

Pioneer Pause

Tuesday October, 31, 2023

SCHEDULE OF EVENTS

All events are 100% free and open to the entire Point Park community.

9:00AM-2:30PM

Pumpkin Painting Contest & Yard Games

@ Village Park (rain location: Lawrence Hall Lobby)

11:00AM - 2:00PM

Free Community Lunch

@ Lawrence Hall: 3rd Floor Dining Hall | *RSVP Required

9:00AM - 3:00PM

Grazing Activities

*See reverse side for a complete list of Grazing Zones and activities.

3:15PM - 3:30PM

Pumpkin Painting Contest & Raffle Ticket Award Ceremony

@ Village Park (rain location: Lawrence Hall Lobby)

10:30AM - 11:45AM
12:45PM - 2:00PM
2:30PM - 3:45PM

Yoga

@ Lawrence Hall: GRW 1
All skill levels welcome. Loaner yoga mats are available.

7:00PM

Sexual Health Trick or Treat

@ Village Park (rain location: Lawrence Hall Ballroom)

Find digital resources and activities for remote attendees at PointPark.Edu/PauseOnline

*RSVP for a free lunch and find event descriptions at PointPark.Edu/PauseEvents

Visit us, volunteer, or learn more at PointPark.Edu/Pause



GRAZING ZONES



Join your fellow pioneers at our grazing activity zones from **9:00AM-3:00PM**.

Collect raffle tickets and limited edition bison stickers from each zone.



Sensory Zone

Lawrence Hall Lobby
(1st Floor)

*Pioneer Paws

Pet/cuddle therapy dogs from 12:00-1:00PM and 2:00-3:00PM.

Green Thumb

Plants provide a sense of fulfillment and literally clear the air. Decorate your pot and plant a succulent.

Slime Station

Make your own custom slime, which is a proven tool to make our nervous system relax.

No Regerts' Here

Get a temporary tattoo to visualize your feelings, story, or style.

Mindfulness Zone

Lawrence Hall 'Fishbowl'
(2nd Floor: LH200)

*Service & Communion

See Pastor Jennifer for an all-faith service @ 10:00AM.

Mindfulness Lessons

Learn breathing techniques and experience how 'chocolate meditation' can reduce anxiety.

Color for a Cause

Coloring is a healthy way to relieve stress and activate creativity.

Wall of Encouragement

Decorate a bison and encourage others to keep moving forward.

Friendship Bracelets

Say thanks and craft a bracelet for those who support you.

Social Zone

Lawrence Hall Ballroom
(3rd Floor)

Raffle Tickets

Collect raffle tickets at each zone and drop them into a prize box of your choice. Good Luck!

Gaming Zone

Vintage board- and video-games encourage you to unwind, socialize, and focus on something fun.

*Chair Massages

Massages release muscle tension, so enjoy one on us from 9:30AM-2:00PM.

Refreshments

Hydrate and energize yourself with cold refreshments.

Outdoor Zone

Village Park
(rain location: LH Lobby)

*Pumpkin Painting & Contest

Paint a pumpkin and showcase your creativity. Submit your masterpiece for judging by 2:30PM. The top three will win Amazon gift cards.

Outdoor Activities

Weather permitting, play outdoor yard games or get creative with sidewalk chalk.

*Note: a few activities have scheduled times listed.