



VALDOSTA STATE UNIVERSITY

# FACULTY & STAFF APPRECIATION WEEK

## Schedule of Events

### March 21 is MARVELOUS MONDAY



**ALL DAY** Cup of Gratitude - One Free Starbucks Beverage up to \$5 at Student Union (money put on employee ID card) ★



**6:00-7:00pm**  
Yoga at UC Cypress Room (Sign up on the Employee Development website)



**6:00-6:45pm**  
Indoor Cycling at Student Rec Center (Sign up on the Employee Development website)



**ALL WEEK** Faculty/Staff Appreciation Day Giveaway drawing (all employees entered automatically)



**ALL WEEK** First day for the Scavenger Hunt (winners will be announced Friday morning)

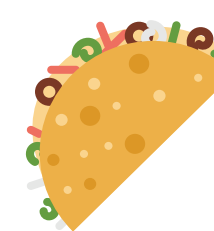


**ALL WEEK** Special Faculty & Staff Appreciation Edition of "I Caught You Caring"

### March 22 is TERRIFIC TEAM TUESDAY



**7:00-7:40am**  
Sunrise Yoga, Front Lawn (Meet in front of West Hall)

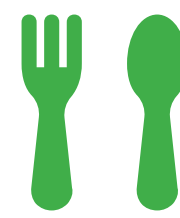


**11:30am-1:30pm**  
Taco Tent with free taco lunch and drink (beef, chicken, and vegetarian), Nevins Hall employee parking lot ★



**6:00-7:00pm**  
Zumba at Student Rec Center (Sign up on the Employee Development website)

### March 23 is WONDERFUL WEDNESDAY



**7:30-9:30am**  
Free Breakfast at Palms Dining ★

**12:00-4:00pm**  
*Wellness Wednesday*  
De-stress Activities in Odum Library

DE-STRESS

• Meditation Station for a 20-Minute Session- 12pm, 12:30pm, 1:30pm, 2:30pm, 3:30pm (First Floor Atrium)

• FREE 15-Minute Chair Massage (First Floor Atrium)  
Scan this QR code to sign up



• DIY Stress Balls, Button Making, Color Away Your Stress, Healthy Snacks (Room 1604)

• 30-Minute History Tour led by VSU Archives

*\* For Wellness Wednesday events, please work with your supervisor to ensure you and everyone in your office has a chance to enjoy these activities.*

### March 24 is THANK YOU THURSDAY



Chip-Chip Hooray! Cookie Delivery to all Department Offices

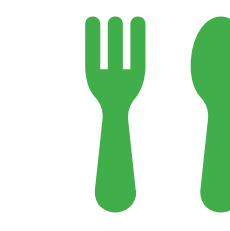


**6:15-7:00pm**  
Water Aerobics at Student Rec Center (Sign up on the Employee Development website)

### March 25 is ADMIRE YOUR FIRE FRIDAY Don't forget to WEAR RED!



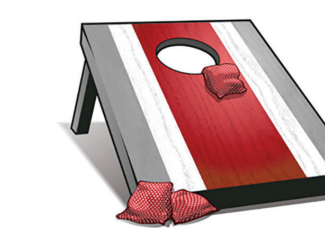
**11:00am-2:00pm**  
Faculty-Staff Appreciation Lunch and Activities (vegetarian options available) ★



Scavenger Hunt winners announced



### March 26 is VSU COMMUNITY FUN DAY



**1:00-4:00pm** Family Fun Day at Student Rec Center



Join us for this **FREE** event for staff, faculty, and their families. Enjoy pool activities, kayaking, rock wall climbing, yard games, basketball and more!



★ VSU employee ID required

For more information about Faculty & Staff Appreciation Week, visit [www.valdosta.edu/appreciation](http://www.valdosta.edu/appreciation)