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Calendar of Events

NEWS AND INFORMATION ABOUT THE UNIVERSITY OF MASSACHUSETTS BOSTON

September 1998

The Calendar of Events is published on the last Monday of the month by the Office of Public Information. All events are free and open to the public, unless otherwise noted. From off campus, dial (617) 28*-****.

Send submissions by the third Monday of each month to Calendar of Events, Public Information, 3rd floor, Quinn Administration Building. Fax: 617-287-5305; or e-mail: univ_report@umbsky.cc.umb.edu.

Tuesday, 9/1

New Student Orientation, 8:45 a.m., McCormack, 3rd floor, Ryan Lounge. New students are encouraged to reserve their spot. Call 7-5507.

Wednesday, 9/2

International Student Conference, 9 a.m.-3 p.m., Healey Library, 11th floor, University Club. All first-semester international students must attend. Meet other students, obtain info. on housing, banking, insurance, immigration issues, student life and more. RSVP to 7-5522, or e-mail orient@umbsky.cc.umb.edu.

"Improve Your Close Relationships: A Therapy Group for Students," 2:35-4 p.m., Administration Bldg., 2nd floor, Counseling Center. Wednesdays. An ongoing, psychodynamic interpersonal therapy group focusing on heightening self awareness and improving relationships. Call Brenda Hamady at 7-5690.

Wednesday, 9/9

Introduction to Tai Chi, 1-1:30 p.m., McCormack, 1st floor, Room 010. Learn about this graceful approach to stretching, mental calm, physical balance and self massage; 24-movement form. Call 7-5685 or visit M-1-613.

WUMB Live Broadcast from UMass Boston Welcome Week Activities, 9 a.m.-6 p.m. Administration Building, Upper Level.

Men's Soccer vs. Endicott, 3:30 p.m., Clark Athletic Center.

Thursday, 9/10

Health Promotion Program Open House, 11:30 a.m.-2 p.m., McCormack, 1st floor, Room 613. Free food & drink; tips on studying, stress reduction, health screening, health living ideas, weight management & smoke cessation. Questions? Call 7-5685 or visit M-1-613.

Softball Game, 12:30 p.m., Clark Athletic Center, Softball Field. A coed, get-to-know-fellow-students softball game. A Welcome Week event. Call Rick Sledzik at 7-7830.

Friday, 9/11

P.R.I.D.E. Program Open House, 11 a.m.-1 p.m., McCormack, 2nd floor, Room 414. Meet staff, learn what P.R.I.D.E. can offer you. Student Alcohol and Other Drug Peer Leader Program applications will be available. Call 7-5680.

Health Promotion Program Open House, 11:30 a.m.-2 p.m., McCormack, 1st floor, Room 613. Free food and drink; tips on studying, stress reduction, health screening, health living ideas, weight management & smoke cessation. Call 7-5685 or visit M-1-613.

Racquetball, Wallyball, Squash, Noon-2 p.m., McCormack Building, Beacon Fitness Center. A Welcome Week event. Call 7-7830.

Saturday, 9/12

Boston Folk Festival, 11 a.m.-6 p.m., Boston Common (four stages), Downtown Crossing (one stage). WUMB 91.9 FM joins other arts organizations for this free event. Live broadcast (10 a.m.-5 p.m.). Call 7-6900.

Football vs. Fitchburg State, 1 p.m., Clark Athletic Center.

Women's Tennis vs. Pine Manor, 1 p.m., Clark Athletic Center.

Sunday, 9/13

Boston Folk Festival, Noon-6 p.m., Boston Public Library & Newbury Street (near Tower Records). WUMB 91.9 FM joins other arts organizations for this free event. Call 7-6900.

Monday, 9/14

Ping Pong, 11:30-1 p.m., Clark Athletic Center. Learn to play table tennis. A Welcome Week event. Call 7-7830.

Introduction to Yoga, 11:30 a.m.-Noon, McCormack, 1st floor, Room 617. Combines exercise and relaxation; adds tone and flexibility to muscles; improves health; relieves stress. Call 7-5685.

Study Smarter, Not Harder, 1:30-2:15 p.m., McCormack, 1st floor, Room 613. Learn to make the most out of your study time now — you'll do better this semester with less effort. Call 287-5685.

Tuesday, 9/15

Introduction to Meditation, Noon-12:30 p.m., McCormack, 1st floor, Room 613. Learn a quick, easy approach to improving concentration, reducing stress and clearing your mind. Call 7-5685.

Introduction to Weight Management, 1-1:30 p.m., McCormack, 1st floor, Room 613. Learn ways to effectively address your weight goals. Call 7-5685.

Horseshoes, Tennis lessons, 1:30-3:30 p.m. Clark Athletic Center, Upper level, G2-001 (Intramural Office). A Welcome Week event. Call 7-7830.

Introduction to Smoke Cessation, 2:30-3 p.m., McCormack, 1st fl., Rm. 613. Starting to think about stopping? Approaching a quit date? Recently stopped? Looking to hang in there after quitting? This is the time and place for you. Call 287-5685 or visit M-1-613.

Gerontology Colloquium, 3-4:15 p.m., Wheatley, 4th floor, Room 147-2 (CPCS Conference Room). Scott Heron of Boston University presents "The Development of the Home Care Satisfaction Measure: Psychometric Properties and Applications." Call 7-7300.

Introduction to the "Stress Reduction/Life Enhancement" Program, 3-3:30 p.m., McCormack, 1st floor, Room 613. Five-session program incorporates meditation and information on habits of thinking; promotes greater effectiveness and peace. Call 7-5685 or visit M-1-613.

Wednesday, 9/16

Workshop: "How to Help a Friend With an Alcohol or Other Drug Problem," Noon-1 p.m., McCormack, 2nd floor, Room 413. Single-session workshop introduces concepts of effective intervention. Call 7-5680 to register.

Men's Soccer vs. MIT, 3:30 p.m., Clark Athletic Center.

Domestic Violence Forum, 7 p.m., Wheatley, 4th floor, Student Lounge. For more information, call Phyllis Freeman of CPCS at 7-7372.

Thursday, 9/17

"A Look at Charter and Pilot Schools: What Are We Learning?" 3:30-5:30 p.m., Jordan Hall, 30 Gainsborough St., Boston. A Forum for the 21st Century event. Free bus to and from Jordan Hall leaves UL Busway at 3 p.m. Call 7-6800.

Volleyball vs. Suffolk, 6 p.m., Clark Athletic Center.

Friday, 9/18

Information Sessions for Alcohol & Other Drug Peer Leader Program, 11 a.m.-Noon, McCormack, 2nd floor, Room 413. A series of three training sessions for students. (Also 9/22, 9/30.) Call Linda Jorgensen at 7-5680.

Saturday, 9/19

Teachers and Writer's Conference, 9 a.m.-2 p.m., Wheatley Hall, Snowden Auditorium. Boston Writing Project's "Teaching Under Fire: A Conference for Today." Workshops and forums on teaching and writing poetry, empowering through writing, & more. \$20 in advance; \$30 day of event. Call 7-7665.

Men's Soccer vs. Mass Maritime, 1 p.m., Clark Athletic Center.

Monday, 9/21

Yoga, 11:30-12:15 p.m., McCormack, 1st floor, Room 613. Free. No sweat — no need to change clothes. Mats provided. Drop-in basis. Questions? Call 7-5685.

Tuesday, 9/22

Weight Management Support Group, 1-1:45 p.m., McCormack, 1st floor, Room 613. Information and support for reaching and maintaining weight and dietary goals. (Four Tuesdays, starting 9/22) Individual appointments also available. \$12. To register, call 7-5685 or visit M-1-613.

Smoke Cessation Support Group, 2:30-3:15 p.m., McCormack, 1st floor, Room 613. Thinking about quitting, just stopped or have stopped for a while? Share tips and experiences. (Four Tuesdays, starting 9/22) Individual appointments also available. Call 7-5685.

Gerontology Colloquium, 3-4:15 p.m., Wheatley, 4th floor, Room 147-2 (CPCS Conference Room). Pamela Doty of the U.S. Department of Health and Human Services presents "Financing Home Care for the Chronically Ill Elderly." For more information, call 7-7300.

Women's Soccer vs. Worcester State, 4 p.m., Clark Athletic Center.

Wednesday, 9/23

Workshop: "How to Help a Friend With an Alcohol or Other Drug Problem," Noon-1 p.m., McCormack, 2nd fl., Rm. 413. Call 7-5680 to register.

Health Service Open House, Noon-4:30 p.m., Administration Building, 2nd

See our Web site for last-minute additions!

<http://omega.cc.umb.edu/~pubinfo/calendarintro.html>.

floor. Free food, health screenings, raffle, information and health care products. Call 7-5685 or 7-5660.

Women's Tennis vs. Regis, 3:30 p.m., Clark Athletic Center.

Thursday, 9/24

Health Service Open House, Noon-4:30 p.m., Administration Building, 2nd floor. Free food, health screenings, raffle, information and health care products. Call 7-5685 or 7-5660.

Graduate Study Open House, 4:30-7:30 p.m., Wheatley, 3rd floor, Cafeteria. Meet graduate program directors and learn about faculty, curricula, schedules, financial aid, and more. Call 7-3955.

Friday, 9/25

Women's Tennis vs. Southern Maine, 3 p.m., Clark Athletic Center.

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Calendar of Events (Continued)

September 1998

Saturday, 9/26

Alumni Family Day on the Point, 8 a.m.-4 p.m. Alumni Homecoming Program with lectures, music, art, campus tours, harbor cruises, reception, luncheon and football game. (WUMB 91.9 FM live broadcast, 10 a.m.-2 p.m.) Call 7-5330.

Women's Soccer vs. Southern Maine, 11 a.m., Clark Athletic Center.

Football vs. UMass Dartmouth, 1 p.m., Clark Athletic Center.

Monday, 9/28

Convocation Breakfast, 9 a.m., Clark Athletic Center, Gymnasium. By invitation only.

Tuesday, 9/29

"Latinos and Latinas in Massachusetts: An Update," Noon-2 p.m., Healey Library, 11th floor. A Gastón Institute Speakers Series lecture by Andres Torres, Ph.D. Lunch provided for those who make advanced reservations. Call 7-5790.

Women's Soccer vs. Lasell, 4 p.m., Clark Athletic Center.

Wednesday 9/30

Workshop: "How to Help a Friend With an Alcohol or Other Drug Problem," Noon-1 p.m., McCormack, 2nd floor, Room 413. Learn how to take care of yourself while helping another. Call Linda Jorgensen at 7-5680 to register or to schedule an individual consultation.

Women's Tennis vs. Lesley, 3 p.m., Clark Athletic Center.

Food for Thought Series, 3:30-5 p.m., Wheatley, 4th floor, Room 148A (CPCS Conference Room). Call Segi Stefanos at 7-7363 for more information.

Men's Soccer vs. Westfield State, 3:30 p.m., Clark Athletic Center.

Miscellaneous

- All students, faculty and staff are invited to participate in **Welcome Week**, Sept. 8-15. Look for the Welcome Week information station in each campus building for details, or call 7-7950.

- September is **Treatment Works Month**. For more information about alcohol and other drug treatment resources, contact the P.R.I.D.E. Program at 7-5680. Or stop by McCormack, 2nd fl., Room 414.

- On Sun., Oct. 4, UMass Boston will participate in the **Making Strides Against Breast Cancer Walk**. To sign up, call Claire Poirier at 7-5189.

- **Meditation** is held daily, 12:30-12:50 p.m., McCormack, 1st floor, Room 613. Free. Learn and be led through an easy-to-learn meditation approach; clear the mind, reduce stress, leave refreshed; drop-in basis. For more information, call 7-5685 or come to M-1-613.

- Contact **The Learning Center** at 7-3990 for a complete list of September workshops.