



May 20 - 23, 2025
Mount Royal University

Fun Session Descriptions

****Schedules and locations are subject to change leading up to the event.****

Wednesday, May 21, 2025 4:00 - 5:15 pm

MRU Flight Simulator Experience

 Location: EB Building 2002  Max: 15

Register here!



 **Location:** EB Building 2002

 **Facilitator:** Aviation Faculty Member

 **Time:** 4:00 - 5:15

 **Brief Session Agenda:**

- **Welcome & Introduction (5 min)** – Overview of the flight simulator, basic controls, and safety measures.
 - **Flight Basics & Controls (10 min)** – Guided demonstration of key controls and aircraft features.
 - **Hands-On Flight Experience (30 min)** – Participants take turns flying the simulator with instructor support.
 - **Wrap-Up & Q&A (5 min)** – Review of flight techniques, ask questions, and share feedback.
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Good Human Keychains & Peer Leader Mug Decorating

📍 Location: SLS - RLLC PLP Area 👥 Max: 30

Register here!



Good Human

Celebrating kindness every day

Help fellow students succeed
in a course you loved.

Apply to be a Learning Peer today!

 Location: SLS - PLP Area

 Facilitator: Brenna Blundell + Peer Learning Program Rep

 **Time: 4:00 - 5:15**

 Brief Session Agenda:

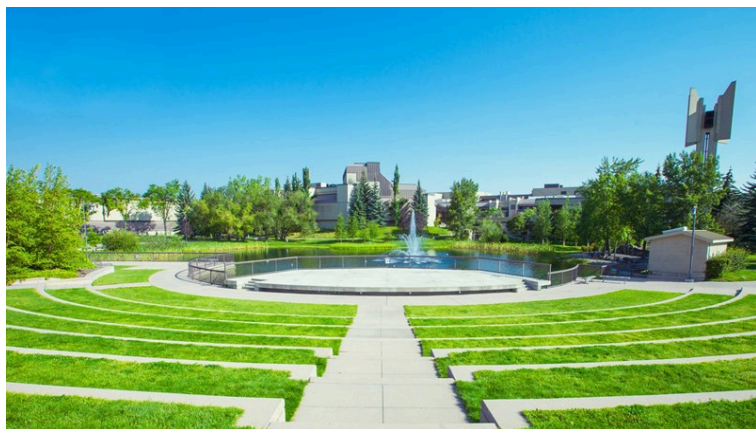
- **Welcome & Introduction (5 min)** – Overview of the session and materials for keychains and mugs.
- **Keychain Making Demonstration (15 min)** – Step-by-step guide on creating personalized keychains (materials, tools, and techniques).
- **Hands-On Keychain Making (20 min)** – Participants create their own keychains with provided materials.
- **Mug Decorating Demonstration (10 min)** – Step-by-step guide on decorating mugs (using paint, markers, decals, etc.).
- **Hands-On Mug Decorating (20 min)** – Participants decorate their own mugs, with tips for personalization.
- **Wrap-Up & Q&A (5 min)** – Final thoughts, care tips for mugs and keychains, and open the floor for questions.

Register here

Drum Circle with MRU Multi-Faith

 **Location:** Amphitheatre / SAMRU Wyckham House (Rainout)  **Max:** 15

Register here!



 **Location:** Amphitheatre / Rainout EB Classroom

 **Facilitator:** Chaplain Jess, MRU Multi Faith Service

 **Time:** 4:00 - 5:15

 **Brief** Session Agenda:

- **Welcome & Introduction (5 min)** – Overview of the session, benefits of drum circles, and introduction to the instruments.
 - **Rhythmic Warm-Up (10 min)** – Basic drumming techniques and a short group rhythm exercise to get comfortable with the instruments.
 - **Drum Circle Facilitation (15 min)** – Guided demonstration on leading and participating in a drum circle, including call-and-response and creating group rhythms.
 - **Hands-On Drum Circle (30 min)** – Participants engage in a collaborative drum circle, creating and building rhythms together.
 - **Wrap-Up & Reflection (10 min)** – Final circle sharing, feedback on the experience, and tips for continuing drum circle practices.
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✉ **Handmade Paper Workshop with Andrea Lau**

📍 Location: EC Classroom 👥 Max: 30

Register here!



Join local artist and papermaker Andrea Lau for a handmade paper workshop! Using cotton fibre and local plant material, participants will learn about the history of handmade paper and form sheets of their very own. Participants can pick up their sheets once they have dried.

📍 **Location:** Classroom in EC

🎤 **Facilitator:** Andrea Lau

🕒 **Time:** 4:00 - 5:15

📅 **Brief Session Agenda:**

- **Welcome & Introduction (5 min)** – Overview of the session, introduction to paper making, and the history and benefits of creating handmade paper.
 - **Demonstration of Paper Making Process (10 min)** – Live demonstration by Andrea Lau, explaining each step of the paper-making process: pulping, sheet formation, and drying.
 - **Hands-On Paper Making (30 min)** – Participants create their own sheets of paper in small groups, guided by Andrea. Each participant practices the steps involved.
 - **Customization & Drying (15 min)** – Introduction to customization techniques, such as adding pigments, textures, and pressed flowers. Participants finish their paper and begin drying.
 - **Sharing & Reflection (5 min)** – Participants share their creations with the group, reflect on their experience, and discuss their creative process.
 - **Q&A and Wrap-Up (5 min)** – Final thoughts from Andrea, additional resources, and an open floor for questions.
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Rest & Relax with mini massages and/or a quiet space to rest

 Location:  RLLC 3rd Floor - Immersion Studio  Max: 20   

Register here!



Relax & Recharge: Seated Massage Sessions by MRU Students

Take a moment to unwind with a short, clothed massage offered by Mount Royal University Massage Therapy students. This session provides an opportunity to experience therapeutic touch in a calming environment of the incredible MRU RLLC Immersion Studio, supportive environment. Ideal for relieving stress, reducing muscle tension, and enhancing focus — perfect during a busy day on campus.

 **Time: 4:00 – 5:15**

 **Location:** RLLC Immersion Studio, 3rd Floor

 **Facilitator:** Gurleen Grover

Brief Session Agenda:

Welcome & Introduction (5 min) – Overview of the session, benefits of massage therapy, and what to expect.

Student-Led Massages (15 min) – Participants receive 10-minute seated massages from MRU Massage Therapy students, supervised by Gurleen. Each student rotates through multiple participants.

Q&A and Wrap-Up (5 min) – Final thoughts, resources for further support, and appreciation for participants and students.

Thursday, May 21, 2025 3:45 - 5:00 pm

MRU Greenhouse Tour & Terrarium Building

 Location: Main Building, 3rd Floor Greenhouse  Max: 30

Register here!



 **Location:** MRU Greenhouse - 3rd floor of Main Building

 **Facilitator:** Barry, MRU Science Faculty

 **Time:** 3:45 - 5:00

 **Brief Session Agenda:**

- **Welcome & Introduction (5 min)** – Overview of the session and introduction to the greenhouse and activities.
 - **Greenhouse Tour (15 min)** – Guided tour of the greenhouse, highlighting plant varieties and sustainable practices.
 - **Terrarium Building Demonstration (10 min)** – Step-by-step guide on creating a terrarium, including plant selection and arrangement.
 - **Hands-On Terrarium Building (15 min)** – Participants create their own terrariums with provided materials.
 - **Wrap-Up & Q&A (5 min)** – Final thoughts, care tips for terrariums and seed paper, and open the floor for questions.
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Cupcake Decorating with CRAVE Bakery

 Location: EC Classroom,  Max: 20

Register here!



 **Location:** Classroom in EC

 **Facilitator:** Deb Payne + Crave Baker Pros

 **Time:** 3:45 - 5:00

 **Brief Session Agenda:**

- **Welcome & Introduction (5 min)**
- **Decorating Demonstration (10 min)** – Step-by-step guide on basic cupcake decorating techniques (piping, fondant, sprinkles, etc.).
- **Hands-On Cupcake Decorating (25 min)** – Participants decorate their own cupcakes with provided materials.
- **Wrap-Up & Q&A (5 min)** – Final tips, sharing creations, and open the floor for questions.

Yoga with MRU Recreation

 Location: MRU Recreation Studio  Max: 20

Register here!



 **Location:** Recreation Studio or Amphitheatre

 **Facilitator:** MRU Recreation Instructor

 **Time:** 3:45 - 5:00

 **Brief Session Agenda:**

- **Welcome & Introduction (5 min)** – Overview of the session, introduction to yoga, and the benefits of mindful movement.
 - **Breathing & Warm-Up (10 min)** – Guided breathing exercises (pranayama) followed by gentle warm-up stretches.
 - **Yoga Flow (40 min)** – A guided flow of poses (asanas) tailored to all levels, focusing on flexibility, strength, and relaxation.
 - **Cool Down & Meditation (10 min)** – Gentle stretches followed by a guided meditation to promote relaxation and mindfulness.
 - **Wrap-Up & Q&A (10 min)** – Final thoughts, tips for continued practice, and open the floor for questions.
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 **Facilitator:** Aviation Faculty Member

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