

# SSD NEWSLETTER

Hello SSD Community!



Can you believe it's already November? Time is flying by! This month, we're excited to share a variety of opportunities and events happening at the SSD, including new drop-in sessions and another community potluck!

With reading break just around the corner, we hope you're able to take some time to rest and recharge. And remember, we're always here to support you. Don't hesitate to reach out if you need anything.

Bella  
SSD Office Coordinator

## Events

### The Spud Social Potluck

Join Us for a Baked Potato Potluck!

Our October Harvest Potluck was such a hit, we're doing it again! Come enjoy a cozy baked potato feast with all the toppings, cheese, sour cream, bacon, green onions, baked beans, and more.

Bring a dish to share and get up to \$20 reimbursed (don't forget to keep your receipts!). Can't bring anything? No problem, just come hungry and join the fun!



Date: November 24

Time: 5:30–7:30 PM

Location: SSD Lounge, SUB Room B11

Register here:

<https://forms.office.com/r/4G38VkWzY4>

### Crafting Drop-in

Crafting Drop-In Sessions Are Back! We're excited to announce that our crafting drop-in sessions are returning this semester! Join our wonderful workstudy student, Lucy, every Friday from 3:00–5:00 PM for a fun and relaxing creative break. We'll have plenty of crafting supplies on hand, but you're also welcome to bring your own projects. Whether you're a seasoned crafter or just looking to unwind, this is the perfect time to get creative and connect with others.

Date: November 14<sup>th</sup> & 21<sup>st</sup> and December 5<sup>th</sup> & 12<sup>th</sup>

Time: 3:00-5:00 PM

Location: SSD Lounge, Student Union Building Room B11



**Body Doubling Drop-in**

The SSD is putting on our Body Doubling Drop-in sessions again! Our workstudy Zoe and staff (Bella and Kai) will be hosting the sessions. Are you wondering what body doubling is? Body doubling is a productivity technique where individuals work in the presence of another person, either in person or virtually, to enhance focus and reduce procrastination. So come buy and study with other students!

Date: November 3rd, 10th, 17th, & 24th and December 1st, 10th, 12th, 17th, & 19th

Time: 3:00-5:30 PM

Location: SSD Lounge, Student Union Building Room B11

**Accessible Garden Bed**

The CCG is building a new garden bed! Its raised, tabletop structure is designed so people can garden seated or standing. In partnership between the CCG and SSD, we're seeking collaboration with folks who use mobility aids, experience physical disability, and/or garden seated or standing to test this design for usability and accessibility.

Please fill out the following form if you are interested: [Form](#)

Maximum 1-hour time commitment, with a minimum \$30 honorarium per participant. For further questions contact [ccgoutreach@uvic.ca](mailto:ccgoutreach@uvic.ca)

**Body Inclusive Dance**

We are hosting a one-off Body Inclusive Dance class with AIR, the same program we offer for our Body Inclusive Yoga classes. We hope this will allow us to gauge interest in the program and determine if participants would like us to run it in the spring semester. More information about this class will be posted on the [AIR website](#) soon!

Date: November 30th

Time: 5:30-7:00 PM

Location: SSD Lounge, Student Union Building Room B11

Registration: <https://vikesrec.ca/inclusion-accessibility/air>

**Upcoming Meetings****Special General Meeting (SGM)**

On November 28<sup>th</sup> the SSD is hosting our fall SGM. We will be discussing policy changes, doing a small financial report, presenting our annual report, and electing our vacant board positions. Our meeting is open to anyone and we would love you to be there. If you have any questions, please email our Office Coordinator, Bella, at [uvicssd@uvic.ca](mailto:uvicssd@uvic.ca). More info to come on our facebook and instagram accounts.

Date: November 28<sup>th</sup>

Time: 5:00-6:30 PM

Location: <https://uvic.zoom.us/j/87071777913>

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