind, is the final event in the 12th Annual Black New England Conference, a two-day event on October 19th and 20th. There is a $10 charge for this event. Pay at the event.

6:30pm
-Incredibles 2 Showing. Student admittance is free. All others: $6.00. Children under 12: $4.00 (Memorial Union Building, Theaters).

6:45pm
-Deadpool 2 Showing. Student admittance is free. All others: $6.00. Children under 12: $4.00 (Memorial Union Building, Theaters).

7:00pm
-Off the Cleff A Capella Mid Semester Show (Memorial Union Building, Entertainment Center)

9:00pm
-ThinkFast Gameshow. ThinkFast! An interactive game show experience where the contestant is you! Bring you, your friends, and your family together to compete against other teams for a chance to win the grand prize, $200 cash! This interactive game is designed specifically with the UNH and Family Weekend. ThinkFast incorporates trivia about topics such as sports, music, TV, movies, celebrities, general entertainment topics, pop icons, academic topics. So come to the Strafford Room in the MUB and test your knowledge! (Strafford Room)

Sunday, October 21st
9am-11am Pancake Breakfast (Hamel Recreation Center)