

The Arvada John Letter

April 16th through April 22nd, 2018

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.

Student Activities:

RRCC Student Tech Advice Club

We aim to help all staff, faculty and students with any questions or issues they encounter on their personal devices, such as smartphones, tablets, laptops, etc.

We are setup on the Bridge every Thursday from 12 p.m. to 1 p.m. on the Lakewood Campus.

PTK Member Meeting

**April 20th at Lakewood Campus in the
Mt. Evans room from 1:00 to 2:00 p.m.**

Fresh Check Day

**Fresh Check Day is all about mental
health. Increasing awareness,
educating, breaking stigma and
empowering the community is what
Fresh Check is all about.**

Fresh Check Day Continued:

This is a Student Life collaboration and they will be providing free food, in addition to the booths and tents set up for this exciting wellness fair!

It will be held on the South Lawn (or the Recreation Center if it's rainy) on Wednesday, April 25th from 11:00 a.m. to 2:00 p.m.

Channel 9 Health Fair

It's coming to Red Rocks Saturday, April 21st at 8:00 a.m. to 1:00 p.m. They are looking for volunteers if interested go to:

<https://www.9healthfair.org/health-fairs/spring/243/index>

Student Recreation Center Spring

Programs:

Relaxation. Peace. Self-Reflection. Join us for Spa Night on Thursday April 19th, 2018 from 4 to 6 p.m. for a night of calmness and relaxation before finals.

Please email Bre'una Keeton at

breuna.keeton@rrcc.edu for more

information.

Student Recreation Center Spring

Programs Continued:

**2nd Semi-Annual THROW THINGS AT
YOUR INSTRUCTOR dodgeball match.**

**Thursday, April 26th, 3 to 4 P.M. at the
SRC Gym. Show up and throw things.**

**Winning team receives an “I’m
Champion” t-shirt.**

4 on 4 Coed Volleyball

**Tournament. Friday, April 27th, 3 to 8
P.M. in the SRC Gym. Sign up at the SRC
front desk.**

**Student Recreation Center Spring
Programs Continued:**

**Sweat the Stress! Visit one of our free
group fitness classes today to sweat the
stress of finals away. Class schedule is
located on our website at
www.rccc.edu/src**

Step out of Stigma!

**Meet at the Lakewood pavilion Mondays
& Wednesdays**

April 9th, 11th, 16th, 18th, 23rd, & 25th

**From 11 a.m. to 12 p.m. to walk and
Talk about mental health**

Internship Opportunities

Designer / Drafter with Harris Group

- \$15/hour

Associate Project Coordinator with Sun

Run - \$17/hour

Wastewater Sampling Intern with South

Adams Water & Sanitation District

- \$14/hour

Internship Opportunities Continued:
Accounting Data Entry Intern with ATBS
- \$11-\$13/hour

IT Service Desk Technician with AddOns,
Inc. - \$19/hour

For more information about these and
many other internships contact Melissa
English at melissa.english@rrcc.edu

Or call 303-914-6361, or stop by room
1264 in the Learning Commons.

Campus Information:

Do You Know:

What you owe?

Who your lender is?

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

Student Food Bank

**4 items free with a current student ID at
the Campus Life Office**

Tuesdays & Wednesdays

11:00 a.m. to 1:00 p.m.

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.

Arvada Student Health Clinic

Wednesdays

9:00 a.m to 12:00 p.m.

Fridays

9:00 a.m. to 4:00 p.m.

Arvada Behavioral Health

Wednesdays

9:00 a.m to 4:00 p.m.

Fridays

9:00 a.m. to 4:00 p.m.

Arvada Hours of Operation

Welcome Desk Hours

Monday through Friday

8:00 a.m. to 7:00 p.m.

Saturday

8:00 a.m. to 5:00 p.m.

Coffee Shop Hours

Monday through Thursday

7:30 a.m. to 6:00 p.m.

Friday 8:00 a.m. to 3:00 p.m.

Saturday 8:00 a.m. to 1:00 p.m.

Advising Hours

By Appointment

303-914-6011

Walk-Ins accepted Monday & Wednesday

Financial Aid Hours

Monday through Friday

8:00 a.m. to 5:00 p.m.

Assessment Hours

Monday through Friday

9:00 a.m. to 5:00 p.m.

Bookstore Hours

Monday through Friday

11:00 a.m. to 3:00 p.m.

Student Life Office

Monday through Friday

11:00 a.m. to 3:00 p.m.

