12-7-2020

The Bear Essentials, Edition 30

DMACC Student Life

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**UPCOMING EVENTS**

**NETFLIX PARTY**
MON., DEC. 7TH
8:00 PM

**LEadership Speaker**
Harvie Herrington
"Making Your Goals Work for You"
Virtual Event
Tues., Dec. 8th
11 am

**TUESDAY TRIVIA**
Every Tuesday at 3:00 pm

**NERDOLOGY**
Interactive Trivia Competition
Virtual Show Wed., Dec. 9th
7:00 pm

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**Campus Rec Monday Movie Matinees:**

- **Stars in the Sky**
- **Jim puberty**
- **A Very Murray Christmas***

**Monday, Dec. 7**
4:00 pm

**Monday, Dec. 14**
4:00 pm

**Monday, Dec. 21**
4:00 pm

**DMACC Campus Recreation**

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**8 Secrets to Staying Fit During the Holidays**

1. Keep moving.
2. Hydrate.
3. Make lists, exercise early and sleep.
4. Expect the unexpected.
5. Be creative and get rid of 'all or nothing' mindsets.
6. Plan – and remember there is always time and opportunity for a workout.
7. Indulge for a night, not a season.
8. Remember it's a single day.

**Check DMACC Campus Rec on Facebook for movie links!**
DMACC ANKENY THEATRE
PRESENTS....

ROMEO & INTERNET

by Seth Kaltwasser
based on an idea by Carl Lindberg
directed by JC Clementz

DMACC Ankeny Theatre commissioned an original play over the summer that could be rehearsed and performed 100% socially distanced. The story puts 16 characters in a zoom meeting, so the audience does not have to imagine that this is a play on a stage.

The story follows a college theatre's struggle to move their production of Romeo & Juliet to zoom after being sent in home in March of 2020. Complete with sword fights, jokes, and drama in the drama department, this fast-paced comedy is entirely free and very fun.

Romeo & Internet can be found HERE.

Thurs., December 10 at 12PM

LGBTQ 101

Do you want to learn the basics of the LGBTQ community? Join us from noon to 1 PM on December 10th to learn the information necessary for understanding and supporting LGBTQ+ students, colleagues, and community members. Our remote LGBTQ 101 training includes information about important LGBTQ identities, the difference between sex, gender, and sexual orientation, current LGBTQ issues, and best practices for DMACC. You can sign up for this event through this Google Form.

Mon., December 14 at 12pm

DMACC Diversity, Equity, and Inclusion Town Hall

On Monday, December 14th, DMACC’s Diversity, Equity, and Inclusivity Steering Team will be hosting their final town hall for DMACC faculty, staff, and students. This will be the last opportunity to hear more about the Steering Team’s plans for making DMACC a more equitable place to work and attend and give them feedback before they move into the next phase of planning. The event will last from 12 to 12:45 PM and will include representatives from all six of the Steering Team’s workgroups. If you are interested in attending, you can register here.

Register for Spring 2021 classes today!

Spring registration is now open. Register for spring classes HERE.

If you need this newsletter in an alternative format please email dso@dmacc.edu