



E-mail your items to Terry.Hutchinson@rrcc.edu. Deadline is Wednesday at Noon prior to the week of publication.

All events listed in the John Letter are open and FREE for Current Students unless otherwise noted!

# CAMPUS ACTIVITIES

Monday, May 2nd

ZUMBA

Mondays at 4:10 p.m. in the Mt. Evans Room and Thursdays at 4:00 p.m. in the Dance Studio. For more information see The Fitness Center.

# Tuesday, May 3rd

Student Food Bank Up to 4 free items per week with current student ID at the Student Life Desk. 11:00 a.m. - 1:00 p.m. & 4:00 - 6:00 p.m.

# My Depression: The Up and Down and Up of It

A critically-acclaimed half-hour film Elizabeth Swados' personal story of her depression lifelong struggle with depression in order to help others who have similar health conditions. Tuesday, May 3rd from 12:00 - 1:00 p.m. in The Den

# Red Rock Spring Picnic

Celebrate the end of the semester with hot dogs and picnic munchies while supplies last. Starts at 11:00 a.m. on the South Lawn.

## Wednesday, May 4th

# My Depression: The Up and Down and Up of It

A critically-acclaimed half-hour film Elizabeth Swados' personal story of her depression lifelong struggle with depression in order to help others who have similar health conditions. Wednesday, May 4th from 12:00 - 1:00 p.m. in The Den

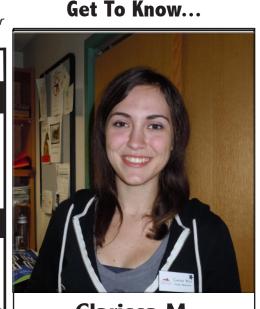
# Rainbow Alliance

Rainbow Alliance is a club that raises awareness and community involvement for the GLBT+ community. Meeting occurs every Wednesday from 12:00 p.m. - 1:00 p.m. in The Green Mountain Room.

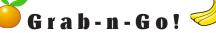
# YOGA

Yoga will meet every Wednesday starting January 27th at 7:45 a.m. In the Den

More Campus Activities on the back!



Clarissa M. About: Where she works: Information Desk / Student Ambassador What she wants to be when she grows up: Speech -Language Pathologist Childhood Idol: Hilary Duff Pet: One dog Last trip she took: Gunnison, CO Dream vacation: Prague, Czech Republic Pet peeve: Trying to communicate with someone when they are on their phone Favorites: **Food:** Chicken casserole Activity: Listening to music Band: Katy Perry **Book:** The Alchemist by Paulo Coelho Pizza Topping: Cheese Animal: Wolves Tea: Chai tea Movie: Lilo & Stitch Ice cream: Pistachio Almond



Food and snacks at the front desk from 10:00 a.m. - 2:00 p.m. on Saturday May 7th.

# Available at the Student Life Desk:

Student IDs - Free (replacement \$10) RTD 10-ride booklets - \$20 Locker Rental - \$8 Movie Tickets (limit 6) - \$8.50 Postage Stamps (limit 6) - 49¢ Photocopies - 10¢/page Color Prints (limit 8) - 50¢/page Faxes - 50¢ local, \$1 long distance

<u>Checkout with Current ID:</u> Playstation 4, Xbox 360, and Xbox One Games Ping-Pong, Basketballs, Soccer balls, Volleyballs, Tennis Equipment

# ARVADA CAMPUS ACTIVITIES:

#### **Free Popcorn**

Monday - Friday: 11:00 a.m. - 2:00 p.m. Saturday: 10:00 a.m. - 1:00 p.m.

> Writing Tutoring Tuesday: 1:00 - 4:00 p.m. Wednesday: 4:00 - 6:00 p.m.

# Math Tutoring hours

Monday: 9:15 - 11:15 a.m. Wednesday: 9:15 -11:15 a.m. Thursday: 10:15 a.m.-12:15 p.m.

## Librarian hours

Monday, Tuesdays, and Wednesdays: 12:00 - 4:00 p.m. Thursdays: 8:00 a.m. - 12:00 p.m.

#### Military & Veterans Service Coordinator on the Health Sciences Campus

Every Thursday: 11:00 a.m. - 4:00 p.m.

**Food Bank** Wednesday: 11:30 a.m. - 1:00 p.m. Thursday: 11:30 a.m. - 1:00 p.m.

Enrollment opportunities CRN 30721, HPR 102 - 622, and CPR for professionals Saturday, April 30th 9:00 a.m. - 5:00 p.m. Worth 0.5 credit

Ultrasound Program RRCC Ultrasound program is looking for Women 8 - 32 weeks pregnant. email: brenda.smith@rrcc.edu or amanda.hampel@rrcc.edu

More Campus Activities on the back of the John Letter!



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#### **Campus Activities**

#### Wednesday, May 4th

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#### Thursday, May 5th

# Obscura Open Mic!!!

All are welcome to preform, read your fiction, show your drawings, let us hear you music and poetry, share your art. Or just stop by to admire other students work. Join your fellow students on Thursday, May 5th from 11:30 a.m. -

# Water Dance Concert

The Water Dance Concert is a showcase for the dance classes offered during the spring semester. RRCC theater students choreographed these pieces. Tickets are \$5, go to tinyurl.com/rrcctickets to purchase tickets. Join us Friday, May 6th at 7:30 p.m. in the RRCC theater.

# Friday, May 6th

## Denver Metro Speech Competition

The RRCC Communication Department is hosting the Denver Metro Community College Speech Competition. Friday, May 6th at 11:00 a.m. - 1:30 p.m.

#### FUTURE CAMPUS ACTIVITIES

#### Saturday, May 14th

# **Graduation Ceremony**

Come join our graduates and celebrate their achievements. Saturday, May 14th at 10:00 a.m. at Faith Bible Chapel 6210 Ward Road

#### **Campus Information**

#### Summer Registration Has Begun

Updated version of the class schedule and catalog on the Rock. Register for classes early and get the classes you need!

# THE BACK OF THE JOHN LETTER

STUDENT ACTIVITIES FOR THE WEEK OF MAY 2ND - MAY 8TH, 2016

# Learning Commons Fall Semester Hours

Monday - Thursday: 7:00 a.m. - 9:00 p.m. Friday: 7:00 a.m. - 6:00 p.m. Saturday: 8:00 a.m. - 4:00 p.m. Sunday - CLOSED

#### **Tutoring available weekly for:**

Writing Center

**Monday - Thursday:** 9:00 a.m. - 6:00 p.m. **Friday:** 9:00 a.m. - 1:00 p.m.

#### <u>Biology</u>

Monday: 10:30 a.m. – 2:00 p.m. Tuesday: 8:00 a.m. – 1:00 p.m. Wednesday: 10:30 a.m. – 12:30 p.m. Thursday: 8:00 a.m. – 10:00 a.m. and 5:00 - 7:00 p.m.

#### Communication Lab

**Monday:** 8:00 a.m. - 7:00 p.m. **Tuesday:** 10:00 a.m. - 7:30 p.m. **Wednesday:** 8:30 a.m. - 7:00 p.m. **Thursday:** 10:30 a.m. - 2:30 p.m. **Friday:** 10:30 a.m. - 2:30 p.m. **Saturday**: 10:30 a.m. - 2:30 p.m.

#### <u>Spanish</u>

**Monday - Thursday:** 11:45 a.m. - 1:45 p.m. **Monday & Wednesday:** 4:00 - 6:00 p.m.

Please see student worker at assistance desk for questions.

For Tutoring times for other subjects

#### SUICIDE PREVENTION AND MENTAL HEALTH RESOURCES

#### **On Campus**

-RRCC Behavioral Health Counselor, Katey Parsons, at the Student Health Clinic: 303-914-6655

-Peer Counseling Program: 303-914-6185, peercounseling@rrcc.edu

-Campus Police: 911 or 303-914-6394

-"Report a Concern:" rrcc.edu (link is at the bottom of the page.)

#### Off Campus

-Colorado Crisis Services: I-844-493-TALK (8255), text "TALK" to 38255, or visit a 24/7 walk-in location, found at http://coloradocrisisservices.org

-National Suicide Prevention Lifeline: I-800-273-TALK (8255), veterans press "I," online chat at

http://www.suicidepreventionlifeline.org

-C-SEAP counseling for state employees: 303-866-4314 or 1-800-821-8154

#### CAMPUS INFORMATION

#### **Fitness Center Hours**

Monday: 6:30 a.m. - 10:00 p.m. Tuesday: 6:30 a.m. - 6:30 p.m. Wednesday: 6:30 a.m. - 10:00 p.m. Thursday: 6:30 a.m. - 6:30 p.m. Friday: 6:30 a.m. - 6:30 p.m. Saturday: 10:00 a.m. - 4:00 p.m. Closed Sunday

# New Financial Aid Applications

The 16-17 FAFSA application is now available. Apply early to maximize the amount of aid you may qualify for at RRCC.

# Library Spring Semester Hours

Monday - Thursday: 8:00 a.m. - 9:00 p.m.

**Friday:** 8:00 a.m. – 6:00 p.m.

**Saturday:** 8:00 a.m. – 4:00 p.m.

Sunday: Closed

# **Discount RTD Tickets**

The Student Life desk is selling bus tickets for students. A booklet of 10 tickets are \$20. **Must have current student ID.** 

# Flu Shots Available in the Clinic

Flu shots are \$15 with current Student I.D., Monday - Friday: 9:00 - 11:30 a.m. and 12:00 - 5:00 p.m.

## Internships

Interested in an Internship for Spring 2016? Contact Melissa English, the Experiential Learning Coordinator, at melissa.english@rrcc.edu, 303-914-6361 or stop by Room 1264 in The Learning Commons.

# GLBT Resource Center Spring Hours

Monday - Friday: 8:00 a.m. - 5:00 p.m. Room 1252 (located in the Learning Commons)

# Payroll Deadline

Biweekly Payroll: 4/16 - 4/29 E-time sheets are due Friday, 5/13 by **12:00 p.m.** Pay will be direct deposited Friday, May 13th, 2015.