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October
2021

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Happy Fall, Y'all!



Here's a list of some fun facts that will get you so excited for fall!

1. Catching a falling leaf can bring you good luck.
2. You can spot a harvest moon.
3. Those Halloween frights can be good for your heart.
4. It's cobbler season.
5. It's a great time for a campfire.
6. Pumpkin carving is at its peak.
7. There's a distinct "fall" scent that you can only smell in certain months.
8. More relationships bloom in the fall.
9. There's a whole new set of seasonal fruits and vegetables to eat.
10. Fall is soup season—and it's big business.
11. Squirrels forget about the majority of nuts they bury, which helps regrow forests.
12. You can get pumpkin spice everything.
13. Americans buy enough candy during Halloween week to fill six Titanics.
14. The word fall is literally derived from the phrase "the fall of the leaves."
15. You're lucky to live in a place on Earth that experiences fall.

NEW! Join Us for Chair Yoga

Yoga whether on a mat, outside, inside, on a plane, amongst puppies or on a chair improves flexibility, posture, endurance, concentration, strength, breath control, and mood. It can help ease tension, pain, stress, stiffness, and blood pressure.

Chair yoga, a mindful practice helps elevate self-esteem and prevent burnout from studying or in the workplace. Similar to a regular yoga practice, chair yoga enhances mindfulness and body awareness. Our Chair Yoga sessions are **FREE** for all UB Students, Faculty, Staff and Recreation Community Membership holders.

Sign-Up for a Chair Yoga session on our website:
<http://www.buffalo.edu/recreation/services/fitness/chair-yoga.html>

Classes are held on select Thursday's in the Dance Studio in 75 Alumni Arena from 2:30pm – 3pm. Classes are available this fall on the following dates: **9/30, 10/7, 10/21, 11/4, 11/18 and 12/2.**



more this month >>>

Unplug & Play

UB Recreation wants to provide a fun, unique program that does not require electricity and disengages us from technology.



Giant, life-size games will create an inclusive, low stress environment that will allow fun competition. Unlike basketball, baseball, and other sports, Jenga, Corn Hole and Connect-4 do not require a specific sport skill set; again creating an inclusive environment.

Every Tuesday from 11:00AM - 2:30PM throughout the Alumni Arena Foyer. Anyone is welcome to play!

Come out and throw a few bean bags or try a game of chess; disengage from your phone or computer and have some fun with others. No registration necessary. Games will operate on a first-come, first-serve basis.



just keep swimming >>>

Join Us for Open Swim

Swimming Is More Than A Recreational Activity! Swimming isn't just a fun pastime, it is a great way to stay healthy.

1. It Increases Flexibility
2. It's a Great Work Out
3. It Improves Your Heart and Lungs
4. It Relieves Stress

Exercise, in general, is good for your mental well-being as it releases endorphins which are a feel-good chemical your brain produces. On top of this, swimming has meditative qualities - the rhythm of your strokes and breathing along with the sound of water, can further add to a feeling of peace and relaxation.

Circle Swimming is required when 3 or more swimmers are present in a lane or when lane is designated Circle Swim Only. Please swim in lanes with people of similar swimming speeds.



LOADING... Halloween Week!

Don't be a ghoul and miss out on a week of spooktacular events! Monday, October 25th – Friday, October 29th, be prepared to join us for Glow Yoga, Halloween Hoops, Giveaways and more... if you dare!

Stay tuned – information will be posted on our website closer to the event dates.