



Volume #1 | Winter 2021 | The Playground



Announcement

- The MAC has moved 100% virtual for the Winter quarter 2021.
- To attend any activity, add us on Canvas [here](#).
- We are offering a multitude of activities that are coming your way beginning Jan 4th.

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Gaming

We're looking for Seattle Central Gamers to join our winter quarter virtual intramurals! You could win prizes to GameStop!



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Seattle Central College | Mitchell Activity Center | Winter Quarter 2021

REGULAR SEASON

JAN 18 - MAR 6

PLAYOFFS

MAR 7 - MAR 14

Games:

- Super Smash Bros
- Mario Kart
- FIFA 21 (Xbox and PS)
- Rocket League (Xbox and PS)

Date: Regular season: Jan 18 – Mar 6

Playoffs: Mar 7 – Mar 14

Start here: Sign up by Jan 23rd in the MAC Canvas [here](#).

Winter Events

This winter we will be hosting a number of events. Join us and earn some prizes!

Events:

- Trivia (New to Trivia? Watch a 2-minute video [here.](#))
 - Date: Jan 21
 - More details and Zoom links on MAC canvas [announcements section.](#)

- Pictionary (Team-based activity similarly to Trivia.)
 - Date: Feb 18
 - Details: TBD.
 - Zoom links on MAC canvas [announcements section.](#)

- Photography contests (Juried show)
 - How to submit:
 - Submit up to 2 photos on MAC Canvas [here.](#)
 - TAG, MAC staff, and Ken Matsudaira, curator of the M. Rosetta Hunter Art Gallery, will choose their favorite submissions.
 - The selected photos will be presented to the Seattle Central student body to vote.
 - The top 3 vote earners will earn a prize to [Glazer's camera](#), your local photography store.
 - Photo submission topics:
 - Holiday Season
 - Winter Scenery
 - Pets in the Outdoors
 - Seattle Landmarks
 - Date: TBD.
 - More details on MAC canvas.



(Example of past contest poster and prizes)

Nutrition Info Sessions

Lauren will be offering tips on how to stay healthy during the winter! Come with questions (or not) and note down the ideas!



Lauren Leedy, Registered Dietitian

Explore more tips on her [blog](#) and follow her on Instagram [@laurenleedynutrition](#).

The MAC is contracted with Lauren Leedy, a Seattle based Registered Dietitian, who can answer all your questions about nutrition and healthy diet on every Wednesday at 4pm

To join this class, follow the steps on page 5.

Topic for each session

- Jan 6 – Meet & Greet
- Jan 13 – Takeout Tips
- Jan 20 – Open Questions
- Jan 27 – Foundation for Healthy Eating
- Feb 3 – Open Questions
- Feb 10 – Mindful Eating
- Feb 17 – Open Questions
- Feb 24 – Meal Planning
- Mar 3 – Open Questions
- Mar 10 – Meal Hacks & Snack Tips
- Mar 17 – Open Questions

Virtual Activity Classes

We have a broad list of classes coming at you this quarter that will help keep you healthy during the colder months.

SEATTLE CENTRAL COLLEGE One of the Seattle Colleges Jan 4th - Mar 24th				
WINTER QUARTER 2021 VIRTUAL ACTIVITY CLASSES FREE FOR MAC MEMBERS				
TIME	MON	TUE	WED	THU
12:00 PM	Yoga	Cardio Boxing	Yoga	Cardio Boxing
4:00 PM			Nutrition Info Session	
5:00 PM	Strength & Mobility	Fire & Ice	Fire & Ice	
6:00 PM		Yoga	Cardio Salsa	Yoga

Note:

Classes are free to students (fees are already collected with your tuition). You only need to complete the waivers.

How to sign up (Students):

- Go to the MAC on [canvas](#).
- Fill out the waivers and wait for them to be graded by MAC staff.
- Class schedule with their links will then be available for you to attend.
- Sweat!

Faculty/Staff must sign up [here](#).

There are more activities already available through MAC canvas that you can enjoy like Virtual Recreation tour of the US National Parks, or watch a short film created by a small team in the National Park Services, Twenty & Odd, that explores 400 years of "trauma, resilience, and beauty" of the African- American experience. Visit MAC on canvas to hear more updates and have a fun and relaxing time!

Ask questions or comment about MAC activities, email **Jared Blitz**, Director of the MAC, at jared.blitz@seattlecolleges.edu