

## Activities for the Week:

Monday (9 Sep)	Tuesday (10 Sep)	Wednesday (11 Sep)	Thursday (12 Sep)	Friday (13 Sep)
<b>Gratitude Wall</b> (City Campus)	<b>Gratitude Wall</b> (City Campus)	<b>Gratitude Wall</b> (City Campus)	<b>Gratitude Wall</b> (City Campus)	<b>Gratitude Wall</b> (City Campus)
<b>Oasis / HCD Stall</b> (City Campus) 11 am – 2 pm		<b>Oasis Stall</b> (BP - Student Hub) 11 am – 2 pm	<b>RU Ok Day Stall</b> (BP - Student Hub) 11 am – 2 pm	<b>ISS Mid-Autumn Festival Event</b> (BP - Student Hub) 12 pm – 3 pm
		<b>Wellbeing Expo External Support Services</b> (BP - Student Hub) 11 am – 2 pm	<b>RU Ok Day Pop up Stalls (FUSA/ WA only)</b> (Sturt/Tonsley/FMC/City Campus) 11:30 am to 1:30 pm	
		<b>Mindful Yoga</b> (Oasis) 10 am – 10:45 am	<b>Community Market</b> (Oasis) 11 am – 1 pm	
		<b>Forest Walk</b> (Oasis) 11 am – 12 pm	<b>RU Ok Day Stall at the Market</b> (Oasis) 11 am – 1 pm	
	<b>Flinders Mates</b> (Oasis) 12 pm – 1 pm	<b>Flinders Mates in the Plaza</b> (Oasis) 12 pm – 1 pm	<b>Flinders Mates in the Plaza</b> (Oasis) 12 pm – 1 pm	
	<b>Mindfulness for Academic Success Drop in</b> (Oasis) 12 pm-12:50 pm	<b>Winter Warmers</b> (Oasis) 12 pm – 1 pm	<b>Flinders Mates</b> (City Campus) 12 pm – 1 pm	
		<b>Midday Meditation</b> (Oasis) 12 pm – 12:30 pm		<b>Midday Meditation</b> (Oasis) 12 pm – 12:30 pm
		<b>African Drumming Activity</b> (Plaza) 12:30 pm – 1:30 pm		
		<b>Conversation Group</b> (Oasis) 1 pm – 2 pm	<b>Conversation Group</b> (Oasis) 1 pm – 2 pm	<b>Conversation Group</b> (Oasis) 1 pm – 2 pm
		<b>Life Hacks</b> (Oasis) 2 pm-3 pm		