

# Allenotes 3/5/23 - 3/10/23

Sun 5th	2pm: <b>Terrarium Making</b> (South Rec) 6pm: <b>Ceramics</b> (Ceramics Lab)
Mon 6th	5pm: <b>Yoga</b> (Main Lounge) 6pm-8pm: <b>Therapy Dogs</b> (Main Lounge) 7pm: <b>Stitchin' and Bitchin'</b> (145 Allen)
Tue 7th	7:30pm: <b>Eusa Nia</b> (LAR Conference Room)
Wed 8th	9:15pm: <b>AHBOA</b> (151 Allen)
Thurs 9th	6pm: <b>Spring Rolls for Spring</b> (South Rec)
Fri 10th	Have a great break!

## Terrarium Making

Sunday, March 5, 2pm, South Rec

Come join local forager Grey Sherwin to learn how to make your own terrarium using plants from around campus!



## Ceramics

Sunday, March 5, 6pm, Ceramics Lab

Learn how to make pottery, ceramic sculptures, and more! Drop in any week.

## Free Yoga classes w/ Mary Wolters

Monday, March 6, 5pm, Main Lounge

Mary Wolters has been practicing yoga since 1997 and teaching since 2001. She has studied with master yoga teachers from around the world. Drop in any week!

### Free Yoga Classes at Allen Hall Mondays, 5pm-6pm, Main Lounge

All are welcome.  
No experience necessary.



## Therapy Dogs at Allen

Monday, March 6, 6pm-8pm, Main Lounge

Stressed from midterms? Anxious about spring break? Come and pet a pup at Therapy Dogs at Allen! Therapy Dogs provided by Pupcakes.



## Stitchin' and Bitchin'

Monday, March 6, 7pm, 145 Allen

Come get hooked on knitting with us. Some supplies included. Needles and hooks provided.

## Eusa Nia

Tuesday, March 7, 7:30pm, LAR Conference Room

Join Allen and LAR'S Black Student Union. Snacks/drinks will be provided!

## AHBOA: Allen Board of Activities

Wednesday, March 8, 9:15pm, 151 Allen

AHBOA is Allen Hall's Board of Activities! Join us as we plan fun events for the rest of the semester. All are welcome!

## Spring Rolls for Spring

Thursday, March 9, 6pm, South Rec

Join AHBOA for one last event before Spring Break and make some spring rolls with us! We'll have plenty of build-your-own options, so make sure to spring on by!

