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!

Programming Ideas for February

Watch one of these nationally acclaimed TV programs:
- Super Bowl on 2/5
- Grammy Awards on 2/12
- Westminster Dog Show on 2/13
- Academy Awards on 2/26

Cook a delicious snack or meal using avocado or bananas

Read a beloved children’s book

Invite a presenter from the Counseling Center to speak about healthy relationships

Watch “Crash” or another movie that deals with race relations and prejudice
Inspiration & Ideas for

February

What's Happening

Monthly:
- American Heart Month
- International Boost Self-Esteem Month
- Marijuana Awareness Month
- National African American History Month
- National Time Management Month
- National Condom Month
- Avocado and Banana Month

Weekly:
- Children’s Authors and Illustrators Week 5-11
- International Networking Week 6-10
- Random Acts of Kindness Week 13-19
- Texas Cowboy Poetry Week 24-26
- National Eating Disorders Awareness Week 26-3/3

Daily
- Groundhog Day 2
- World Nutella Day 5
- Exterrestrial Visitors Day 9
- Satisfied Staying Single Day 11
- NAACP Day 12
- Valentine’s Day 14
- National Call in Single Day 14
- Presidents Day 20
- Mardi Gras 21
- National Chili Day 23
- Rare Disease Day 28

Ready-Made Resources for February

Bulletin Boards in a Bag
- Eating Disorders-Male (K)
- Eating Disorders-Female (L)
- Be Happy this Valentine’s )O)
- The Art of Kissing (P)
- Love Languages (Z)
- 28 Days of Black History (XX)
- Somewhere in the Rainbow (NN)

Don’t Believe the Hype: 10 Steps to Loving Your Body as it is (CC)

Programs at Your Fingertips
- Avoiding Stress and Mindless Eating (C)
- Time Management (D)
- From College to Work (M)

Posters
- Black Inventors
- Contraception
- Dr. Seuss
- Love Your Body
- Room Selection
- Sexual Responsibility
- Worst Pick-Up Lines