



BACK TO PACIFIC

READY, SET. ROAR!

JULY 19-AUGUST 15
CALENDAR OF
EVENTS

2021

UNIVERSITY OF THE
PACIFIC



SCHEDULE

RECURRING EVERYDAY

- MONDAY-FRIDAY 9AM-11:30AM | MORRIS CHAPEL**
MINDFUL MEDITATION IN MORRIS CHAPEL
 Join us for Mindfulness Meditation, a time to deliberately cultivate your awareness of what is happening around you and within you without criticism or judgment.
 ● ●
- MONDAY-FRIDAY 11:30AM-1PM | DUC LAWN**
MUSIC AND GAMES ON THE LAWN
 Play games with Pacific Recreation, listen to music, and make friends at this daily chill session on the DeRosa University Center lawn.
 ● ●
- MONDAY-FRIDAY 1PM-5PM | DUC LAIR**
TIGER PAUSE IN THE LAIR
 Take a break and hang out in the Lair!
 ●
- MONDAY-FRIDAY 8PM-10PM | DUC FIREPITS**
FIRESIDE SOCIALS
 Build connection around the fire at this daily evening gathering. Activities can be checked out at the DUC Front Desk.
 ●

EQUITY & IDENTITY SPACES RECURRING EVERY TUESDAY

JOIN THE INTERCULTURAL STUDENT SUCCESS TEAMS WEEKLY TO BUILD COMMUNITY, MEET OTHER STUDENTS, AND RELAX.

11AM-12PM | MCCAFFREY CENTER
ISS HANGOUT SPACE: BLACK STUDENT SUCCESS
 ●

2PM-3PM | RAYMOND LODGE
ISS HANGOUT SPACE: ASIAN, PACIFIC ISLANDER, AND DESI STUDENT SUCCESS
 ●

3PM-4PM | RAYMOND LODGE
ISS HANGOUT SPACE: LATINX AND NATIVE AMERICAN STUDENT SUCCESS
 ●

4PM-5PM | MCCAFFREY CENTER
ISS HANGOUT SPACE: GENDER EQUITY & PRIDE RESOURCE CENTER
 ●

ON-GOING VIRTUAL RECURRING WEEKLY

MONDAYS | INSTAGRAM
MAKE IT YOURSELF MONDAYS
 DIY with us weekly on the ASUOP Arts & Entertainment Instagram!
 ●

WEDNESDAYS | INSTAGRAM
WELL-BEING WEDNESDAYS
 Jumpstart your wellbeing journey with ASUOP Arts & Entertainment through the dimensions of wellness to develop your own healthy routines
 ●

FRIDAYS | ON-DEMAND VIDEO | WATCH HERE
VIRTUAL ASUOP FILM SERIES
 Can't make it to Pacific's Janet Leigh Theater at showtime? Watch the latest feature film or independent movie on your time wherever you are!
 ●

WEEK BY WEEK

PROGRAMS & EVENTS | JULY 19-31, 2021

MONDAY | JULY 19

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: BARRE

Pulse through this low-impact class with a series of controlled and challenging moves to increase core strength, coordination and balance.



3:30PM-4:30PM | DUC 211

MINDFULNESS MONDAY: TRANSITIONING TO COLLEGE

Mindfulness matters! Join the CAPS team as they discuss an array of mindfulness and wellness topics.



5:45PM-6:30PM | BAUN FITNESS CENTER

TIGER X CLASS: STRENGTH TRAINING

Strength Training is a muscle-building class focused on building mental stamina through physical resistance. Dumbbells are optional.



7PM-9PM | CALAVERAS RESIDENCE HALL

RESLIFE WELCOME HOME

Join the Residential Life team for a community-building social!



TUESDAY | JULY 20

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with stable alignment and breath throughout a series of powerful and relaxing poses.



1PM-2PM | TBD

KAHOOT: PACIFIC/STOCKTON EDITION

Its Trivia time, connect and engage with others as you are challenged with Pacific Trivia!



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: STRONG NATION

Amplify your workout by combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move to make it through every rep!



7PM-9PM | CALAVERAS RESIDENCE HALL

RESLIFE WELCOME HOME

Join the Residential Life team for a community-building social!



WEDNESDAY | JULY 21

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: SCULPT

Train your total body in this class designed to strengthen all muscle groups while focusing on fundamental functional movement.



2PM-3PM | TBD

ACADEMIC EVENT

Prepare for the academic rigor of the Fall semester in this session hosted by the Office of Undergraduate Education.



3PM-4PM | TBD

STUDENT ACTIVITIES: HOW TO START A CLUB AND OPEN HOUSE

Join Student Activities Center team and learn how to start a club and meet leadership from a few student organizations.



7PM-9PM | CALAVERAS RESIDENCE HALL

RESLIFE WELCOME HOME

Join the Residential Life team for a community-building social!



.....EVENT KEY.....



WEEK BY WEEK

PROGRAMS & EVENTS | JULY 19-31, 2021

THURSDAY | JULY 22

ALL DAY | ON-DEMAND VIDEO | WATCH HERE
TIPS FOR TIGER WELL-BEING

A good Tiger is a healthy Tiger! Get your mind and body ready with these tips for taking care of your wellbeing.



3PM-4PM | DUC 211

sophoMORE EXPERIENCE: BE MORE

This workshop centers on helping second-year students to become well-rounded adults. This session will cover topics like Financial Management, Stress Management, Time Management, and Knowing your Strengths.



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with sound alignment and breath throughout a series of engaging poses.



7PM-8:15PM | DUC LAWN

SUNSET YOGA

Yoga mats provided, join Pacific Recreation on the DUC lawn for a realxing way to end your day.



7PM-8PM | DUC LAIR

BRICKYARD IN THE LAIR

Enjoy our weekly Brickyard series! Watch as a wide variety of artists, from singers, dancers, musicians and more, perform!



FRIDAY | JULY 23

6PM-7PM | VIRTUAL | JOIN HERE

ZOOM & CHILL: TIGER ACTIVITY

You can stop by and unwind with your fellow Tigers. Orientation staff will be facilitating the fun, and all skill levels are welcome.



7PM-8PM | DUC BALLROOM

**PACIFIC FRIDAY NIGHT LIVE (FNL):
SPEEDFRIENDING**

You never know how you'll meet your new best friend! In this fun spin on speed dating, quickly make as many new friends as possible.



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



SATURDAY | JULY 24

ALL DAY | BAUN FITNESS CENTER

TIGER ESCAPES: CAMPUS SCAVENGER HUNT

Explore the Stockton campus, learn about some of the awesome facilities and services, and win some prizes!



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



SUNDAY | JULY 25

8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



.....EVENT KEY.....



WEEK BY WEEK

PROGRAMS & EVENTS | JULY 19-31, 2021

MONDAY | JULY 26

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: BARRE

Pulse through this low-impact class with a series of controlled and challenging moves to increase core strength, coordination and balance.



3:30PM-4:30PM | DUC 211

MINDFULNESS MONDAY: SELF-CARE AND ENERGY MANAGEMENT

Mindfulness matters! Join the CAPS team as they discuss an array of mindfulness and wellness topics.



5:45PM-6:30PM | BAUN FITNESS CENTER

TIGER X CLASS: STRENGTH TRAINING

Strength Training is a muscle-building class focused on building mental stamina through physical resistance. Dumbbells are optional.



TUESDAY | JULY 27

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with stable alignment and breath throughout a series of powerful and relaxing poses.



1PM-2PM | VIRTUAL | JOIN HERE

VIRTUAL ESCAPE ROOM: FIND HIDDEN CLUES & SOLVE A MYSTERY!

Come and connect with your fellow Tigers as you work together to navigate a virtual escape room.



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: STRONG NATION

Amplify your workout by combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move to make it through every rep!



WEDNESDAY | JULY 28

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: SCULPT

Train your total body in this class designed to strengthen all muscle groups while focusing on fundamental functional movement.



7PM-8PM | VIRTUAL | JOIN HERE

THE NEST PRAYER FAMILY

Hang out and meet the members of this registered student organization!



THURSDAY | JULY 29

12PM-1PM | DUC 211

PREVIEW OF STUDENT LEADERSHIP & ENGAGEMENT OPPORTUNITIES INFO SESSION

Learn all the ways you can get involved as a Student Leader with the Office of Student Engagement (OSE)!



12PM-1:30PM | MAIN GYM

PICKLEBALL OPEN PLAY

Learn all the ways you can get involved as a Pickleball is a fun sport that combines elements of tennis, badminton, and ping pong. No matter your skill level, drop in to main gym to learn a new sport or find people to play with!



.....EVENT KEY.....



WEEK BY WEEK

PROGRAMS & EVENTS | JULY 19-31, 2021

3PM-4PM | DUC 211

sophoMORE EXPERIENCE: LEARN MORE

In order to help second-year students learn more about career development and their future after graduation, this workshop will focus on topics like Resume Development, Study Abroad, Interview Skills, and the Graduate School application process.



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with sound alignment and breath throughout a series of engaging poses.



6PM-8PM | MAIN GYM

PICKLEBALL OPEN PLAY

Learn all the ways you can get involved as a Pickleball is a fun sport that combines elements of tennis, badminton, and ping pong. No matter your skill level, drop in to main gym to learn a new sport or find people to play with!



7PM-8PM | DUC LAIR

BRICKYARD IN THE LAIR: TRIVIA NIGHT WITH ASUOP

Enjoy our weekly Brickyard series! Watch as a wide variety of artists, from singers, dancers, musicians and more, perform!



FRIDAY | JULY 30

3PM-4PM | GRACE COVELL

COVID-19 RESPONSE AND WHAT TO EXPECT THIS FALL

Join us as President Callahan and Student Life Leadership prepare you for what the fall semester will look like at Pacific. Come with any questions!



7PM-8PM | DUC LAWN

PACIFIC FRIDAY NIGHT LIVE (FNL): FUN ON THE LAWN

Come have some fun in the sun(set) with lawn games, fun icebreakers and energizers, and more!



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



SATURDAY | JULY 31

ALL DAY | OFF-CAMPUS

TIGER ESCAPES: TAKE A HIKE- MOUNT DIABLO

The Pacific community is invited to hike the waterfall loop trail at Mount Diablo.

Transportation is not provided, all hikers should make sure to bring their own lunch and adequate water.



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



.....EVENT KEY.....





Noah
Gonzales

Student Participant - Health & Wellness
Department of Health

Riley
Johnson

Student Participant - Health & Wellness
Department of Health

PACIFIC
TIGERS

WEEK BY WEEK

PROGRAMS & EVENTS | AUGUST 1-20, 2021

SUNDAY | AUGUST 1

8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



MONDAY | AUGUST 2

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: BARRE

Pulse through this low-impact class with a series of controlled and challenging moves to increase core strength, coordination and balance.



3:30PM-4:30PM | DUC 211

MINDFULNESS MONDAY: IMPOSTER SYNDROME

Mindfulness matters! Join the CAPS team as they discuss an array of mindfulness and wellness topics.



5:45PM-6:30PM | BAUN FITNESS CENTER

TIGER X CLASS: STRENGTH TRAINING

Strength Training is a muscle-building class focused on building mental stamina through physical resistance. Dumbbells are optional.



TUESDAY | AUGUST 3

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with stable alignment and breath throughout a series of powerful and relaxing poses.



1PM-2PM | MCCAFFREY CENTER

I GOT YOU: ALLYSHIP

Develop your allyship skillsets and commit to taking action to create more equitable spaces at Pacific and beyond!



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: STRONG NATION

Amplify your workout by combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move to make it through every rep!



WEDNESDAY | AUGUST 4

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: SCULPT

Train your total body in this class designed to strengthen all muscle groups while focusing on fundamental functional movement.



12PM-1PM | LIBRARY

ACADEMIC EVENT

Prepare for the academic rigor of the Fall semester in this session hosted by the Office of Undergraduate Education.



7PM-8PM | VIRTUAL | JOIN HERE

UOP CLIMBING CLUB

Hang out and meet the members of this registered student organization!



.....EVENT KEY.....



WEEK BY WEEK

PROGRAMS & EVENTS | AUGUST 1-20, 2021

THURSDAY | AUGUST 5

ALL DAY | ON-DEMAND VIDEO | WATCH HERE

ASK A PACIFICAN VLOG SERIES- 5 THINGS I WISH I KNEW BEFORE ATTENDING PACIFIC

Real talk with a current student and the 5 things they wish they knew before attending Pacific.



3PM-4PM | DUC 211

sophoMORE EXPERIENCE: LEAD MORE

This workshop will focus on helping second-year students develop leadership skills and a plan for how they will lead within the Pacific community.



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with sound alignment and breath throughout a series of engaging poses.



6PM-8PM | SAND VOLLEYBALL COURT

SAND VOLLEYBALL TOURNAMENT

Bring a team of 2-4 people or just show up and more teams will be made on site!



7PM-8PM | DUC LAIR

BRICKYARD IN THE LAIR WITH FRATERNITY & SORORITY LIFE

Enjoy our weekly Brickyard series! Watch as a wide variety of artists, from singers, dancers, musicians and more, perform!



FRIDAY | AUGUST 6

6PM-7PM | VIRTUAL | JOIN HERE

ZOOM & CHILL: BOOM, BOOM, BINGO!

New students will join the Orientation teams for a high energy version of Bingo with great prizes, music, mini-games and a few other surprises!



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



SATURDAY | AUGUST 7

ALL DAY | OFF-CAMPUS

TIGER ESCAPES: OAK GROVE PARK

Check out a great park in Stockton, enjoy paddle boats on the lake or disc golf! Meet at the Baun Fitness Center. Transportation and barbeque lunch provided



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



SUNDAY | AUGUST 8

8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



.....EVENT KEY.....



WEEK BY WEEK

PROGRAMS & EVENTS | AUGUST 1-20, 2021

MONDAY | AUGUST 9

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: BARRE

Pulse through this low-impact class with a series of controlled and challenging moves to increase core strength, coordination and balance.



3:30PM-4:30PM | DUC 211

MINDFULNESS MONDAY: HOW TO LIVE TO BE 100

Mindfulness matters! Join the CAPS team as they discuss an array of mindfulness and wellness topics.



5:45PM-6:30PM | BAUN FITNESS CENTER

TIGER X CLASS: STRENGTH TRAINING

Strength Training is a muscle-building class focused on building mental stamina through physical resistance. Dumbbells are optional.



TUESDAY | AUGUST 10

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with stable alignment and breath throughout a series of powerful and relaxing poses.



1PM-2PM | DUC LOBBY

PACIFIC VIDEO SCAVENGER HUNT

Pacific virtual and in person scavenger hunt around Pacific!



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: STRONG NATION

Amplify your workout by combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move to make it through every rep!



WEDNESDAY | AUGUST 11

12:05PM-12:50PM | BAUN FITNESS CENTER

TIGER X CLASS: SCULPT

Train your total body in this class designed to strengthen all muscle groups while focusing on fundamental functional movement.



2PM-3PM | VIRTUAL | JOIN HERE

DELTA GAMMA SORORITY MEET & GREET

Hang out and meet the members of this registered student organization!



3PM-4PM | VIRTUAL | JOIN HERE

GAMMA ALPHA OMEGA SORORITY

Hang out and meet the members of this registered student organization!



4PM-5PM | VIRTUAL | JOIN HERE

THETA CHI FRATERNITY

It will be a virtual zoom event where potential new members will have the opportunity to learn more about Theta Chi.



5PM-6PM | VIRTUAL | JOIN HERE

KAPPA ALPHA THETA

Hang out and meet the members of this registered student organization!



.....EVENT KEY.....



WEEK BY WEEK

PROGRAMS & EVENTS | AUGUST 1-20, 2021

6PM-8PM | VIRTUAL | JOIN HERE

INTERFRATERNITY COUNCIL (IFC)

Hang out and meet the members of this registered student organization!



7PM-8PM | VIRTUAL | JOIN HERE

BETA THETA PI FRATERNITY

Hang out and meet the members of this registered student organization!



THURSDAY | AUGUST 12

ALL DAY | ON-DEMAND VIDEO | WATCH HERE

NAVIGATING YOUR FIRST YEAR AT PACIFIC & PREVIEW OF STUDENT ENGAGEMENT

Find the right resources for staying on-track as a new Pacific student and learn about how you can get involved with the Office of Student Engagement (OSE).



3PM-4PM | DUC LOBBY

sophoMORE EXPERIENCE: PLAY MORE

Create art with your new friends as you participate in a Pacific tradition - painting the spirit rocks!



5:15PM-6:15PM | BAUN FITNESS CENTER

TIGER X CLASS: YOGA

Flow into yoga that will harmonize the mind, body, and spirit with sound alignment and breath throughout a series of engaging poses.



5PM-7PM | DUC BALLROOM

PACIFIC RECREATION ARCADE

Mini Golf, Giant Pong, Pop-shot Basketball, and more! Come check out some fun games and challenges and win some prizes along the way!



7PM-8PM | DUC LAIR

BRICKYARD IN THE LAIR: TBD

Enjoy our weekly Brickyard series! Watch as a wide variety of artists, from singers, dancers, musicians and more, perform!



FRIDAY | AUGUST 13

3PM-4PM | VIRTUAL | JOIN HERE

MY FIRST YEAR (MY-FY): THE STUDENT EXPERIENCE

Hear from the experts about what a first year at Pacific is really like - roommates, diversity, campus safety, healthy relationships, university policies, finding work, getting involved, and more.



7PM-8PM | OFF-CAMPUS

PACIFIC FRIDAY NIGHT LIVE (FNL): DINNER ON THE MILE

Come with us to the Miracle Mile and enjoy dinner at one of the many fabulous local restaurants - all within walking distance from campus! Meet at Burns Tower.



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



.....EVENT KEY.....



ARTS AND CULTURE



RECREATIONAL SPORTS AND ACTIVITIES



DIVERSITY, EQUITY, AND INCLUSION



HEALTH AND WELLBEING



FOR NEW STUDENTS



FOR SOPHOMORE STUDENTS



CAMPUS INVOLVEMENT

WEEK BY WEEK

PROGRAMS & EVENTS | AUGUST 1-20, 2021

8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



SATURDAY | AUGUST 14

6PM-8PM | CHRIS KJELSEN POOL

DIVE-IN MOVIE

Come get some pool time and check out a movie on the video board at the Chris Kjelsen Pool on campus.



8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



SUNDAY | AUGUST 15

8PM-10PM | JANET LEIGH THEATRE

ASUOP FILM SERIES

Associated Students of University of the Pacific Arts and Entertainment Division sponsors a film series in the Janet Leigh Theatre featuring recent major feature films and relevant independent films.



FOR QUESTIONS, CONTACT:



UNIVERSITY OF THE PACIFIC
OFFICE OF STUDENT ENGAGEMENT
AND TRANSITION PROGRAMS

209.946.7619 | STUDENTENGAGEMENT@PACIFIC.EDU



TAG US ON SOCIAL MEDIA
@UOPSTUDENTENGAGEMENT WITH
THE HASHTAG #BACKTO PACIFIC

.....EVENT KEY.....

- ARTS AND CULTURE
- RECREATIONAL SPORTS AND ACTIVITIES
- DIVERSITY, EQUITY, AND INCLUSION
- HEALTH AND WELLBEING
- FOR NEW STUDENTS
- FOR SOPHOMORE STUDENTS
- CAMPUS INVOLVEMENT



UNIVERSITY OF THE PACIFIC

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UNIVERSITY OF THE
PACIFIC