

CAFETERIA MENU – DECEMBER 2

MONDAY

Lunch: Spicy Shanghai Noodle Stir Fry with Kung Pao Tofu

Supper: Perogies with Garlic Butter, Onions, & Cheddar
Cheese and Sautéed Vegetable Medley

TUESDAY

Lunch: Tandoori Chicken with Basmati Rice and Garlic and
Cumin Cauliflower

Supper: Pork Stroganoff with Egg Noodles

WEDNESDAY

Lunch: Italian Loaded Mashed Potatoes with Zucchini and
Tomato Sauté

Supper: Butter Chicken with Basmati Rice, Peas
and Carrots

THURSDAY

Lunch: Migas Egg & Grain Bowl

Supper: Plant Power Beef and Lentil Bolognese

FRIDAY

Lunch: Homemade Chicken Stew with Rice

Supper: Fish and Chips with Tartar Sauce

DELI:

BBQ Chicken Wrap

Tuna Salad Ciabatta

Grilled Caprese Panini



INSIDE THIS EDITION:

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DECEMBER 10 TO 16 – FINAL EXAMS

IMPORTANT DATES:

December 3– Registration begins for Spring and Summer Sessions

**December 6– Last day of Fall semester classes and last day to withdraw from
Fall semester courses - regular university program**

December 20 to January 6 – Campus Closed



A TASTE OF BEIJING OPERA

Presented by
Jingju Theater Company of Beijing—Mei Lanfang Peking Opera Troupe

MONDAY, DECEMBER 2ND 2019 • 5-6PM

AL & TRISH HUEHN THEATRE
CONCORDIA UNIVERSITY OF EDMONTON
7128 ADA BOULEVARD

OPEN TO PUBLIC • FREE ADMISSION



CONCORDIA PSYCHOLOGY CLUB

CRAM SESSION

COME STUDY WITH OTHER STUDENTS AND
PREPARE FOR FINALS IN A RELAXING
ENVIRONMENT!

FRIDAY DECEMBER 6TH | ROOM HA206

COME ENJOY FREE DRINKS AND
FOOD, ACADEMIC SUPPORTS,
MUSIC, AND COLOURING!

9:00AM-12:00PM:
FREE COFFEE AND HOT
CHOCOLATE

12:00PM-3:00PM:
FREE CHEESE AND PEPPERONI
PIZZA AND POP

Questions? Email
psychologyclub@student.concordia.ab.ca

CUE Campus Recreation Schedule

January 2020 - April 2020

Concordia University of Edmonton Campus Recreation Fitness Classes are located in the Gymnasium in the Ralph King Building. Each class will start at 12:00pm and will go until 12:50 pm. Upon arriving to the class you will sign in. If it is your first time attending a campus recreation fitness class you will be asked to fill out some paperwork. The schedule for the classes are as follows:

Movement Monday	Wellness Wednesday	Fitness Friday
Jan 6 – Drop-In Intramurals (Soccer)	Jan 8 – Hatha Yoga	Jan 10 - Bootcamp
Jan 13 – Drop-In Intramurals (Basketball)	Jan 15 - Hatha Yoga	Jan 17 - Zumba
Jan 20 – Drop-In Intramurals (Volleyball)	Jan 22 - Hatha Yoga	Jan 24 - Bootcamp
Jan 27 - Drop In-Intramurals (Soccer)	Jan 29 - Hatha Yoga	Jan 31 - Zumba
Feb 3 – Drop-In Intramurals (Basketball)	Feb 5 - Hatha Yoga	Feb 7 - Bootcamp
Feb 10 – Drop-In Intramurals (Volleyball)	Feb 12- Hatha Yoga	Feb 14 - Zumba
Feb 17 - Reading Week	Reading Week	Reading Week
Feb 24 – Drop-In Intramurals (Soccer)	Feb 26 - Hatha Yoga	Feb 28 - HIIT
Mar 2 – Drop-In Intramurals (Basketball)	Mar 4 - Hatha Yoga	Mar 6 – Pound Fitness
Mar 9 – Drop-In Intramurals (Volleyball)	Mar 11 - Hatha Yoga	Mar 13 - HIIT
Mar 16 – Drop-In Intramurals (Soccer)	Mar 18 - Hatha Yoga	Mar 20 -Pound Fitness
Mar 23 – Drop In Intramurals (Basketball)	Mar 25- Hatha Yoga	Mar 27 - HIIT
Mar 30 – Drop-In Intramurals (Volleyball)	April 1 - Hatha Yoga	April 3 – Pound Fitness
April 6 – Drop-In Intramurals (Soccer)	April 8 - Hatha Yoga	April 10 - HIIT

- If you have any questions please contact the Campus Recreation Coordinator, Taylor Penney and taylor.penney@concordia.ab.ca or 780-479-9389

Highlands Sing and Stroll with the Concordia Concert Choir

Sunday, Dec. 8 from 3 pm to 5:30 pm

Coming to a street near you: a carol-singing group performing for you and your neighbours on the street in locations around Highlands. Our singers will be the Concordia Concert Choir, a mixed choral ensemble of 30 young singers from Concordia University. They are directed by Dr. Joy Berg and regularly perform for concerts and special events. They will be touring in China next spring.

This event, made possible by a city grant, is sponsored by the Highlands Abundant Community team, Highlands Community League, and Concordia.

Join us on Dec. 8 in these locations:

- **3:00-3:30 pm, outside at 6335 111 Avenue. Your host will be Marilyn.**
- **3:30-4:00 pm, outside at 11304 65 Street. Host: Kathryn.**
- **4:00-4:30 pm, outside at 11465 64 Street. Hosts: Jan and Harry.**
- **4:30-5:00 pm, inside the Highlands Senior Apartments, 6209 118 Avenue. Residents only. Host: Elizabeth.**
- **5:00-5:30 pm., outside at 11129 51 Street. Host: Susan**



For more information visit: www.concordia.ab.ca/library

EXTENDED LIBRARY HOURS



SATURDAY, DEC 7

→ 7:30 AM - 12:00 AM

FRIDAY, DEC 13

7:30 AM - 12:00 AM ←

SATURDAY, DEC 14

→ 10:00 AM - 12:00 AM

PRE-ORDER AVAILIABLE NOW
COST: \$50.00

CUE INDIGENOUS FELLOWSHIP

Sweater Sale



FOR PURCHASING INFORMATION PLEASE EMAIL
CIF@STUDENT.CONCORDIA.AB.CA



Student Internship – Canadian Student Participation in the NASA International Internship (NASA I²) Project

The Canadian Space Agency is inviting students to participate in the [NASA International Internship \(NASA I²\) Project](#). This is not a research grant, but an internship award. Please contact [Financial Aid and Awards](#) for further instructions on internal requirements by Concordia University of Edmonton.

The objective of this Announcement of Opportunity (AO) is to pre-select Canadian undergraduate and graduate students to participate in internship projects offered by NASA, along with U.S. students and students from abroad. Internships provided through the NASA I² Project prepare students for future missions that require innovative thinking and cooperation with international collaborators.

KEY DATES:

- ⇒ Summer 2020 session (10 weeks): Open for applications
- ⇒ Publication date: October 30, 2019
- ⇒ Application deadline: December 6, 2019, at 2:00 p.m. (ET)
- ⇒ Approximate internship start and end dates: June 1, 2020 to August 7, 2020
- ⇒ Number of internships: up to 2
- ⇒ Funding from CSA: \$2,000/selected candidate and a possibility of \$6,000 from other sources.
- ⇒ For more information, visit the website at <https://asc-csa.gc.ca/eng/funding-programs/funding-opportunities/ao/2019-nasa-i2.asp>



CONCORDIA
UNIVERSITY
OF EDMONTON | School
of Music

BELLA VOCE CONCORDIA - CONCORDIA COMMUNITY CHORUS
JUBILOSO! BELLS OF CONCORDIA - JUBELLATION

HODIE

JOY BERG (BELLA VOCE & COMMUNITY CHORUS)
DEBBIE RICE (JUBILOSO & JUBELLATION)
CONDUCTORS

DECEMBER 7, 2019, AT 6 PM
FIRST PRESBYTERIAN CHURCH
10025 105 STREET, EDMONTON

\$20 ADULT, \$15 STUDENT/SENIOR
\$40 FAMILY ADMISSION (AT THE DOOR ONLY)
TICKETS AVAILABLE AT TIXONTHE SQUARE.CA,
THE CONCORDIA BOOKSTORE OR AT THE DOOR

FINAL EXAMS GOT YOU STRESSED?

Need Someone to talk to?

How about talking with a fellow student?



We're students trained to provide a confidential, nonjudgmental, safe space for you to talk about anything. We can offer you referrals to other services and help you figure out your next steps.

We're here to listen!

No Appointment Needed.

Drop In to L279 (main floor library) during the following hours:

Hours During Final Exams

Mon. Dec. 9 11:30-1:30 pm

Tues. Dec 10 11:30-1:30 pm

Wed. Dec 11 11:30-1:30 pm

Thur. Dec 12 11:30-1:30 pm

Fri. Dec. 13 11:30-1:00 pm

Mon. Dec 16 11:30-1:30 pm

Closed from December 20 to Jan 5, 2020.

Campus reopens Monday, January 6th, 2020.

Need help with citations?

*Visit the Library Service Desk
for help with APA, MLA, Chicago,
CSE, ASA, SBL & many other
citation styles.*

Please note: during evenings and weekends only basic citation help is available.

Can't make it in? Ask for citation help online:
<https://concordia.ab.ca/library/help/ask-a-librarian/>

CSA HEALTH & DENTAL BENEFIT CARD INFORMATION

When seeking services from :

- Pharmacy
- Dental
- Paramedical

Present your Health & Dental card, not your Student I.D.

mystudentplan.ca

<https://gw1.greatwestlife.com>
Claims Inquiries: 1.800.957.9777

Concordia Students' Association
Plan Name

SANDY N. SMITH

Member Name

11

Carrier ID

11111111222

Student ID Number

112233

Plan Number

01

Version Code



To print or email your personalized benefit card visit mystudentplan.ca

Concordia Students' Association
Student Health & Dental Plan

Select Language Search

[myBenefits](#) [Who is Covered](#) [Opt-Out/Enrol](#) [Select Savings](#) [Making a Claim](#) [Assistance](#)

Submit claims and view your benefits plan usage online with GroupNet.

GroupNet provides you with detailed plan information, including benefit maximums and remaining balances. Register online at gw1.greatwestlife.com.

Opt Out
Deadline: September 20, 2019

myBenefits Card
Create your customized myBenefits Card

Prescription Search
Based on the National Formulary

myWellness
Take your free mental health assessment

Questions?

Student Services Coordinator- Benefit Plan Office

Cheryl M. Johnson

Student Success Centre, HA107F

780-491-6243 or email: concordioplan@mystudentplan.ca

GRADUATE STUDENTS' ASSOCIATION PRESENTS

CHRISTMAS PARTY 2019

December 12 | 7-9 PM | The Three Amigos
4035 106 St. NW, Edmonton

Tickets: 10 CAD

Contact: Jasmine Kaur Gill (GSA VP Student Life)
gsavpstudentlife@student.concordia.ab.ca
587 9266 6531



*80% of success is just showing up.
Apply for scholarships!*

CONCORDIA GENERAL AWARDS

50+ SCHOLARSHIPS,
1 ONLINE APPLICATION

APPLY ONLINE BY JANUARY 15
MORE INFO AT FINANCIALAID.CONCORDIA.AB.CA