

Term Card Michaelmas 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 OCT 11 - OCT 17	PIMMS & CROQUET	YOGA OXFORD UNION TOUR	SALSA	RUN CLUB		KNIT AND NATTER	MATRICULATION BOP!
Week 2 OCT 18 - OCT 24	WORLD FOOD NIGHTS	GENERAL MEETING YOGA	ST PETERS EXCHANGE - AWAY LEG SALSA	LOCK IN SESH RUN CLUB	LOCK IN SESH	KNIT AND NATTER	PASTRY RUN
Week 3 OCT 25 - OCT 31		ST PETERS EXCHANGE- HOME LEG LOCK IN SESH, YOGA	SALSA	TRINITY EXCHANGE - AWAY LEG LOCK IN SESH, RUN CLUB	HALLOWEEN WINE, CHEESE &MOVIE	HALLOWEEN BOP KNIT AND NATTER	
Week 4 NOV 1- NOV 7	WORLD FOOD NIGHTS	YOGA	WINE AND CHEESE EXCHANGE- CORPUS SALSA	TEDDY ON TAP: DARTS AND DRAFTS LOCK IN SESH, RUN CLUB	LOCK IN SESH	BOOZY BOB ROSS KNIT AND NATTER	PASTRY RUN
Week 5 NOV 8 - NOV 14		TRINITY EXCHANGE - HOME LEG LOCK IN SESH, YOGA	SALSA	OIL PAINTING CHRIST CHURCH DESSERT NIGHT		KNIT AND NATTER	
Week 6 NOV 15 - NOV 21	CAMBRIDGE EXCHANGE - HOME LEG	YOGA	TEDDY ON TAP: BINGO BABY LOCK IN SESH, SALSA	RUN CLUB LOCK IN SESH	WINE AND CHEESE EXCHANGE- HOME	KNIT AND NATTER	PASTRY RUN
Week 7 NOV 22 - NOV 28		GENERAL MEETING YOGA	LOCK IN SESH SALSA	12 PUBS OF CHRISTMAS LOCK IN SESH RUN CLUB	THANKSGIVING WINE, CHEESE &MOVIE EXCHANGE- AWAY	CAMBRIDGE EXCHANGE- AWAY LEG KNIT AND NATTER	
Week 8 NOV 29 - DEC 5	HIGH TEA	LOCK IN SESH YOGA	PUB QUIZ - MCR & JCR SALSA	LOCK IN SESH RUN CLUB	CHRISTMAS FORMAL	CAROLS IN THE QUAD COSY CHRISTMAS NIGHT	CHRISTMAS JAZZ NIGHT

St Edmund Hall
University of Oxford

MOVE YOUR BODY FEED THE SOUL

EVERY WEEK ON **MONDAY**, JOIN JASMINE FOR **YOGA** IN DOCTOROW HALL FROM 6.00-7.00PM.

EVERY WEEK ON TUESDAY IN THE PONTIGNY ROOM
BEGINNERS SALSA - 6.30-7.30PM,
IMPROVERS SALSA - 7:30-8:30PM.
IMPROVERS/INTERMEDIATE - 8:30-9:30PM

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

JOIN THE TEDDY RUN CLUB HERE!

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

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)

NIGHTLIFE AT TEDDY

STAY TUNED FOR DETAILS ON THE TERM CARD EVENTS SUCH AS **TEDDY ON TAP**, **BAR EXCHANGES, BOPS, PUB QUIZZES** 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

FORMALS AND EXCHANGES

FORMALS:
FORMALS TAKE PLACE TWICE A WEEK, ON **THURSDAYS** AND **SUNDAYS**. THEY ARE ORGANISED BY COLLEGE, AND TICKETS CAN BE BOOKED THROUGH EPOS (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.

ST PETERS: OCT 26 (HOME) / OCT 20 (AWAY)
TRINITY: NOV 9 (HOME) / OCT 28 (AWAY)
CAMBRIDGE: NOV 27 (AWAY) / NOV 15 (HOME)

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

KEEP IN TOUCH

QUESTIONS? COMMENTS? IDEAS?

PRESIDENT: **MCR.PRESIDENT**@SEH.OX.AC.UK
VICE PRESIDENT: **MCR.VP**@SEH.OX.AC.UK
WELFARE: **SEHMCRWE**@OX.AC.UK
SOCIAL: **MCR.STEWARDS**@SEH.OX.AC.UK
ACADEMIC: **MCR.ACADEMIC**@SEH.OX.AC.UK

JOIN THE TEDDY MCR WHATSAPP GROUP CHAT HERE: