



# Programming Post

News and Tips from the Programming Resource Center

OCTOBER 2011

## About the Post



The Programming Post is the PRC's monthly newsletter. It exists to give you helpful hints and ideas for activities and events you can hold for your residents, as well as news from the PRC!



## This just in!

A new small hot laminator, new fancy bordette, stickers and more! The PRC is always updating its inventory to satisfy your needs, so come in and see what we have!

## Bulletin Board Contest

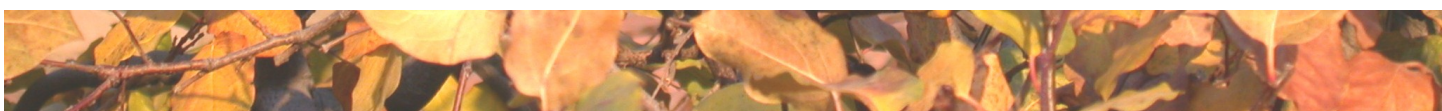
Create a bulletin board on mental health using bubble wrap. Post pictures of completed boards on the PRC Facebook page by October 22nd. Winner can choose to have a bulletin board or program done by a PA.

Like us on



by

searching "Program Resource Center at William and Mary" to get ideas, updates, and contest results.





## What's Happening

### Monthly:

Eat Better, Eat Together Month  
 National Breast Cancer Awareness Month  
 National Cyber Security Awareness Month  
 National Popcorn Poppin' Month  
 Squirrel Awareness Month  
 Positive Attitude Month  
 National Sarcastic Awareness Month  
 Bat Appreciation Month

### Weekly:

Great Books Week 2-8  
 Mental Illness Awareness Week 2-8  
 Fire prevention Week 9-15  
 World Rainforest Week 10-15  
 Freedom of Speech Week 16-22  
 Peace, Friendship, and Good Will Week 24-30  
 National Massage Therapy Week 25-29

### Daily

National Lace Day 1  
 Techie's Day 2  
 National Kick Butt Day 10  
 National Coming Out Day 11  
 National Bring Your Teddy Bear to Work and School Day 12  
 Dictionary Day 16  
 Evaluate Your Life Day 19  
 Frankenstein Friday 28  
 Checklist Day 30

## Programming Ideas



Have a hall potluck  
 Start a book club  
 Have a Halloween Party  
 Visit Lady Skipwith (and the other CW ghosts)  
 Bring in a firefighter or campus policeman to talk about safety  
 Relaxation sessions Wednesdays 1:15-1:45  
 Breast Cancer Wellness Workshop Oct. 18  
 Dancevent 8 PM Oct. 21



## BBBs and Posters for

### October

The PRC has some great pre-made bulletin boards for you. Check out these, which are perfect for this month!

### Bulletin Boards in a Bag:

Living With Someone (the Roommate From Hell)  
 Halloween Dinner  
 We Didn't Start the Fire (Fire Safety)  
 How to Eat Healthy  
 Fun With Candy  
 Love Languages

### Posters:

Microwave Safety  
 Personality Types  
 Breast Cancer  
 101 Ways to Wellness  
 Awkward Situations  
 Safe Zone