



MITCHELL ACTIVITY CENTER

SEATTLE CENTRAL COLLEGE

The Playground

Volume #2 | Winter 2021 | The Playground

Announcements

Winter 2021

The MAC is still 100% virtual for the Winter quarter.

Add us on Canvas here:

<https://canvas.seattlecentral.edu/enroll/MNKLXN>

We are offering a multitude of activities that are coming your way beginning Jan 4th.

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Virtual Student Intramurals

We're looking for Seattle Central Gamers to join our winter quarter virtual intramurals!

Games:

*Super Smash Bros

*Mario Kart

*FIFA 21 (Xbox and PS)

*Rocket League (Xbox and PS)

When:

Regular season: Jan 18 – Mar 6

Playoffs: Mar 7 – Mar 14

Win prizes to GameStop!

Sign ups in the MAC Canvas end Jan 16th



Winter Events

This winter we will be hosting a number of events.

Jan 21 – Trivia

Feb 18 – Pictionary

Photography Contests – TBD

- Holiday Season
- Winter Scenery
- Pets in the Outdoors
- Seattle Landmarks

How do our juried shows work?

- Submit up to 2 photos (find the MAC on Canvas) here:

<https://canvas.seattlecentral.edu/enroll/MNKLXN>

- TAG and MAC staff, along with Ken Matsudaira, curator of the M. Rosetta Hunter Art Gallery, will choose their favorite submissions.
- The selected photos will then be put up for a Seattle Central student body vote.
- The top 3 vote earners will earn a prize to Glazer's camera, your local photography store.

We look forward to seeing everyone's talent. Good luck!



(Example of Past Contest)

*Nutrition Info Sessions w/ Lauren Leedy
Wednesdays at 4pm*

The MAC welcomes Lauren Leedy, a Seattle based Registered Dietitian, to our team for the Fall quarter.

Lauren will be offering tips on how to have a healthier Thanksgiving dinner without sacrificing flavor!

Come with questions (or not) and stay for the ideas!

1/6 – Meet & Greet

1/13 – Takeout Tips

1/20 – Open Questions

1/27 – Foundation for Healthy Eating

2/3 – Open Questions

2/10 – Immune System Support w/o Supplementation

2/17 – Open Questions

2/24 – Meal Planning

3/3 – Open Questions

3/10 – Meal Hacks and Snack Tips

3/17 – Open Questions

You can find more nutrition ideas and meal hacks on Lauren's blog: <https://laurenleedynutrition.com/>

You can also follow her on Instagram for tips: [@laurenleedynutrition](https://www.instagram.com/laurenleedynutrition)



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

Virtual Recreation

Need a break from being active? Want to learn more about health? Maybe you just want to meet more like-minded students?

Check out the rest of our virtual recreation options on Canvas that might introduce you to new avenues to explore your neighborhood.

Virtual Exercise Classes

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

Classes are free to students.

Faculty/Staff must opt-in here: ([Signup](#))

Follow the steps below.

1 <https://canvas.seattlecentral.edu/enroll/MNKLXN>

2 Fill out the waivers and wait for them to be graded by MAC staff

3 Class schedule with their links will magically appear

4 Sweat!

Coming soon...

Further updates