Swinney Recreation Center’s Roo Wellness program presents its October 2014 Calendar!

Roo Wellness is Swinney Recreation Center’s student holistic health alliance dedicated to supporting the overall health, development, and success of UMKC’s Roos!

The monthly calendars serve as your ultimate resource to holistic health and wellness opportunities found at UMKC and/or the surrounding Kansas City community—all provided at little to no cost. Yes...FREE health and wellness! While most of the events highlighted in each month’s calendar are FREE, some have a minimal cost associated and these costs will be listed in blue.

So, Roo Wellness Crew, what is stopping you? Get out there - Get moving - Get to learning!

Find personal growth while achieving better health!

For frequent health and wellness updates and news “Like” our Facebook page and “Follow” our Pinterest Boards.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Wednesday,</td>
<td>Fall Fling Health Fair</td>
<td>Pierson Auditorium. UMKC-Volker Campus.</td>
<td>11am-2pm</td>
<td>REGISTER: 816.235.1407</td>
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<td>October 1st</td>
<td>CrossFit: Kettlebells</td>
<td>City of Fountains CrossFit by KCfitnessLink. 541 D Central Ave., Kansas City, KS 66101.</td>
<td>6:30-7:30pm</td>
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<td>Chekhov: From Stage to Page</td>
<td>White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus.</td>
<td>7:00-8:30pm</td>
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<td>Meditation Workshop</td>
<td>Rime Buddhist Center, 700 W Pennway, KCMO.</td>
<td>7:45-9:00pm</td>
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<td>Friday,</td>
<td>World Percussion</td>
<td>Mark's Lutheran Church, 3800 Troost Ave., KCMO 64109.</td>
<td>6:00-8:00pm</td>
<td>REGISTER: 816.235.1407</td>
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<td>October 3rd</td>
<td>Fossils for Everyone</td>
<td>Flarsheim Hall, Rm. 271. 5110 Rockhill Rd., KCMO. UMKC-Volker Campus.</td>
<td>6:30-7:30pm</td>
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<td>UMKC Women’s Soccer vs. New Mexico State</td>
<td>Durwood Stadium. UMKC-Volker Campus.</td>
<td>7:00pm-</td>
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<td>Saturday,</td>
<td>MBA Information Session</td>
<td>Bloch Executive Hall, Room 211. UMKC-Volker Campus.</td>
<td>10:00am-</td>
<td>REGISTER: 816.235.2215</td>
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<tr>
<td>October 4th</td>
<td>Design Your Perfect Yard</td>
<td>Atterbury Student Success Ctr., Rm 238. 5000 Rockhill Rd., KCMO 64110. UMKC-Volker Campus.</td>
<td>1:00-3:00pm</td>
<td>REGISTER: 816.235.1407</td>
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<td>Thai Yoga Massage</td>
<td>KCfitnessLink Strawberry Hill. 510 N 6th St., Kansas City, KS 66101.</td>
<td>3:00-6:00pm</td>
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<td>Gentle Yoga for Beginners</td>
<td>Plaza Wellspring. 1900 W. 47th Place #328, Westwood, KS 66205.</td>
<td>11:00am-12:30pm</td>
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<td>Sunday,</td>
<td>UMKC Women’s Soccer vs. UT-Pan American</td>
<td>Durwood Stadium. UMKC-Volker Campus.</td>
<td>12:00pm-2:00pm</td>
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<td>October 5th</td>
<td>KC Rep Conversation with Ayad Akhtar</td>
<td>White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus.</td>
<td>7:30-8:30pm</td>
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| **Tuesday, October 7** | Trench Marketing  
$8 material fee  
Atterbury Student Success Center, Rm 238. UMKC-Volker Campus.  
REGISTER: 816.235.1407  
6:30-8:00pm  
Cory Mixdorf (Trombone) and Miroslava Panayotova (Piano)  
White Recital Hall, James C. Olson Performing Arts Center. UMKC-Volker Campus.  
7:30pm-  
Mood Screening  
MindBody Connection, Atterbury Student Success Center, Room 112. UMKC-Volker Campus.  
1:00pm  
Frank, Weinstock. Piano Master Class  
White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus.  
2:00-4:00pm |
| **Wednesday, October 8** | Energy Healing 101  
$2 material fee  
Atterbury Student Success Center, Rm. 238, KCMO 64110  
6:30pm-9:00pm  
Queering Violence: Conversations about Interpersonal Violence, Sexual Violence and Trauma in LGBTQ Communities  
Student Union, Room 302. UMKC-Volker Campus.  
12:00pm– 1:00pm  
Free HIV and Gonorrhea/Chlamydia Testing Clinic  
MindBody Connection, Atterbury Student Success Center, Rm. 112. UMKC-Volker Campus.  
11:30-2:00pm  
Latino Professional Panel  
Office of Multicultural Student Affairs and UMKC Career Services. UMKC-Volker Campus.  
6:00-7:30pm |
| **Thursday, October 9** | "Tales from the Trenches” Entrepreneurship Panel  
Bloch Executive Hall. UMKC-Volker Campus.  
5:30pm-7:00pm  
Krishnamurti  
Atterbury Student Success Center, Rm. 238. UMKC-Volker Campus.  
REGISTER: 816.235.1407  
6:30-9:30pm  
UMKC Women’s Volleyball vs. Utah Valley  
Swinney Recreation Center. Swinney Recreation Center. 5030 Holmes St., KCMO 64110. UMKC-Volker Campus.  
7:00pm-9:00pm  
UMKC LGBTQIA Ally Campus Photo  
Student Union Outside Stairs (N. entrance). UMKC-Volker Campus.  
12:50pm-1:00pm |
| **Friday, October 10** | “Healthy Roos” Tailgate  
Kangaroo Court. UMKC-Volker Campus  
5:30pm  
UMKC Men’s Soccer vs. Bakersfield  
Durwood Stadium. UMKC-Volker Campus  
7:00pm  
Latino Youth Day  
Student Union. UMKC-Volker Campus  
9:00am-  
The Arts and Entrepreneurship Showcase  
Bloch Executive Hall. UMKC-Volker Campus  
10:00am-  
I Can, We Can Day of Action  
Miller Nichols Learning Center Lobby. UMKC-Volker Campus  
11:00am- |
| Saturday, October 11 | How to Look at Art  
Nelson-Atkins Museum of Art. Rozelle Ct., 4525 Oak, KCMO.  
REGISTER: 816.235.1407  
12:00-2:00pm | UMKC Women’s Volleyball vs. Seattle  
Swinney Recreation Center. Swinney Recreation Center. 5030 Holmes St., KCMO 64110. UMKC-Volker Campus.  
1:00pm-3:00pm | Philharmonia Quartett Berlin (Master Class)  
White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus.  
10:00am-12:00pm | The Arts and Entrepreneurship Showcase  
Bloch Executive Hall, UMKC–Volker Campus.  
10:00am-3:00pm |
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| Tuesday, October 14 | Boost Mind, Body & Spirit  
Atterbury Student Success Center, Rm. 238. UMKC-Volker Campus.  
REGISTER: 816.235.1407  
6:30-8:00pm | Sea Chantey Singing  
KKFI FM Community Radio, 3901 Main, KCMO.  
REGISTER: 816.235.1407  
7:00-8:30pm | Building a Culture of Peace for the Children of the World  
Miller Nichols Library. UMKC-Volker Campus.  
6:00pm- |
| | | | Composers’ Guild  
White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus  
7:30pm- |
| Wednesday, October 15 | Authentic Tamales  
$20 material fee  
Latin Bistro. 6924 N. Oak Trafficway, Gladstone, MO.  
REGISTER: 816.235.1407  
6:30-8:30pm  
Puttin’ the ‘Disco’ Back in Discourse  
iX Theatre, 1st Floor, Miller Nichols Library. UMKC-Volker Campus.  
6:00-8:00pm | Wind Down Wednesday  
Student Union, Room 319. UMKC-Volker Campus.  
12-1:30pm  
Food Not Lawns  
$5 material fee  
UMKC School of Medicine, Theatre C. 2411 Holmes, KCMO. *Bring Picture ID.  
REGISTER: 816.235.1407  
7:00pm-9:00pm | Aidan Soder Vocal Studio Recital  
White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus  
Info: 816.235.2799  
5:00pm-  
Beginning Jazz Guitar  
Dogwood Forest in Kansas City, Kansas. Call for details 816.235.1448.  
REGISTER: 816.235.1407  
7:00-8:15pm | Café Con Pan on the Go  
Student Union, Room 319. UMKC-Volker Campus.  
12:00-4:00pm  
Encaustic Media Soul Collage  
$30 material fee  
Krieg. 6611 Outlook Drive, Mission, KS 66202.  
REGISTER: 816.235.1407  
7:00-9:00pm |
| Thursday, October 16 | Dress Refashion  
$10 material fee  
Brush Creek Community Center. 3801 Brush Creek Blvd., KCMO.  
REGISTER: 816.235.1407  
6:00-8:00pm | Home Loans  
Reece & Nichols Office & Parking 434 W 46th Terr., KCMO 64112.  
REGISTER: 816.235.1407  
6:00-7:30pm | Want to be a Librarian?  
Miller Nichols Library, Rm. 114. 51st St. between Rockhill & Holmes. UMKC-Volker Campus.  
REGISTER: 816.235.1407  
6:30-8:00pm | Interfaith Dialogue Dinner  
Student Union, Room 401. UMKC-Volker Campus.  
6:00-9:00pm |
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<tr>
<td>Friday, October 17</td>
<td>UMKC Women’s Soccer vs. Grand Canyon</td>
<td>Durwood Stadium. UMKC-Volker Campus. 7:00pm-9:00pm</td>
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|  | Flu Clinics for Students | $15.00  
UMKC School of Dentistry. UMKC-Volker Campus. 11:00am-1:00pm |
|  | Legacy Summit on African American Leadership |  
Student Union. UMKC-Volker Campus  
RSVP: 816.235.6609  
9:00am-4:00pm |
| Saturday, October 18 | What do you want? | $5 material fee  
Ruiz Branch Library. 2017 W Pennway St., KCMO 64108.  
REGISTER: 816.235.1407  
1:00-3:00pm |
|  | Work Place Savvy | $20 material fee  
Atterbury Student Success Center, Rm. 238. 5000 Rockhill Rd., Kansas City, MO 64110.  
REGISTER: 816.235.1407  
9:00am-12:00pm |
|  | Pamela Mia Paul, piano (Master Class) |  
White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus.  
Info: 816.235.2799.  
1:00pm |
|  | MUCS(sel) Jarrod Williams, tuba (Guest Artist Recital) |  
White Recital Hall, James Olson Performing Arts Center. UMKC-Volker Campus.  
Info: 816.235.2799  
7:30pm |
| Tuesday, October 21 | A Mediterranean Evening | $10 material fee  
Westport Roanoke Community Center, Kitchen. 3601 Roanoke Rd., KCMO.  
REGISTER: 816.235.1407  
6:30-8:30pm |
|  | Healing with Energy |  
Atterbury Student Success Center. Rm. 238. 5000 Rockhill Rd., KCMO 64110. UMKC-Volker Campus.  
REGISTER: 816.235.1407  
6:30-7:30pm |
|  | Develop your Abilities |  
Atterbury Student Success Center, Rm. 237. 5000 Rockhill Rd., KCMO 64110. UMKC-Volker Campus  
REGISTER: 816.235.1407  
7:00-8:30pm |
|  | 7th Annual Pride Lecture |  
Pierson Auditorium. UMKC-Volker Campus.  
6:00-9:00pm |
| Wednesday, October 22 | Food Not Lawns | $5 material fee  
UMKC School of Medicine, Theatre C. 2411 Holmes, KCMO. UMKC-Hospital Hill Campus.  
RSVP: 816.352.9213, steve@prairietrading.com  
REGISTER: 816.235.1407  
7:00-9:00pm |
|  | Selling on eBay Intro | $3 material fee  
Atterbury Student Success Center, Rm. 238. 5000 Rockhill Rd., KCMO 64110. UMKC-Volker Campus.  
RSVP: 816.942.9041, rfranke2@kc.rr.com  
REGISTER: 816.235.1407  
9:00am-12:00pm |
|  | Joe Lulloff, Saxophone (Master Class), followed by a Recital |  
Grant Recital Hall. UMKC-Volker Campus.  
Info: 816.235.2799  
4:00-5:30pm. Recital at 7:30pm |
|  | Flu Clinic for Students | $15.00  
Pierson Auditorium, Room 245. UMKC-Volker Campus.  
9:00am-12:00pm |
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<th>Date</th>
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<tr>
<td>Thursday, October 23</td>
<td>Overcome Emotional Eating</td>
<td>Plaza Library, Large Rm. 4801 Main St., KCMO 64112.</td>
<td>$2</td>
<td>360.350.7801, <a href="mailto:e.shannonhodge@gmail.com">e.shannonhodge@gmail.com</a></td>
<td>816.235.1407</td>
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<td></td>
<td>Conservation Wind Symphony</td>
<td>White Recital Hall, James Olson Performing Arts Center. UMKC-Volker</td>
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<td>816.235.2799</td>
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<td>Campus.</td>
<td>$20</td>
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<td>Zumba Dance Party</td>
<td>KCFitnessLink Plaza Yoga &amp; Fitness Center. 707 W 47th St., Kansas City,</td>
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<td>816.235.4443, <a href="mailto:info@kcfitnesslink.com">info@kcfitnesslink.com</a></td>
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<td>Distorted View of Love</td>
<td>Atterbury Student Success Center, Rm. 238. 5000 Rockhill Rd., KCMO</td>
<td>$20</td>
<td>657.600.5650, <a href="mailto:milan@milanhollister.com">milan@milanhollister.com</a></td>
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<td>64110. UMKC-Volker Campus.</td>
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<td>Beginning Drawing</td>
<td>Fine Art &amp; Frame. 7638 Leavenworth Rd., Kansas City, Kansas 66109.</td>
<td>$30</td>
<td>913.788.3467, <a href="mailto:studio7fine-art@msn.com">studio7fine-art@msn.com</a></td>
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<td>Friday, October 24</td>
<td>Introduction to Fencing</td>
<td>Grace Covenant Presbyterian Church. 11100 College Blvd. Overland Park,</td>
<td>$5</td>
<td>913.963.6931, <a href="mailto:kefencing@gmail.com">kefencing@gmail.com</a></td>
<td>816.235.1407</td>
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<td>Conservation Wind Symphony</td>
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<td>UMKC Men’s Soccer vs. Seattle</td>
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<td>Monday, October 27</td>
<td>Intro for Digital SLR</td>
<td>UMKC Student Union. 5100 Cherry St., KCMO 64110. UMKC-Volker Campus</td>
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<td>816.235.1407</td>
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<td>Hand-Knotted Bracelet</td>
<td>Dogwood Forest in Kansas City, KS.</td>
<td>$25</td>
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<td>816.235.1407</td>
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| Tuesday, October 28 | Better Understand Yourself  
Atterbury Student Success Center, Rm. 238. 5000 Rockhill Rd., Kansas City, MO 64110.  
REGISTER: 816.235.1407  
7:00-8:30pm |  |  |

**Sources**


For more information, please contact Swinney Recreation Center’s Wellness Coordinator: 816.235.5425, hutslers@umkc.edu