



THE JOHN LETTER

STUDENT ACTIVITIES FOR THE WEEK OF APRIL 25TH - MAY 1ST, 2016

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, April 25th

Stress Buster Week!

Clubs have gotten together to bring you events that will help you to relax and take a breath as you study for finals.

All Week:

Aromatherapy & Adult Coloring:
11:00 a.m. - 2:00 p.m.
On the Bridge

Monday

Fortune Telling: 1:30 - 4:30 p.m.
in the Great hall

Tuesday

Paint Splatter: 11:00 a.m. - 1:00 p.m.
on The Lawn

Take a Shot!: 12:00 - 1:00 p.m.
on the South Lawn

Wednesday

Paint Splatter: 12:00 - 1:00 p.m.
on The Lawn

Volley Ball: 1:30 - 4:30 p.m.
at the Sand Volley Ball Court

Thursday

Paint Splatter: 11:00 a.m. - 12:00 p.m.
on The Lawn

Freshen Up the Nominees:
1:30 - 4:30 p.m. near Student Life

Drag Show: 12:00 - 2:00 p.m.
In The Den

Coffee Shop Specials

Spring Fever: A raspberry & coconut
extra shot iced white mocha

Summer Berry: A strawberry &
Raspberry Iced green tea

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, April 26th

Finals Decompression

Find time to relax Tuesday, April 26th
and Thursday, April 28th from 12:00 -
1:00 p.m. in The Great Hall.

More Campus Activities on the back of
the John Letter!

Get To Know...



R2C2

About:

Where they work:

Red Rocks

Community College

What they wanted to be

when they grew up:

School Mascot

Childhood Idol:

Mr. Tod (from *The Tale of Mr.
Tod* by Beatrix Potter)

One thing you missed about

your childhood: Watching the

The Fox and the Hound

Favorites:

Food: Rabbit Stew

Spot on campus: Dr. Michele
Haney's Office

Flower: Pilosella aurantiaca

Star/Constellation: Alpha

Vulpeculae/Vulpecula

Ice cream: Raspberry Sorbet

Student Food Bank

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

International Cafe

Join our diverse students and staff for
the chance to get to know more about
other cultures and share about your own.
Wednesdays, January 27th to May 4th from
12:00 - 1:30 p.m. in The Grand Foyer

CASINO NIGHT

You could win an Xbox
One, PS4, HDTV, Laptop,
Dyson Vacuum, and
much more!

This free event is available for all
students with a valid Student ID.
Student Government brings you Casino
Night. Play Poker, Blackjack, Craps, and
Bingo to win tickets for raffle prizes.
Thursday, April 28th from 3:00 - 6:00
p.m. in the Cafeteria.

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

Tuesday, April 26th

Truth About Substance Abuse: Can You Handle it?

Join us to discuss the myths and facts around alcohol and substance abuse. A panel of students, veterans, and community members will discuss their personal experiences around abuse and recovery. Snacks will be provided by Student Life! Tuesday, April 26, at 12:00 - 1:30 p.m. in The Den

Wednesday, April 27th

Buddy Check

Learn skills to support those who need it. This event is open to anyone, who would like to have suicide prevention training. Buddy Check will be held on April 27th, from 12:30 - 1:30 p.m. in the Sandstone Room (in the library)

Thursday, April 28th

Free Reflexology Treatments

Help students get their contact hours while getting the chance to relax. Appointments will be available Thursdays between March 31st - April 28th. Appointment times are available at 4:30 p.m., 5:15 p.m., 6:00 p.m., and 6:45 p.m. Schedule your free appointment by calling 303-914-6011.

Open House

RRCC invites you to see our campus. See the Arvada campus on April 28th. We have a new Arvada facility that will open Fall 2016. From 6:00 - 8:00 p.m. visit www.rrcc.edu/openhouse to RSVP

Saturday, April 30th



Grab-n-Go!



Food and snacks at the front desk from 10:00 a.m. - 2:00 p.m. on Saturday April 23rd and May 7th.

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.

Biology

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.

Spanish

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: 1-844-493-TALK (8255), text “TALK” to 38255, or visit a 24/7 walk-in location, found at <http://coloradocrisiservices.org>

-National Suicide Prevention Lifeline: 1-800-273-TALK (8255), veterans press “1,” 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: 4/2 - 4/15

E-time sheets are due Friday, 4/29 by

12:00 p.m. Pay will be direct

deposited Friday, April 29th, 2015.