

Active Shooter: *Deputies Bailey and Jimenez*

Covering characteristics and statistics of active shooter incidents, the profile of an active shooter, law enforcement's role in active shooter events, 3 IMPORTANT steps to take in the event of a shooting, and other very useful information.

Adult Recess: *VEBA*

Do you remember all of those fun games you used to play as a kid? Why aren't we still playing them today? Well, guess what?! Recess isn't just for children anymore! All day open access activities of a wide variety. Put on walking shoes, bring water, and get ready to smile! IT'S RECESS TIME!!!

Art Workshop: Bookmaking: An Artistic Experience: *Marie Ramos*

This workshop will introduce you to taped books, which can be used for journals, painting, drawing or decoration for someone special. Another fun activity with Marie! All materials will be provided.

CalPERS: Understanding Your Rights and Rewards: *Nadine Franklin*

Come learn all you need to know about how the CalPERS system works, what benefits are available while still employed, how to protect your retirement funds, how to calculate your retirement and more! There will be a Q&A session at the end of the workshop.

Ceramics: *Jeff Irwin*

We will be making platters and vessels using stamps and textures on clay. This is a hands-on workshop. All materials will be provided

Conservation Garden Walking Tour: *Kelly White*

Explore the beautiful native gardens at Grossmont College in a tour led by groundskeepers themselves! During the tour, you'll get to learn a brief history about its development. Maybe even see some butterflies and hummingbirds too!

ConVersity: *Dr. Jamail Carter*

Diversity seems to be a buzzword in both industry and academia, but as a culture we rarely have those frank discussions to bring about change. ConVersity: is an interactive workshop designed to provide a space for those conversations. We will explore our own assumptions and biases. Examining cultural differences, exploring how our difference can be used to create positive, constructive, and productive environments.

Cultural Competence: *Raad Jerjiis*

This workshop will focus on promoting intercultural awareness and understanding of the various aspects of diversity and to understand the cultural influences related to conflict. An emphasis will be placed on identifying behaviors that constitute prejudice or discrimination against various culturally diverse groups and how to appropriately respond.

FERPA 101: *Dr. Jamail Carter*

Familiarize yourself with the Family Educational Rights and Privacy Act (FERPA) and the handling of student records. Recommended for those who interact with students and their records regularly. We will cover the history of FERPA, requirements for institutional compliance with FERPA, and student rights under FERPA.

Healthy Adventures Biometric Screenings: *VEBA*

Want to know a little more about your health? How about your body age? Come out and get your free confidential screenings and get your results immediately from a health coach, as well as tips, tools and resources to improve those results.

Healthy Cooking Demonstration: Breakfast of Champions: *VEBA*

Ever wonder why on some days you are hungry and lethargic and on others you feel so much energy? Breakfast matters! What you eat within the first hour of waking sets the tone for the rest of the day. Come discuss simple breakfast ideas for people on the go. Plus get to sample what we make and take recipes away with you!

Know Your Benefits: *VEBA*

Join Kaiser and United Healthcare Representatives to learn how to get the most out of your medical plan!

Mobility Improves Movement: *Melissa Allen*

Have you heard of Sitting Disease? According to the Mayo Clinic, Americans are shortening their lifespans by sitting more than 4 hours a day. During this workshop, participants will learn how to improve function by putting an end to sitting-related problems before they start.

Motivation Theory 101: *Micah Jendian*

Come engage with the key findings/ideas of pre-eminent motivation theorists, Edward Deci [why we do what we do: understanding self-motivation] and Daniel Pink [drive: the surprising truth about what motivates us] AND explore their implications on us personally and in relation to our individual and collaborative efforts on campus.

Percussion: *Manny Cepeda*

This workshop will present a brief history of Afro-Cuban percussion and get you involved in rhythm-making with the use of conga drums. Come participate in a musical, interactive and fun experience!

Power Nap/Meditation: *VEBA*

Don't you miss kindergarten nap times? With our hectic schedules and responsibilities, it's difficult to incorporate naps and relaxation into our days. Everyone has stress, but not everyone manages it well. Learn some meditation and relaxation techniques during this workshop. Leave feeling like you have had a restful experience and are ready to take on the remainder of your day!

The Power of Expectations: *Micah Jendian*

Expectations defined as: 1. strong beliefs that something will happen or be the case in the future and 2. beliefs that someone will or should achieve something. Whether we shatter them; live up to them or fail to try to liberate ourselves from them; set high ones, or effectively manage them, expectations – of ourselves, of others, and experiences – are an inevitable part of our lives AND have power!

Self-Defense: *Tad Anderson*

Discover the key to practical self-defense and leave feeling empowered! You will learn valuable safety tips and discover realistic techniques to protect yourself.

Softball:

Come join us for some fun in the sun and great exercise!

Yoga: *Jennifer DeMarco*

Come join us for a relaxing and rejuvenating yoga session outdoors. We will be doing basic yoga stretches and breathing techniques to get your blood flowing and muscles working.

Zumba: *Adriana De Taitt*

Come and experience the exhilarating moves of Zumba. Get a fever for the beat and move your feet at the rhythm of its music.