

Montgomery College Rising Professionals Association
Community Engagement and Events Committee
Wednesday, January 11, 10 AM – 11 AM
Zoom

In attendance: Megan Cooperman, Elysse Meredith, Nghi Nguyen, Vanessa Ade, Christine Crefton, Tilandra Rhyne

Agenda

1. Upcoming events:
 - a. January
 - i. Zoom Chat and Chill (A Proper Chill When It's Chilly)
 1. Theme: Stress & Relaxation
 - a. An hour of reflection and strategies on stress relief and relaxation
 - b. Gather for fun, fellowship, and a little bit of learning!
 - c. Including guided meditation, discussion, and brainstorming
 2. Leads: Megan & Christine with Elysse
 3. Date: Wednesday, January 25, 12-1
 - b. February:
 - i. Weeks of Love
 1. Three things:
 - a. Staff Council will be doing a food pantry drive around this time – we can support/assist
 - b. In-person coffee chat with Nghi's origami roses and dollar store Valentine's (before Feb 14)
 - i. "Sweets for the Sweet"
 1. Make valentines, have sweets, learn origami from Nghi
 - ii. Tuesday, February 7, 3-4 PM, Mannakee 122
 - iii. Leads: Nghi (booking) and Christine (materials)
 - c. Appreciation Padlet (Christine)
 - ii. Wellness Lunch & Learn, February 15 @ CT and virtual, hands-on CPR
 - iii. Wellness Fair/Senz Studio Open House
 1. Wellness Collab with Megan!
 2. Near CT (centralized)
 3. Drop-in event with demo classes/mini sessions
 4. Tuesday, Feb. 22, 12-3
 - c. March:
 - i. Staff enrichment day! MCRPA show up 🌟BIG🌟
 1. Workshop @ Staff Enrichment Day on Vision Board/Yearbook Page (outside vendor through Wellness; MCRPA sponsors)
 - d. April
 - i. Kick off Five Weeks Fun with Karaoke! (Christine)
 1. Weekday evening
 2. Last week of April
 - ii. Campus walks every Wednesday (Tameka, Megan, and Tracey)

- iii. Poetry Zoom Event (Elysse and Nghi)
 - iv. Asian American and Pacific Islanders Heritage Month Kick-Off Event, Wednesday, April 26, Rockville Campus, TA Arena
 - e. May
 - i. Five Weeks of Fun
 - 1. Week 1 of May:
 - 2. Week 2 of May:
 - 3. Week 3 of May:
 - 4. Week 4: Cruise
 - 5. Retreat (Wednesday, May 31)
 - 6. Ideas:
 - a. Mental Health Wellness Fair?
 - b. Paint and Sip at VisArts?
 - c. Piano Bar with Wellness
 - d. Escape Room (for 10 members)
 - ii. Other potential events
 - 1. Nghi does origami (as part of AAPI Heritage Month)
 - 2. Wellness Collab: Women's Wellness Tea?
- 2. Other Business
 - a. Teams Site
 - i. Contents:
 - 1. Handouts from events
 - ii. Chat channels
- 3. Radar:
 - a. Summer: backpack/back to school drive and/or classroom sponsorship (Tameka as potential lead)
 - b. Start collecting baby/family pictures in general so we can always play the Guess Who > Teams Site!
 - c. Yearbook pages > work with Retreat Committee to be part of the event

Events Ideas

- Arts Night/Talent Show
- Bowling
- Karaoke
- Virtual Scavenger Hunt
- Poetry Night
- Museum Day
- Hiking
- Olney Winery
- Coffee Breaks
- High Tea
- Game Nights / Gaming Tournament
 - Jenga/Connect Four/Board Games (GIANT ON THE LAWN?! :D)
- Kickball/Frisbee
- Jackbox Games (Zoom)
- Escape Room
- Quiz Night (Hyflex)

- “Giving Back” events
 - Sligo Creek cleanup
- In-person lunch breaks with a “Zoom in”
- Rage room <https://unityrageroom.com/>
 - Paint splash