

Student Activities *

(mostly regular & on-going)



15 Minute of Fitness

Got 15 minutes and trying to loose a few extra pounds? Come join us for encouragement, nutrition tips and 15 minutes of fitness (2 minutes of warm up, 11 minutes of workout, and 2 minutes of cool down). **All faculty, staff and students welcome!** No spandex required! Workouts are in the **Student Lounge**. "15 Minutes" is organized by **Mark Wilson**. If you have any questions, contact him at 616.212.7852 or [@fhi.net](mailto:mark@fhi.net). We are currently meeting **Mondays, Wednesdays and Fridays at around 12:15pm**, those this varies from semester to semester depending on schedules.

Cheese ball Friday

Trying to gain a few pounds, or just want to start your weekend off with some nice cheese and conversation? Check out "cheese ball Friday" in the **Atrium Friday around noon**. This is an **informal group** of students, staff and faculty who enjoy food and community. At this time (Spring '09), no one is hosting this activity. Who knows, maybe you might just be the one to get it started again ... if you bring it, they will come!

Confessions on Tap

"The Confessions on Tap" is a gathering of students and professors that combines two of the finest things in life: theology and drink. **Once a month**, this group gathers to discuss a different section of the Reformed confessions over a brew or a soda in a relaxed environment. We always welcome new conversation partners, so come and try it out! All meetings are held at **New Holland Brewpub**. "The Confessions on Tap" is organized by **Dr. Todd Billings** who sends out a note to the WTS community about the topic for each meeting. If you have questions, you may contact Dr. Billings (billings@westernsem.edu). Dates for Spring '09 are: Tuesday, **Feb. 24**, 4pm, Tuesday, **March 24**, 4pm, and Tuesday, **April 14**, 4pm. Cheers!



Ultimate Frisbee & Monday Night Football

Prefer something outdoors? Try Ultimate Frisbee! This group gathers **Fridays afternoons** at 3:00pm **early Fall** and **late Spring** at **Window on the Waterfront** park (take Colombia north towards Freedom Village). Monday Night Football meets at **Village Inn** starting at 8:30pm. For either of these, contact **JB Wernlund** at 909.287.6434 or [@gmail.com](mailto:jbw@villageinn.com).



Via Maria



At Via Maria--a lovely Italian Restaurant--we build community and talk about life in general. We reflect especially on that what is important to us as pastoral leaders. So come and listen, build fellowship, deepen your relationships and form your pastoral identity as we discover what it means to be a Christian leader in today's world. At Via Maria faculty and students meet in a different role and place. We do so enjoying a soda, a cup of coffee, a beer, or a glass of wine. Since classrooms are agenda-driven (syllabi), Via Maria provides a forum for open discussion and refectation. Do empower yourself to raise the topic or issue you would like to address or the story you would like to share. All are welcome. If you have any questions, please do not hesitate to contact **Dr. Jaco Hamman** ([hamman@westernsem.edu](mailto:jhamman@westernsem.edu)). **Fridays 3:00-5:00 pm**, Via Maria restaurant, 3 W 7th St, Holland, MI 49423, Tel: 616.494.0016. (Entrances are on 7th Street or from 6th Street)

* Note: activities are organized independently by WTS community members, and are not official activities of the Student Council.