

# **The Arvada John Letter**

**April 30<sup>th</sup> through May 6<sup>th</sup>, 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](mailto:Mika.Matzen@rrcc.edu)**

**Deadline is Wednesday at Noon prior to the week of publication.**

# **Student Activities:**

## **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.**

**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!**

**Fresh Check Date and Time:**

**Wednesday, May 2<sup>nd</sup>**

**Arvada Plaza**

**(IPE Space if it rains)**

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

**FUEL 4 FINALS**

**Donuts, Fruit and Coffee**

**in the Lakewood Library**

**April 30<sup>th</sup> & May 1<sup>st</sup> through 3<sup>rd</sup>**

**8:00 a.m. to 10:00 a.m.**

## **Red Rocks Rec Programs**

**Studies have shown that rock climbing relieves symptoms of anxiety. Start climbing today at the SRC!**

**Sweat the Stress. The FIT-WELL Group Fitness Program is still offering free classes, from Yoga and Meditation to Zumba and Pilates. Sweat the stress of finals away and join us for one of our engaging classes. Group Fitness classes for the Spring 2018 semester ends on Friday May 4<sup>th</sup>, 2018.**

## **Red Rocks Rec Programs Continued:**

**Fitness Facts 101: Did you know that exercise boosts brainpower? Research supports that college students who are physically active and who exercise regularly are much more productive in their studies inside and outside of the classroom. Boost your brainpower by visiting the Student Recreation Center (SRC). We're happy to serve your fitness needs!**

# **Food Bank of the Rockies**

**Saturday, May 5<sup>th</sup> 2:00 p.m.**

**Water Quality (ETC) Parking Lot**

**No eligibility requirements for Mobile  
Pantry Food. To receive TEFAP food you  
must bring a photo ID and be eligible  
under income guidelines.**

**For more information:**

**303-371-9250 or**

**[Food Bank of the Rockies](#)**

# **OBSCURA OPEN MIC**

**Thursday, May 3<sup>rd</sup>**

**12:30 p.m. to 1:30 p.m.**

**In the Great Hall on Lakewood Campus**

**Leaving Red Rocks at the end of this  
Semester? Need support and a place to  
talk about what's next? Come to a free  
support group open to all students.**

**Fridays at 9:30 a.m. to 11:00 a.m.**

**In Mt. Evans on Lakewood Campus**

# **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](mailto: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](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.**

# **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.**

