

The Arvada John Letter

November 27th through December 3rd, 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. 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

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

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

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>