

MAR 2024

RECREATION NEWS

Official Newsletter of UB Recreation



Celebrating St. Patrick's Day

10 WAYS TO MAKE THE HOLIDAY MEMORABLE!

Sunday

**MARCH
17TH**

These ideas blend tradition with creativity, offering a unique way to celebrate!

IRISH COOKING PARTY

Cook traditional Irish dishes together, like Shepherd's Pie or Coddle.

IRISH MOVIE MARATHON

Watch Irish-themed movies, like "Brooklyn" (2015) or "The Secret of Raon Inish" (1994).

VIRTUAL IRISH DANCE PARTY

Learn Irish dance moves online, like an Irish Jig Step.

GREEN-THEMED SCAVENGER HUNT

Organize a green-themed hunt with Irish trivia.

IRISH CULTURAL WORKSHOP

Host a workshop on Irish crafts, music, or language.

GREEN SPACE CLEANUP

Clean up a local green area while wearing green.

OUTDOOR ADVENTURE

Go hiking or have a picnic with Irish snacks, like Hunky Dory's Crisps, Clove Rock, Jacob's Jaffa Cakes, Tayto Crisps, or Cadbury Dairy Milk Bars.

VIRTUAL PUB QUIZ

Host a virtual pub quiz with Irish-themed questions. You can cover topics like Irish history, literature, music, and pop culture.

IRISH POETRY SLAM

Share Irish poetry or poems inspired by Ireland, like "The Lake Isle of Innisfree" by W.B. Yeats.

GREEN-THEMED DIY CRAFT PARTY

Make St. Patrick's Day crafts together.

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Thanks to everyone who participated in celebrating with us on National REC Day!

We had an amazing time distributing fresh, healthy snacks and giving away prizes all day long. As you continue to embrace recreation on-campus daily, whether it's hitting the gym, taking a stroll on the Indoor Jogging Track, joining an Intramural Sports League, or unwinding at Unplug & Play on Friday nights, there are countless ways to engage with UB Recreation.

Recent research emphasizes the profound impact of integrating recreation into our lives, especially during college. Studies featured in prestigious journals like the "Journal of College Student Development" and the "Journal of American College Health" highlight the diverse benefits of recreational activities, spanning from improved mental and physical well-being to elevated academic performance and strengthened social connections.



SCAN HERE



Daylight Saving Time

Sunday, March 10th, 2024

When Daylight Saving Time begins, we spring forward by turning our clocks ahead at 2:00 AM, effectively losing an hour of sleep. While long, sunny evenings might seem distant, the arrival of Daylight Saving Time in March reminds us that those days are actually closer than we think. This time shift, which boosts evening daylight hours, prompts people to set their clocks forward one hour, marking the onset of longer days and shorter nights.



UB Spring Break 2024

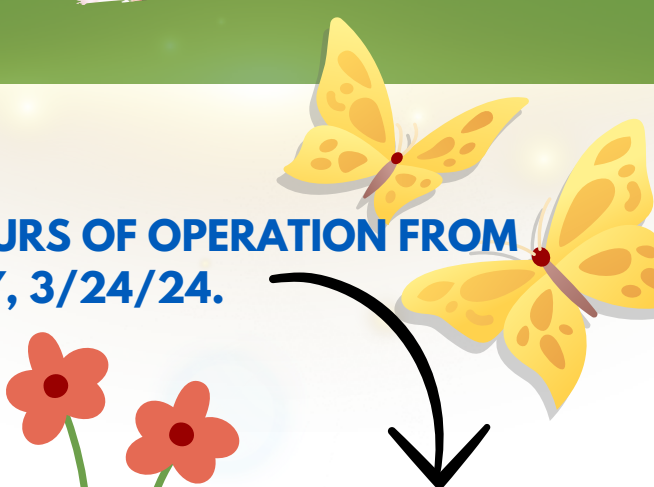
RECREATION WILL REDUCE HOURS OF OPERATION FROM SATURDAY, 3/16/24 - SUNDAY, 3/24/24.



For a more comprehensive list of hours of operation, please [visit our website](#).



SCAN



	ALUMNI ARENA	CLARK HALL
Saturday	12 PM - 4:45 PM	CLOSED
Sunday	12 PM - 4:45 PM	CLOSED
Monday	6 AM - 7:45 PM	9 AM - 7:45 PM
Tuesday	6 AM - 7:45 PM	9 AM - 7:45 PM
Wednesday	6 AM - 7:45 PM	9 AM - 7:45 PM
Thursday	6 AM - 7:45 PM	9 AM - 7:45 PM
Friday	6 AM - 7:45 PM	9 AM - 7:45 PM

1000 POUND CHALLENGE



ARE YOU UP FOR THE CHALLENGE?

Have the sum of your maximum lift for **Bench Press**, **Squat**, and **Deadlift** equal to or greater than 1,000 lbs.!

**SATURDAY,
MARCH 16TH, 2024**

**ALUMNI ARENA
FITNESS CENTER**

REGISTER NOW





INTRAMURAL SPORTS CHAMPIONS WALL

By: Ray-Anna Rodney

At the University at Buffalo, the Intramural Sports Champions Wall isn't just about sports achievements—it's a symbol of our unity, teamwork, and diverse spirit, bringing us together to celebrate our athletic successes and the beauty of campus life.

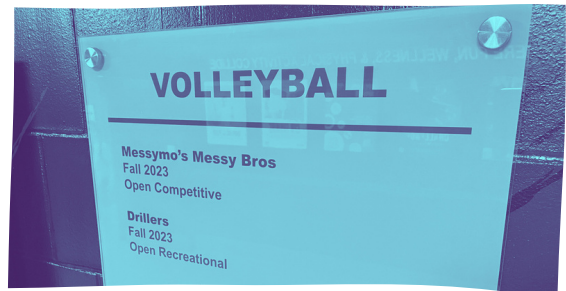
Murals serve various purposes, holding specific meanings for some and serving as aesthetic enhancements for others. For us, University at Buffalo students, the Intramural Sports Champions Wall signifies our dedicated space in athletics, where we joyously commemorate our achievements in intramural sports.

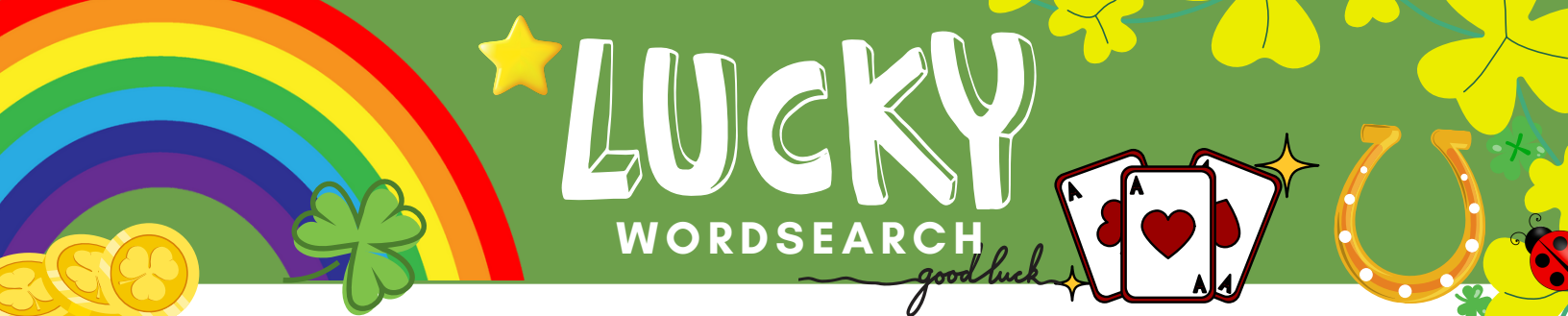
UB Intramurals provides a range of recreational sports, including Basketball, Flag Football, Indoor Soccer, Outdoor Soccer, and Volleyball. The Intramural Sports Champions Wall captures the essence of students' pride, strength, and accomplishments. While the names on the wall may seem straightforward, they encapsulate action-packed moments, countless hours of practice, teamwork, sportsmanship, and enduring friendships.

Beyond intramurals, this wall unites students across campus, serving as a reminder of the profound meaning behind dedication and teamwork. It illustrates that sports possess the ability to dissolve barriers, establish common ground, and bring people together from all corners of the world. At UB, we have a very diverse student body, and I believe it is imperative to have something like this for students.

Besides its role in uniting us in the world of sports, the Intramural Sports Champions Wall exudes sheer beauty. Our vibrant true blue colors illuminate our cherished "little corner," making it visually striking and captivating. The transformation of mere brick and concrete into an expressive canvas adorned with names adds to the vibrancy of campus life, infusing the energy from games into every student, parent, and staff member who beholds it.

In short, our Intramural Sports Champions Wall is a public place to honor our champions, bring our student body together, and start conversations. It's a stunning monument for everyone to enjoy.





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FOUR LEAF CLOVER
 HORSESHOE
 LUCKY PENNY
 RABBIT'S FOOT
 ELEPHANT
 MANEKI-NEKO

ACORNS
 DREAMCATCHER
 WISHBONE
 LUCKY BAMBOO
 LADYBUG
 FISH

NUMBER SEVEN
 SHAMROCKS
 GREEN
 COINS
 CHARMS
 LEPRECHAUN

RAINBOW
 DICE
 SHOOTING STAR
 HEART
 BLUE MOON
 POT OF GOLD

RED BALLOON
 PLAYING CARDS
 MAGIC EIGHT BALL
 ST. PATRICK'S DAY
 MARCH
 MONEY TREE

JADE PLANT
 EVIL EYE
 INFINITY SYMBOL
 CROSS YOUR FINGERS
 KNOCK ON WOOD
 NUMEROLOGY

