lewis campus recreation

NOVEMBER 2025 EDITION

STALL STREET NEWS

Culture of Kindness

World Kindness Day

World Kindness Day is an international observance on November 13th. It was introduced in 1998 by the World Kindness Movement, a coalition of nations' kindness non-governmental organizations.

Put Kindness Into Action

OFFER YOUR TIME -
Set aside a gift of time for someone who needs it. Maybe its calling a loved one, getting coffee with a friend, or doing a favor for your roommate.

SAY "THANKS!" -
Take the time to share your gratitude with someone who has done something kind for you. Write a quick note or thank you card expressing how their kindness affected your life, and why it meant so much to you!

CELEBRATE OTHER'S GOOD NEWS -
Shift the conversation from the stress of classes and exams by asking a friend about a good thing that happened to them. Remember to mindfully listen, share your enthusiasm, and encourage your friend to share more.

Upcoming Events

- **Fall Dance**
- **All Fest**
- **Koinonia Retreat**
- **Friendsgiving**

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!

Group Exercise Class

FREE FOR ALL STUDENTS/STAFF/FACULTY

Monday
Spin+Lower Body - 12pm | Pilates - 2:15pm
Tuesday
Spin+Upper Body - 12pm | Pilates - 2:15pm
Country Line Dance - 4:15pm
Wednesday
Spin+Core - 12pm | Yoga - 2:15pm
Thursday
Spin+Total Body - 12pm | Circuit Training - 4:15
Friday
Yoga/Pilates - 12pm

Intramurals

Date
Date
Date
Date

Group Exercise

Intramurals