



# CLASSIFIED APPRECIATION WEEK



MOVE



LEARN



RELAX

ENJOY



MAY 20-24, 2019

Register for activities online using **CORNERSTONE**

# Classified Appreciation Week 2019

## Schedule At-A-Glance

### MONDAY, TUESDAY or THURSDAY

9:00 AM - 12:00 PM

**Make an appointment for a:**

- ❖ manicure
- ❖ mini-facial
- ❖ hairstyling

1:00 PM - 3:30 PM

Cosmetology Beauty Salon (ITEC 142)

### MONDAY, MAY 20

10:00 AM - 11:00 AM

**Hey Coach, What Should I Eat?** – Library West Basement, TLC

1:00 PM - 2:00 PM

**Slow Flow Yoga** – South Gym

### TUESDAY, MAY 21

9:00 AM - 11:00 AM

**Your CalPERS & You** – Student Services, Room 218-A

11:00 AM - 12:00 PM

**Salsa for Everyone** – East Lounge (Student Activities)

12:00 PM - 2:00 PM

**CalPERS: Planning Your Retirement** – Student Services, Room 218-A

### WEDNESDAY, MAY 22

1:00 PM - 2:00 PM

**Gentle Yoga w/ Yoga Nidra** – South Gym

2:30 PM - 3:30 PM

**DIY Desktop Succulent** – East Lounge (Student Activities)

### THURSDAY, MAY 23

9:00 AM - 10:00 AM

**Cutting the Cord: Alternatives to Cable or Satellite TV** – Library West Basement, TLC

1:00 PM - 2:00 PM

**Mortgage Lending** – SOCS 120

### FRIDAY, MAY 24

11:00 AM - 1:00 PM

**Classified vs Management Softball Game and Lunch** – Softball Field

8:00 PM - 9:00 PM

**Campus Dinner (Night Staff)** – Stadium Room

# Classified Appreciation Week 2019

## ECC COSMETOLOGY BEAUTY SALON

Advanced Cosmetology Students will be taking appointments for hairstyling, mini-facials and manicures on Monday, Tuesday or Thursday of Classified Staff Appreciation Week!

**Make your appointment by calling  
x 3602**

*Make sure mention that you are ECC staff!*

### **MONDAY, TUESDAY or THURSDAY**

- ❖ **Morning Appointments between:** 9:00am – 12:00pm
- ❖ **Afternoon Appointments between:** 1:00pm – 3:30pm

**Location:** *Cosmetology Beauty Salon Lobby (ITEC 142)*

### **Menu of Services**

<b>Manicure</b>	Take care of your nails with a filing, cuticle trim, buffing, massage, and/or polish.
<b>Mini-Facial</b>	Pamper yourself with a facial cleanse, mask, moisturizer, and/or massage.
<b>Blow Dry</b>	Treat your hair to a relaxing shampoo, conditioner, and blow dry style of your choice.

# Schedule of Activities

**\*\*ALL Classified Staff, Supervisors, & Managers are welcome to attend\*\***

MOVE LEARN RELAX ENJOY

**Monday, May 20, 2019**

## Hey Coach, "What Should I Eat?"

6 in 10 adults in the US have a chronic disease. The good news is, there's a solution to this problem! It starts with what we put on our plates. The food we eat impacts our mood, immune system, digestion, weight, joints, skin, hormones and energy! Learn which foods to eat to improve your health, heal from (or prevent) chronic conditions and keep you feeling younger each year!

**Presenter:** Kim Jones, Health Sciences & Athletics

**Time:** 10:00am – 11:00am

**Location:** Library West Basement, TLC

## Slow Flow Yoga

The pace of the Slow Flow class is slower than a typical flow class and emphasis is placed on safe alignment and the maintaining balance of the smooth and steady breath. The toned-down speed of this class does not, however, mean that the poses are any less beneficial for building strength, stability, and postural integrity than other styles. This slower pace is definitely more conducive to the meditative practices of mindfulness of action and awareness of breathing. This makes it particularly well-suited to newer students, or for those who desire deep concentration within their practice. Please wear comfortable clothing.

**Presenter:** Kathy Cass, Health Sciences & Athletics

**Time:** 1:00pm – 2:00pm

**Location:** South Gym

**Tuesday, May 21, 2019**

### *Your CalPERS and You*

Whether you're early or midway through your career, you'll want to get a better understanding of your CalPERS benefits. Learn about your retirement income sources, how your pension is calculated, purchasing service credit, the importance of having a power of attorney on file, what happens if you leave your employer, and much more.

**Presenter:** Erica Lopez, CalPERS

**Time:** 9:00am – 11:00am

**Location:** Student Services Center, Room 218-A



### *Salsa for Everyone*

This class is an upbeat way to experience Latin culture and other people. No partner needed. Just bring yourself and have a good time. If you have two left feet, let's find your right!

**Presenter:** Zweli Barton, ElCo Salseros Coach

**Time:** 11:00am – 12:00pm

**Location:** East Lounge (Student Activities)

### *CalPERS: Planning Your Retirement*

Retiring is a significant milestone in your life. As you prepare for retirement, learn what steps to take before that important day. Subjects include how your retirement is calculated, your retirement payment options, the importance of having a power of attorney on file, CalPERS health benefits, and more.

**Presenter:** Erica Lopez, CalPERS

**Time:** 12:00pm – 2:00pm

**Location:** Student Services Center, Room 218-A

## Wednesday, May 22, 2019

### *Gentle Yoga with Yoga Nidra*

A class for people who enjoy a slower pace with more time devoted to relaxing the body and mind. Yoga Nidra is a guided meditation that increases physical, mental, and emotional relaxation. The deep, relaxed state achieved by a consistent Yoga Nidra practice is the perfect antidote to everyday stressors.

**Presenter:** Kathy Cass, Health Sciences & Athletics

**Time:** 1:00pm – 2:00pm

**Location:** South Gym

### *DIY Desktop Succulent*

Learn how to assemble and care for your own desktop succulent that will be perfect for your workspace or home. Each participant will be provided with a planter pot, soil, and a variety of succulents to create their very own one of a kind piece.

**Presenter:** Cecilia Mataalii, Behavioral and Social Sciences

**Time:** 2:30pm – 3:30pm

**Location:** East Lounge (Student Activities)

## Thursday, May 23, 2019

### *Cutting the Cord: Alternatives to Cable or Satellite TV Services*

Learn what's needed before switching over to streaming services such as: Hulu, Sling, YouTubeTV etc.

**Presenter:** Brian Krause, Special Resource Center

**Time:** 9:00am – 10:00am

**Location:** Library West Basement, TLC

### *Mortgage Lending*

Are you hoping to become a homeowner this year? Before you start your search, take the time to understand the mortgage

landscape. Getting the right loan can be as important as the home itself. As a not-for-profit financial cooperative, SchoolsFirst FCU wants to demystify the buying process, and provide affordable solutions to help you achieve the dream of homeownership.

**Presenter:** Kawana (Koko) Spicer, SchoolsFirst FCU

**Time:** 11:00am – 12:00pm

**Location:** SOCS 120

## Friday, May 24, 2019

### *Softball Game: Staff versus Management and Lunch*

We are wrapping up Classified Appreciation Week with a highly energetic and entertaining Staff versus Managers Softball Game. Teams have been picked and are ready to play ball!

Join us for lunch and cheer on your colleagues as they compete for bragging rights! We will have some fun, outdoor games, a photo booth and a very special, Warrior-inspired gift for all our classified staff (first come, first served)!

Bring your own beach chairs and blankets.

**Time:** 11:00am – 1:00pm (lunch included)

**Location:** Softball Field

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### *Campus Dinner*

Dinner is SERVED!!! This appreciation dinner is geared towards our hardworking night classified staff.

**Time:** 8:00pm – 9:00pm

**Location:** Stadium Room

## To Register

Register for activities online using:



Cornerstone can be found on MyECC under ECC Links.  
Log into the system using your ECC log-in for email.

For questions about accessibility or to request accommodations  
for Classified Professional Development Week events, contact:

- ❖ Lissette Marquez (lmarquez@elcamino.edu) or
- ❖ Brian Krause (bkrause@elcamino.edu)

One week advance notice for accommodations is requested.



# Thank You!

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The Classified Professional Development Committee  
would like to thank our sponsors:

El Camino College Foundation

SchoolsFirst Federal Credit Union

Additionally, the committee would like to thank the  
following El Camino College departments for their help:

Campus Food Services

Copy Center

Facilities

Health Sciences & Athletics

Human Resources

Marketing & Communications

Media Services

Professional Development & Learning

## **CLASSIFIED PROFESSIONAL DEVELOPMENT COMMITTEE MEMBERS**

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Monica Delgado

Tuan Hua

Brian Krause

Loretta Lau

Cindy Lopez

Cecilia Mataalii

Lissette Marquez

Lisa Mednick Takami

Julie Meredith

Sal Valencia

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# Click for map to view our new Interactive Campus Map

## CAMPUS MAP

El Camino College  
Where you belong. Where you succeed.

### LOCATIONS

Administration	D-2
Art and Behavioral Science	C-2
Art - North	C-2
Art Gallery	C-2
Baseball Field	A-1
Bookstore	B-1
Alouada Room	B-1
Decathlon Room	B-1
East Dining Room	B-1
Stadium Room	B-1
Campus Theatre	D-2
Center for Applied Technology (CAT)	B-1
Central Plant	B-2
Chemistry	D-1
Communications	C-1
Community Education	C-1
Construction Technology	A-2
Distance Education Center	C-1
Facilities	A-1
Gymnasium	B-2
Haag Recital Hall	D-2
Health Center	C-2
Humanities	D-1
Industry Technology Education Center (IIEC)	D-1
Learning Resources Center	C-2
Library	D-2
Life Science	D-1
Manhattan Beach Blvd. Modules (MBBM)	C-1
Marine Auditorium	C-3
Math Business Allied Health (MBAH)	D-2
Murlock Stadium	B-2
Music	D-2
Natural Science	D-1
North Field	B-2
North Gym	C-2
PE & Athletics Field	B-2
PE South	C-2
Physics	D-1
Planetarium	D-1
Police	D-3
Pool	C-2
Pool & Classroom Complex	C-2
Sand Courts	C-3
Softball Field	B-3
Social Science	C-3
South Gym	C-3
Special Resource Center	C-2
Student Activities Center	C-2
Student Services Center	C-1
Tennis Courts	C-3

