### Stress Busters

- **The Raptor Program**
  - Join House Council to learn about several different birds of prey with the Cornell Raptor Program!
  - **Saturday, December 3 at 3:00pm**
  - Common Room

- **Pakistani Festival**
  - Featuring traditional South Asian drumming, food, and dance.
  - **Everyone is welcome! Saturday, December 3 at 9:30pm**
  - Dining Room

- **House Council Meeting**
  - **Everyone is Welcome!**
  - **Every Sunday at 8:00pm**
  - Isaac Kramnick Seminar Room

- **Let’s Go for a Walk!**
  - **Monday, December 5 at 2:00pm**
  - Enjoy a brain-refreshing walk around beautiful Beebe Lake!
  - Walk from Becker to 626 Thurston Ave to join this campus-wide nature walk.
  - **FREE hot beverages and snacks will be available**
  - **Meet GRF Rochelle at the House Office at 2:00pm**

- **Let’s Meditate!**
  - with GRF Rochelle
  - Looking to get more done in less time - without stress?
  - **Monday, December 5 at 7:30pm**
  - TV Lounge, **Everyone is Welcome**

- **Let’s Meditate!**
  - with GRF Rochelle
  - Feeling stressed about finals? Relax with some coloring time with your fellow housemates! Coloring books and pencils provided.
  - **Wednesday, December 7 at 8:00pm**
  - **Isaac Kramnick Seminar Room**

- **Unwind with Hoop Dancing**
  - **Thursday, December 8 at 8:00pm**
  - Common Room
  - Join Amanda (GRF Fritz’s wife) for hula hooping! Amanda is an expert hoop dancer.
  - Come learn her secret moves!
  - This will be a great, energizing study break!

- **Harry Potter will Bust Your Stress!**
  - Join SAs Claudia and Reade as they escape into the world of magic.
  - **Saturday, December 10 at 8:30pm**
  - TV Lounge

- **Let’s Go for a Walk!**
  - Pop a stress balloon instead!
  - **Wednesday, December 14 at 2:00pm in the Common Room**
  - **Feel Like Your About To POP?**
  - Pop a stress balloon instead!
  - Bring your stress and I’ll bring the rest.
  - Together we’ll show stress who’s boss!
  - After, bask in the sweet relief while enjoying yummy snacks.
  - **Wednesday, December 14 at 2:00pm in the Common Room**

- **Let’s Meditate!**
  - with GRF Rochelle
  - Looking to get more done in less time - without stress?
  - **Monday, December 12 at 7:30pm**
  - **Common Room**

- **Unwind with Hoop Dancing**
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- **3D Printing**
  - **Monday, December 12 at 8:00pm**
  - **Conference Room**

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- **MakeSpace: De-Stress DIY Session**
  - **Saturday, December 10 at 8:30pm**
  - **Cafeteria Common Room**
  - **Sign up at the House Office**

- **MakeSpace**
  - **Monday, December 12 at 8:00pm**
  - **Conference Room**

- **Ugly Holiday Sweater Social**
  - **Tuesday, December 13 at 8:00pm**
  - **GRF Fritz’s apartment (452 - 4th floor, north wing)**
  - **Throw on your ugly holiday sweater and head to GRF Fritz’s apartment for hot chocolate, cookies, and a study break!**

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- **“Like” us on Facebook! facebook.com/beckерhouse**

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**with GRF Rochelle**
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**Monday, December 5 at 7:30pm, TV Lounge, Everyone is Welcome**