

Des Moines Area Community College

Open SPACE @ DMACC

The Bear Essentials

College Publications

1-8-2024

The Bear Essentials, January 8 2024 Edition

DMACC Student Life

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THE BEAR ESSENTIALS

BE involved. BE active. BE informed. BE you.

WELCOME BACK TO DMACC!

ROLL ON OVER FOR SOME

FREE COFFEE & DONUTS!

MON. JAN. 8TH
9 AM TO 11 AM
BLDG. 5
STUDENT CENTER

DMACC | **STUDENT ACTIVITIES COUNCIL**

ANKENY CAMPUS



Crafts & Snacks

Jan 9
11 to 1
Bldg. 5

Let's get crafty!

DMACC | **STUDENT ACTIVITIES COUNCIL**

SPIN TO WIN!

FREE SCHOOL SUPPLIES!!

Wed., Jan. 10th
11 to 1
Bldg. 5 - Student Ctr.

DMACC | **STUDENT ACTIVITIES COUNCIL**

BOONE CAMPUS **E****V****E****N****T****S**

SEMESTER KICK-OFF **RESOURCE FAIR**



JANUARY 8
9 AM - 12 PM
COURTER
CENTER



NEWTON CAMPUS **E****V****E****N****T****S**

Welcome Back

Stop by the front lobby January 8-11 for snacks and prizes!



Monday, January 8
Breakfast Food



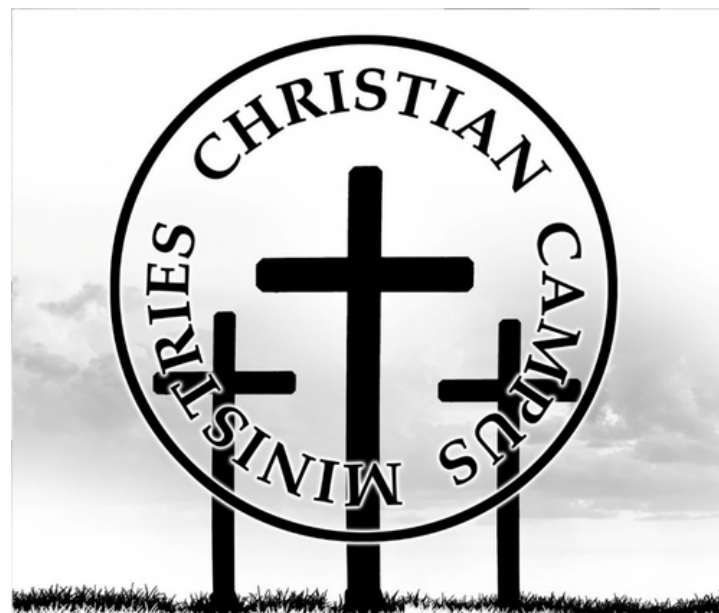
Tuesday, January 9
Hot Chocolate Bar



Wednesday, January 10
Spin to Win



Thursday, January 11
Popcorn Bar



Join us on Monday's, 12:10 pm - 12:50 pm for a time of Christian Fellowship. Meeting in Room 143. Student's, Staff, and Faculty are all welcome. Contact Dan Ehler, daehler@dmacc.edu for more information.

JANUARY EVENTS

Mon., Jan. 8th - COFFEE & DONUTS
9 to 11 - Bldg. 7 Lobby



Tues., Jan. 9th - FREE SNACKS
12 to 2 - Bldg. 7 Lobby



Wed., Jan. 17th - BINGO
11:30 - Student Lounge

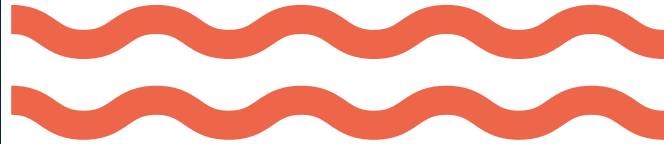


Mon., Jan. 29th - NATL. PUZZLE DAY
11 to 1 - Student Lounge



URBAN CAMPUS

EVENTS



CARROLL CAMPUS

EVENTS

WELCOME BACK
WEEK

MOTIVATIONAL
MONDAY

January 8, 2024

Grab & go
breakfast
snacks

TASTY TUESDAY

January 9, 2024

Protein Balls

JANUARY 8-12

KNOTT
COMMONS

WATER
WEDNESDAY

January 10, 2024

Drink More
Water!

TRANSFORMATION
THURSDAY

January 11, 2024

YOGA

FUEL
FRIDAY

January 12, 2024

Tea Bombs

POPCORN DAY

JANUARY 10TH
11:15A - 12:45P

POP BY THE ELLIPSE TO ENJOY SOME FREE POPCORN!

Sponsored by Club West

WEST CAMPUS

EVENTS

FREE HOT CHOCOLATE

THURSDAY, JANUARY 11TH
11:15A - 12:45P
IN THE ELLIPSE

SPONSORED BY CLUB WEST

SPIN TO WIN

Monday, January 8th & Tuesday, January 9th
11:15a - 12:45p
Find us in the Ellipse!

Come kick off the semester with a GUARANTEED win!

This event is free and everyone is encouraged to join in on the fun!
Sponsored by Club West

Come To The First

Club West Meeting

WEDNESDAY, JANUARY 17TH
12:15P-12:45P
IN ROOM 119E

We will be discussing what Club West is all about, the benefits of joining, the different ways you can join, and how to earn FREE college credit.

Everyone is encouraged to get involved on campus!

Free lunch is provided for those who attend!



Campus RECREATION

ANDY NELSON

arnelson@dmacc.edu



SPRING 2024 Intramural Schedule

Sports Leagues

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
Indoor Volleyball 4v4 League	Tuesday, January 16	Monday, January 22	Monday, April 1
Ping Pong Tournament	Tuesday, January 16	Tuesday, January 23	Tuesday, January 23
Short Ct. Basketball League	Wednesday, January 17	Wednesday, January 24	Wednesday, April 3
Billiards Tournament	Tuesday, January 23	Tuesday, January 30	Tuesday, January 30
Pickleball Tournament	Tuesday, January 30	Tuesday, February 6	Tuesday, February 6
Wallyball Tournament	Tuesday, February 6	Tuesday, February 13	Tuesday, February 13
Badminton Tournament	Tuesday, February 13	Tuesday, February 20	Tuesday, February 20
Broomball Tournament	Tuesday, February 20	Tuesday, February 27	Tuesday, February 27
Texas Hold'em Tournament	Tuesday, February 27	Tuesday, March 5	Tuesday, March 5
Water Volleyball Tournament	Tuesday, March 19	Tuesday, March 26	Tuesday, March 26
Disc Golf Tournament	Wednesday, April 3	Wednesday, April 10	Wednesday, April 10
Golf Tournament	Tuesday, April 23	Tuesday, April 30	Tuesday, April 30

eSports Leagues & Tournaments

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
Counter-Strike: Global Offensive	TBD		
Call of Duty: Warzone	TBD		
Dota 2	TBD		
Overwatch 2	TBD		
Arena of Valor	TBD		
FFA	TBD		

Special Events & Tournaments

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
DMACC Madness – 3-Point Contest, Free Throw Contest, Dunk Contest	Wednesday, March 6	Tuesday, March 19	Tuesday, March 19
NCAA Brackets	Wednesday, March 20	Thursday, March 21	Monday, April 8
Capture the Flag	Tuesday, March 26	Tuesday, April 2	Tuesday, April 2
Retro Game Night	n/a	Monday, April 8	Monday, April 8
Glow In the Dark Dodgeball	Wednesday, April 3	Tuesday, April 9	Tuesday, April 9

IMLEAGUES.COM



You will need an IMLeagues account to participate in DMACC Intramurals. Follow the directions located on the backside of this flyer to sign-up. Please remember to use your DMACC email address and that you need to be a current DMACC student (taking 6+ credits), faculty or staff to participate. If you have any questions please email Campus Recreation Coordinator, Andy Nelson at arnelson@dmacc.edu.



INTRAMURAL

BASKETBALL LEAGUE

WEDNESDAY NIGHTS
CO-ED SHORT COURT LEAGUE

REGISTER AT WWW.IMLEAGUES.COM
USING YOUR DMACC EMAIL ADDRESS

REGISTRATION DEADLINE: THURSDAY, JANUARY 18
PLAY BEGINS: WEDNESDAY, JANUARY 24

QUESTIONS CONTACT:
CAMPUS RECREATION COORDINATOR,
ANDY NELSON AT ARNELSON@DMACC.EDU

CAMPUS RECREATION

CAMPUS RECREATION

INTRAMURAL VOLLEYBALL LEAGUE

REGISTER AT WWW.IMLEAGUES.COM

REGISTRATION DEADLINE: WEDNESDAY, JANUARY 17
PLAY BEGINS: MONDAY, JANUARY 22

CO-ED LEAGUE ON MONDAY NIGHTS
QUESTIONS CONTACT: CAMPUS RECREATION COORDINATOR,
ANDY NELSON AT ARNELSON@DMACC.EDU



** Auditions **

FOR: *HEAD OVER HEELS*

Songs of The Go-Go's
Based on 'The Arcadia' by Sir Philip Sidney
Conceived and Original Book by Jeff Whitty
Adapted by James Magruder
Performances are 3/25 - 4/6

WHEN: Monday, **January 22** & Tuesday,
January 23 from 6-9pm

WHERE: *Monday (1/22)* in the **Viking Theatre**, Grand View University Student Center
Tuesday (1/23) in the **Black Box Theatre** in Building 5, DMACC Ankeny Campus

WHAT: Audition sides and song selections will be available on the Auditions page of our website

HOW: **Sign up** by filling out an Audition Form using the links on **our website** or via this **QR Code**



WHO: **Everyone** is encouraged to audition!

QUESTIONS? Email theatre@dmacc.edu and ask away!

Check us out on @DmaccTheatre and @GVTheatreArts



Keep up with
DMACC Athletics
and come cheer on
the **DMACC BEARS**
at the Boone
Campus!

ARE YOU GETTING THE BEAR ESSENTIALS NEWSLETTER IN YOUR INBOX?



**WHAT ARE YOU
WAITING FOR?
SCAN NOW!**

