

Allenotes 10/16 - 10/23

Sun 16th	4pm: Kickball (<i>meet in front</i>) 6pm: Ceramics (<i>Ceramics Lab</i>)
Mon 17th	7pm: Simplify Your Stress (<i>South Rec</i>) 7pm: Allen Jams (<i>Main Lounge</i>) 7pm: Stitchin' & Bitchin' (<i>145 Allen</i>)
Tue 18th	7:30pm: Allen Albums/SLAYS (<i>Main Lounge</i>)
Wed 19th	5pm: Halloween Door Decs (<i>South Rec</i>) 9:15pm: AHBOA (<i>rm 151</i>)
Thurs 20th	5pm: Q's Trans Wellness Gear Info Session (<i>Main Lounge</i>) 8pm: Painting w/ Bob Ross (<i>South Rec</i>)
Fri 21st	7pm: Leyla McCalla Performance (<i>Main Lounge</i>)
Sat 22nd	7pm: AHBOA Fall Fest (<i>South Rec</i>)
Sun 23rd	3pm: Fall Edible Foraging (<i>meet in front</i>) 6pm: Ceramics (<i>Ceramics Lab</i>)

Kickball

Sunday, October 16, 4pm, meet in front

Take advantage of the nice weather and play kickball with us! We will meet at the front of Allen and walk over to the south quad.

Ceramics

Sunday, Oct 16 & Oct 23, 6pm, Ceramics Lab

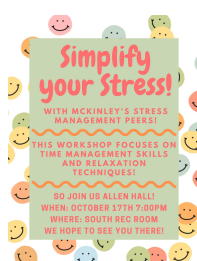
Come join us and learn how to make pottery, ceramic sculptures, and more! Drop in any week.

No Yoga class this Monday. We'll resume next Monday.

Simplify Your Stress Workshop

Monday, October 17, 7pm, South Rec Room

Midterms are in full swing, and some of you may feel overwhelmed and stressed. Luckily, McKinley Health Center Stress Management Peers are here to change that. They will hold a workshop designed to improve your time management skills and teach you relaxation techniques.



Allen Jams

Monday, October 17, 7pm, Main Lounge

Meet other musicians at Allen and jam together! All instruments/genres/experience levels welcome.

Stitchin' and Bitchin'

Monday, October 17, 7pm, 145 Allen

In the midst of midterm season, we all need a moment to complain about everything. Come complain with us and take out that aggression with your fiber art of choice! Whether you're an expert stitcher or you just need a place to bitch, all are welcome! Some materials are provided.

Allen Albums/SLAYS

Tuesday, October 18, 7:30pm, Main Lounge

Join us for a special SLAYS-themed Allen Albums event! We will listen to an album selected by SLAYS, Allen's Latine club.

Halloween Door Decs

Wednesday, October 19, 5pm, South Rec

Join RAs Noah and Amara to make Halloween themed door decorations! We'll provide materials.

AHBOA (Allen Hall Board of Activities)

Wednesday, October 19, 9:15pm, Room 151

Come out to AHBOA if you are looking for ways to get involved in the hall.

Q's Trans Wellness Gear Info Session

Thursday, October 20, 5pm, Main Lounge

Come to Q for an informational meeting on all things trans wellness gear. No matter what your gender expression is, this session will have something for you. Packers, binders, gaffs, and a few goofs! Learn all about trans wellness gear and enjoy some free pizza and snacks.

Painting with Bob Ross

Thursday, October 20, 8pm, South Rec

Come paint some happy little trees with everyone's favorite artist! No experience is required. And, remember, there are no mistakes, only happy accidents!

Leyla McCalla performance at Allen Hall!

Friday, October 21 at 7pm, Main Lounge

Singer, songwriter, and multi-instrumentalist, Leyla McCalla explores the Black roots of American culture. She rose to fame as a member of the Grammy Award-winning string band Carolina Chocolate Drops. Leyla McCalla's remarkable new album, *Breaking the Thermometer*, fueled by intoxicating Afro-Caribbean rhythms, combines original compositions with traditional Haitian tunes to explore the legacy of Radio Haiti—Haiti's first radio station to report the news in Haitian Kreyòl, the voice of the people.

Want a **FREE PASS** to the **CU Folk and Roots Festival 10/20-10/22**? Email

lhaber@illinois.edu with your name and room number *before* Saturday, October 22.



AHBOA Fall Fest

Saturday, October 22, 7pm, South Rec

Join AHBOA for a fun evening full of various fall activities like pumpkin painting, caramel apple making, and a snack bar! All are welcome to join in on the fall fun!

Fall Edible Foraging Fun

Sunday, October 23, 3pm, meet in front

Join forager Grey on a hike to find ingredients for the perfect fall-themed meal, which we'll make & eat together. We'll discuss his upcoming cookbook, safe foraging practices, and how to eat sustainably. Bring a forager's bag (any bag), walking shoes, and enough layers for the weather.