



Term Card Hilary 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 JAN 18 - JAN 24	PIZZA NIGHT		SALSA	WELCOME BACK @ TEDDY BAR RUN CLUB	YOGA		RUN CLUB
Week 2 JAN 25 - JAN 31		GENERAL MEETING MOVIE NIGHT	SALSA	OULGBTQ GRAD MIXER PRES RUN CLUB	YOGA	LIQUID LOUNGE @MAGDALEN, W/ TRINITY	RUN CLUB
Week 3 FEB 1 - FEB 7	PIZZA NIGHT	HOME LEG - LINCOLN	AWAY LEG - ST CROSS SALSA	RUN CLUB	YOGA	MCR/SCR/STAFF JAZZ NIGHT	RUN CLUB
Week 4 FEB 8 - FEB 14	PLANT FLOWERS & COMPOST	AWAY LEG - LINCOLN	SALSA	GALENTINES DAY CRAFTING RUN CLUB	YOGA	VALENTINES CHOCOLATE FOUNTAIN	RUN CLUB SAINT VALENTINES BOP @CATZ
Week 5 FEB 15 - FEB 21	HIGH TEA	HOME LEG - ST CROSS	SALSA	OULGBTQ GRAD MIXER PRES RUN CLUB	YOGA		RUN CLUB BOOZY BOB ROSS
Week 6 FEB 22 - FEB 28			QUEER ART NIGHT SALSA	WINE AND CHEESE TASTING RUN CLUB		MCR PUB QUIZ	RUN CLUB BOT GARDEN STROLL WINE & CHEESE EXCH
Week 7 MAR 1 - MAR 7	PIZZA NIGHT	HOME LEG - WOLFSON	GENERAL MEETING SALSA	RUN CLUB	KARAOKE @MAD HATTER		RUN CLUB ST ANNES MEGA BOP
Week 8 MAR 8 - MAR 14	IWD: TEA, CAKE & BAG CHARM CRAFTING		SALSA	RUN CLUB		PADDY'S DAY CRAWL AWAY LEG - WOLFSON	RUN CLUB



MOVE YOUR BODY FEED THE SOUL

EVERY WEEK ON TUESDAY IN THE PONTIGNY ROOM

- COMPLETE BEGINNERS **18:30-19:30**
- IMPROVERS (ATTENDED AT LEAST 6 CLASSES LAST TERM) **19:30-20:30**
- IMPROVER-INTERMEDIATE, (3+ MONTHS OF SALSA) **20:20-21:30**

FROM WEEK 1-5 ON **THURSDAYS**, JOIN JASMINE FOR **YOGA** IN DOCTOROW HALL FROM 7.00-8.00PM.

JOIN THE **TEDDY RUN CLUB** EVERY WEEK ON **WEDNESDAY NIGHTS** (6:30PM) AND **SATURDAY MORNINGS** (9AM)!
ALL POSITIVE VIBES! NO RUNNER LEFT BEHIND!



WANT TO WORKOUT ALONE? TEDDY HAS FREE ACCESS TO IFFLEY SPORTS CENTRE GYM, POOL AND TRACK!

FORMALS AND EXCHANGES

FORMALS:

FORMALS TAKE PLACE TWICE A WEEK, ON **THURSDAYS** AND **SUNDAYS**. WITH A TRYOUT FORMAL ON SOME **FRIDAYS**. THEY ARE ORGANISED BY COLLEGE, AND TICKETS CAN BE BOOKED THROUGH EPOS ([HTTPS://EPOS.SEH.OX.AC.UK/](https://epos.seh.ox.ac.uk/)). EACH STUDENT CAN BRING UP TO THREE GUESTS. OCCASIONALLY, FORMALS ARE THEMED TO MATCH NEARBY HOLIDAYS.

EXCHANGES:

YOU MUST BE ABLE TO ATTEND BOTH LEGS.

LINCOLN: FEB 2 (HOME) / FEB 9 (AWAY)
ST CROSS: FEB 3 (AWAY) / FEB 16 (HOME)
WOLFSON: MARCH 2 (HOME) / MARCH 13 (AWAY)

WELLNESS EVENTS

WE HOLD A VARIETY OF WELLBEING FOCUSED EVENTS FROM LIBRARY TOURS AND HIGH TEA TO OIL PAINTING SESSIONS AND PIZZA NIGHTS. THERE'S SOMETHING FOR EVERYONE, SO COME DOWN AND SAY HI!

QUIET AREAS AROUND COLLEGE:

THE BAR: 10AM-6PM

THE WELFARE ROOM (STAIRCASE 2)

DINING HALL MEAL TIMES

MONDAY - FRIDAY:

BREAKFAST - 8:15AM -9:30AM

LUNCH - 12:15PM - 1:30PM

DINNER - 6.00PM - 7:15PM

ON DAYS WITH FORMALS, DINNER IS FROM 5:30PM - 6:30PM

SATURDAY:

BRUNCH - 10:30AM - 12:45PM

DINNER - 6.00PM - 7:15PM

SUNDAY

BRUNCH - 10:30AM - 12:45PM

NIGHTLIFE AT TEDDY

STAY TUNED FOR DETAILS ON THE TERM CARD EVENTS SUCH AS **TEDDY ON TAP**, **BAR EXCHANGES**, **BOPS**, AND OTHER EVENTS.

BAR OPENING HOURS:

SUNDAY - CLOSED

MONDAY - CLOSED

TUESDAY - 6.30PM - 10.30PM

WEDNESDAY - 6.30PM - 10.30PM

THURSDAY - 6.30PM - 10.30PM

FRIDAY - 6.30PM - 10.30PM

SATURDAY - 6.30PM - 11.00PM

KEEP IN TOUCH

QUESTIONS? COMMENTS? IDEAS?

EMAIL US AT

PRESIDENT: **MCR.PRESIDENT**@SEH.OX.AC.UK

WELFARE: **SEHMCRWE**@OX.AC.UK

SOCIAL: **MCR.STEWARDS**@SEH.OX.AC.UK

EXCHANGE: **MCR.EXCHANGE**@SEH.OX.AC.UK

JOIN THE TEDDY MCR WHATSAPP

GROUP CHAT HERE:

