Tip of The Month:
Now is the time of year where people set their goals for the coming year. 50% of people make resolutions never succeed. Don’t be one of those people next year! Here are some helpful ways to make sure you keep your goals: 10 Tips: New Year’s Resolutions
1. Choose a specific, realistic goal.
2. Pick just one resolution and focus your energy on keeping it.
3. Don’t wait until New Year’s Eve. Plan ahead!
4. Start with small steps and go from there.
5. Avoid repeating past failures. Stick to it!
6. Remember that change is process. Go ahead and reward yourself occasionally.
7. Don’t let small stumbles bring you down.
8. Get support from your friends and family.
9. Renew your motivation regularly.
10. Keep working at your goals. Don’t give up!
Excerpt taken from About.com

Adventure Programs:
Outdoor Resource Center:
Re-opens on 1/14 with Regular Hours
Climbing Wall:
Free Climb Night - January 16th 5-10pm
Community Circus Night - January 24th 7-10pm
Lead Clinic - January 28th 7pm
Outdoor Pursuits:
Ski Trip - February 1-2nd
Like SSU Adventure Programs for more info.

Important Membership Reminders:
SSU Students MUST have their Spring 2013 stickers by Tuesday, January 22nd!
Free Week runs from January 13-22nd and is open to ALL eligible SSU membership holders - i.e. faculty, staff, alumni, Extended Ed, and Lifelong Learning.
(Sponsored members still need to pay.)
Fall semester memberships expire on January 13th! If you would like to renew your membership, do it soon!

Campus Rec Events:
Blood Drive
9am-3pm in Mckinley Gym Thursday, January 24th
Come Donate and Save Lives!

Intramural Sports
Texas Hold Em Tournament
FREE starting at 8pm on 1/23
5v5 Indoor Soccer
Entries Due 1/23 - $70/team
5v5 Basketball
Entries Due 1/23 - $70/team
6v6 Volleyball
Entries Due 1/30 - $60/team
Call 707.664.3426 OR stop by the IMS Kiosk near the Front Desk for more info.

Rec Special Hours:
CR is CLOSED Dec. 15 - Jan. 7th
Mon. 1/7-Fri. 1/11: 6:30am-9:30pm
Sat. 1/12: 10am-8pm
Sun. 1/13: 6pm-12am
Mon. 1/14: Normal hours Resume
MLK Weekened
Fri. 1/18: 6am - 10pm
Sat. 1/19-Sun. 1/20: 10am-8pm
Mon. 1/21: 12pm - 12am

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Sonoma State’s Rec Center www.sonomaeda.com/campusrec
707.664.4FUN