

As we surpass a year of living in a pandemic, we know that it is getting harder and harder to have fun and find things to do while adhering to the safety guidelines - the pandemic fatigue is real. While these guidelines are in place to ensure we are staying physically safe and healthy, it's easy and common to feel disconnected from our friends and family, burned out from school or work, and bored of having the same limited options for how to spend our free time. To avoid feeling disconnected, burned out, and bored, it can be helpful to try something new, test out a different routine, or get outside. While COVID-19 has altered how we might spend our time, there are still many safe and fun activities to recharge and boost your overall wellness.



Check out DU's new Community Commons

The new Community Commons on campus has a Starbucks, Rebecca Chopp Grand Central Market food hall, and a rollin' & bowlin' for smoothies, acai bowls, and toasts. The Community Commons also has a green rooftop and patio for studying and gathering outside and dedicated lounges for undergraduate and graduate students - perfect for a socially-distanced hang out!

Consider joining one of DU's 300+ clubs and organizations

From greek life to Board Game Club to religious groups to club sports, there's something for everyone! See a list of DU's clubs and organizations here: List of Groups.





Join a virtual yoga class for all skill levels with other DU students

Yoga can help de-stress, relax, and heal physically, emotionally, and mentally. Get your body moving with other DU students every Tuesday from 7:30 - 8:00 AM here!

Get active and meet new people with sports activities hosted almost every day by the Ritchie Center

Join a club sports teams or engage in other activities open exclusively for DU students. Check out the activities agenda and rent a tennis or basketball court here: Sports Activities!







Not interested in joining a club sports team? You can still practice your hockey and golf skills for fun by joining a <u>Stick & Puck</u> session for DU students every Friday from 12:00 - 1:30 pm or book a tee time for up to 4 players at the DU Golf Club!

Visit the Vicki Myhren Art Gallery

Go to the Vicki Myhren Art Gallery to see interdisciplinary pieces of visual art dedicated to education and creativity at DU. Visit the gallery virtually or book an appointment for in-person viewing.





Check out the Crimson Connect calendar for more events. workshops, club meetings, and more! **Events List**

Remember to follow the University's protocols and DU Your Part including wear a mask, stay socially distanced, and get tested regularly. Stay healthy and have fun!

