

# The Arvada John Letter

November 20th through November 26th, 2017

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

E-mail your items to [Mika.Matzen@rrcc.edu](mailto:Mika.Matzen@rrcc.edu). Deadline is Wednesday at Noon prior to the week of publication.

**Please don't take me with you!**

If you would like a copy of this week's John Letter please visit the Student Project Center in Room 1551

## Student Activities:

### **“ Breathe in the Good Stuff”**

**Meditation**

**Wednesdays**

**10:00am to 11:00am**

**Mt. Falcon Room**

**Lakewood Campus**

# **Stressbusters Week**

**Candle Making**

**Monday, November 27th**

**Board Games**

**Tuesday, November 28th**

**Coloring Books**

**Wednesday, November 29th**

**All Events:**

**11:00am to 1:00pm**

**Arvada Campus**

**Student Lounge**

**RED ROCKS COMMUNITY COLLEGE CAMPUSES  
WILL BE CLOSED THURSDAY, NOVEMBER 23RD  
AND FRIDAY, NOVEMBER 24TH**

# **GROUP FITNESS CLASSES**

**Tuesdays:**

**Vinyasa Flow Yoga with Jenna**

**4:30pm to 5:30pm**

**Wednesdays:**

**Vinyasa Flow Yoga with Jenna**

**12:00pm to 1:00pm**

**Zumba with Julie**

**4:15pm to 5:15pm**

**Classes in room**

**5400; lower building of the yoga studio. For more**

**information contact: [www.rrcc.edu/src](http://www.rrcc.edu/src)**

## ***Hurricane Relief Donations***

**Boxes are located throughout the Lakewood Campus collecting donations including baby-care items, personal-care items and school supplies. Please donate new or gently used items. Each box is labeled and includes a list of items specifically needed. The drive will continue through November 2017**

## **Stress Release Day at the SRC!**

**Wednesday, November 29th**

**Meditation and Sleep: Stress Release Clinic**

**12:00pm to 1:00pm**

**Fitness Studio 2**

**THROW THINGS AT**

**YOUR INSTRUCTOR: Dodgeball Tourney**

**3:00pm to 4:00pm in the Gym**

**[facebook.com/rccstudentrec](https://www.facebook.com/rccstudentrec)**

# **Talk to a Teacher**

**Interested in Education as a Career Choice?**

**Want to make a lasting change in the world?**

**Join us:**

**Thursday, November 30th**

**3:00pm to 5:00pm**

**Tuesday, November 5th**

**12:00pm to 2:00pm**

**Great Hall**

**Lakewood Campus**

## **Do You Know:**

**What you owe?**

**Who your lender is?**

**How much your monthly payment will be?**

**What the terms of your loan are?**

**What options you have if you have trouble making  
payments?**

**Who can help?**

**Ask Tom Miller your Default Prevention Loan Advisor  
in Financial Aid.**

**[thomas.miller@rrcc.edu](mailto:thomas.miller@rrcc.edu)**

**Call: 303-914-6495**

# **INTERNSHIP OPPORTUNITIES**

**Various Internships with CVS Health**

**Paid**

**UX Engineer with SpotXchange**

**\$18/hour**

**JS/FS Engineer with SpotXchange**

**\$18/hour**

**Communications Intern with Great Outdoors Colorado**

**\$15/hour**

**Payroll Specialist Intern with Payroll Vault**

**\$10/hour**

Student Food Bank

4 items free with a current student ID at the Student Life

Desk. Tuesdays & Wednesdays

11am to 1pm & 4pm to 6pm

## **Grab-n-Go!**

Snacks every Saturday from 10:00 am to 2:00 pm  
at the Student Life Desk

Talk 24/7 Sexual Assault Hotline

303-322-7273

Report a Concern:

[www.rrcc.edu/safe](http://www.rrcc.edu/safe)

Suicide Prevention Hotline:

1-800-273-8255



## Attention Students!

Activate and use your student email account. RRCC communicates with students via email ONLY through the student email address.

### Student Health & Behavioral Health Counseling

MONDAY through FRIDAY

9AM to 4PM

- Monday, Tuesday, and Thursday at Lakewood Clinic a Physical and Behavioral Health Provider will be available from 9am to 4pm.
- Wednesday at Arvada Clinic there will be Behavioral Health Counseling and nurse visits only from 9am-4pm.
- Fridays at Lakewood Clinic will be Behavioral Health Counseling by appointment only from 9am-4pm.
- Friday at Arvada Clinic a Physical Health Provider will be available from 9am to 4pm.

Hours and days are subject to change.

# **Arvada Hours of Operation**

## **Welcome Desk Hours**

**Monday through Friday**

**7:30am to 7:00pm,**

**Saturday**

**8:00am to 5:00pm**

## **Coffee Shop Hours**

**Monday through Thursday**

**7:30pm to 6:00pm,**

**Friday 8:00am to 3:00pm,**

**Saturday 8:00am to 1:00pm**

## **Advising Hours**

**By Appointment**

**303-914-6011**

**Walk-In hours are**

**Tuesday through Thursday**

**9:00am to 4:00 pm**

## **Financial Aid Hours**

**Monday through Friday**

**8:00am to 5:00pm**

# **Arvada Hours of Operation Continued:**

## **Assessment Hours**

**Monday through Friday**

**9:00am to 5:00pm**

## **Bookstore Hours**

**Monday**

**10:00am to 3:00pm**

**Tuesday through Thursday**

**10:00am to 5:30pm**

**Friday**

**10:00am to 3:00pm**

## **Student Life Office**

**Monday:**

**10:00am to 2:00pm**

**Tuesday & Thursday**

**11:00am to 3:00pm**

**Wednesday & Friday**

**10:00am to 3:00pm**

## RRCC Club List

AIGA

Anime Club

Black Student Association

Concurrent Enrollment Club

Creative Writers of Red Rocks

Cultural Diversity

D&D Club

Engineering Club

Geology Club

International Students Club

Mechatronics Club

NASA Space Grant Club

Organic Gardening Club

Political Science Club

Psychology Club

Rainbow Alliance

Red Rocks Global Mentors

Sustainable Energy

Tea Club

Veterans Club

Video Game Club

For more club information:<http://www.rrcc.edu/student-life/student-clubs-and-organizations>