lewis campus recreation

AUGUST/SEPTEMBER 2025 EDITION

STALL STREET NEWS

Welcome To A New School Year!

What is Stall Street News?

Run by the Student Recreation, Fitness, and Wellness Center (SRFW), Stall Street News is a monthly newsletter advertised in the restrooms at Lewis University. The Stall Street will have articles about various topics around health and wellness and highlight upcoming events.

Upcoming Events

There are a lot of events happening in August and September. We hope you take time to check them out!

- **8/20-8/29 Welcome Days**
  - **8/27 Engagement Fair |** 11 AM - Fieldhouse

Scan for Full Schedule

- **8/30 Outdoor Adventure Club Hike |** 5 PM, park at Isle a La Cache Museum
- **9/3 What's On Wednesday: RUOK Day and Suicide Prevention Month |** 12 PM - University Green
- **9/10 That's So Extra: Mindful Event |** 11am - Brown Hall
- **9/10 Second Annual HSI-Week Keynote Lecture |** 12PM - Academic Science 104C
- **9/24 Wellness Fair |** 12 PM - Brother James Gaffney Student Center (BJG)

September is Suicide Prevention Month

- 988 Suicide and Crisis Lifeline
  - Call or text 988
  - Chat at 988lifeline.org
- Crisis Text Line
  - Text "HELLO" to 741741

Lewis Wellness Resources

QR code for the WELL

Follow us on social media! @LifeAtLewisU

QR code for the Timely Care App for 24/7 access

Interested in Club Sports?

More than 20 Club Sports provide undergraduate and graduate students an opportunity to learn, participate and compete against other schools in a variety of team sports. The clubs have coaches and are partially-funded by the University. Some clubs also have individual dues and fundraising activities that supplement University funding.

Current Clubs Include:

- Archery
- Badminton
- Baseball
- Chess
- Country Line Dancing
- Cricket
- Dungeons & Dragons
- Esports
- Ice Hockey
- Jiu Jitsu
- Outdoor Adventure Club
- Pickleball
- Rub Club
- Men's Soccer
- Table Tennis
- Tennis
- Volleyball (Men's and Women's)
- Weightlifting

Join our GroupMe to learn more!

Recreation Corner

FREE Group Exercise Classes offered Monday - Friday

Join our GroupMe for the weekly schedule!

Intramurals

- **September**
  - **2nd Bags & Spikeball**
  - **3rd Sand Volleyball**
  - **22nd 4v4 Soccer**
  - **25th Night Golf on the Hill**

Join our GroupMe for more information