



Term Card Trinity 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 APRIL 26 - MAY 2	WELCOME BACK PIZZA NIGHT		SALSA	RUN CLUB WINE AND CHEESE REGENTS (HOME)			RUN CLUB TEDDY BALL
Week 2 MAY 3 - MAY 9		YOGA	GENERAL MEETING & PRESIDENT HUSTINGS SALSA	RUN CLUB	PORT MEADOWS SUNSET WALK	OIL PAINTING	RUN CLUB
Week 3 MAY 10 - MAY 16	WORLD FOODS (CHINESE)	YOGA	SALSA	KNITTING & CRAFTING AWAY LEG - ST HUGHS RUN CLUB	COMMITTEE HUSTINGS	BOOZY BOB ROSS	RUN CLUB
Week 4 MAY 17 - MAY 23		HOME LEG - ST. CATZ YOGA	PUB QUIZ SALSA	RUN CLUB		WINE AND CHEESE REGENTS (AWAY) FRIDAY FORMAL	RUN CLUB
Week 5 MAY 24 - MAY 30	WORLD FOODS (INDIAN)	BIKE DR HOME LEG-ST. HUGHS YOGA	SALSA	KNITTING AND CRAFTING CIRCLE RUN CLUB	WINE AND CHEESE TASTING	AWAY LEG - ST. CATZ AWAY LEG - FITZ	RUN CLUB SUMMER EIGHTS BBQ
Week 6 MAY 31 - JUNE 6	HIGH TEA	YOGA	SALSA	TEA TASTING RUN CLUB		FRIDAY FORMAL HOME LEG - FITZ	RUN CLUB SWOP TILL YOU DROP
Week 7 JUNE 7 - JUNE 13	PICNIC AND SPORTS DAY	YOGA	GENERAL MEETING SALSA	COCKTAIL WORKSHOP RUN CLUB	MAKE YOUR OWN SUNDAE	PORT MEADOWS SWIM & THE MEDLEY (PUB)	PICNIC/FLOWER CROWNS & MCR TRINITY BALL
Week 8 JUNE 14 - JUNE 20	BBQ & BEER OLYMPICS	CHILL DAY: MOVIE AND BOARD GAMES YOGA	TRINITY PICTURE TRINITY DINNER	RUN CLUB		SILENT DISCO	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**

STARTING WEEK 2, ON **MONDAYS**, JOIN YOGALINE 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.

CATZ: MAY 18 (HOME) / MAY 14 (AWAY)
ST HUGHS: MAY 25 (AWAY) / MAY 20 (HOME)
FITZWILLIAM (CAMBRIDGE): MAY 29 (AWAY) / JUNE 5 (HOME)

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:**

