

The Arvada John Letter

November 13th through November 19th, 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:

Wellness Fair

Wednesday, November 15th

Prizes, stressbuster tables, mini workshops: fitness, meditation, stretching, tapping, Careers in healthcare.

11:00am - 2:00pm

Great Hall

International Student Expo

Come celebrate International Education Week at our annual International Student EXPO. Meet students from over 15 countries as they share their countries, cultures, languages and traditions with the RRCC community. Make sure to get an EXPO passport that gives you a chance to converse and sample foods from around the globe.

Wednesday, November 15th

11:00am to 1:00pm

Torreys Peak & Grays Peak

International Survivors of Suicide Loss Day

There will be a Memory Tree and resources available

Thursday, November 16th

9:00am to 2:00pm

The Great Hall

Black Student Association Information Session

Join us as we come together to gain a better knowledge on the purpose and founding of BSA, as well as how it affects students and the Red Rocks community as a whole.

Monday, November 14th 5:00 pm to 6:00 pm

Wednesday, November 16th 12:00 pm to 1:00 pm

The Den, Room 1592

“ Breathe in the Good Stuff”

Meditation

Wednesdays

10:00am to 11:00am

Mt. Falcon Room

Career Questions?

Come ask the career coach!

Tuesday, November 14th

11:00am to 1:00pm

The Bridge

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

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

Student Recreation Center Fall Programs:

Pack the Gym!

Join us for Yoga, Tea, Pumpkin Pie, Prizes and more!

Wednesday, November 15th from 4:00pm to 6:00pm

SRC Gymnasium. FREE to all students/faculty/staff.

Visit rrcc.edu/src for more details.

Science: Bouldering can help relieve symptoms of depression and anxiety. Stop by your climbing wall

today or contact ben.wygant@rrcc.edu

for a free clinic.

Follow us on facebook:

[facebook.com/rrccstudentrec](https://www.facebook.com/rrccstudentrec)

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

Jazz and Symphonic Music
by the Mile High Community Band
sponsored by RRCC
Thursday, November 16, 2017
6:30 pm to 8:30 pm
in the Community Room

NANOWRIMO

National Novel Writing Month

Writing Workshops

Wednesday, November 1st

1:30pm to 4:30pm

Torreys Peak

Wednesday, November 6th

12:00pm to 1:00pm

Coffee Shop

Wednesday, November 14th

3:00pm to 4:00pm

Coffee Shop

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.

Student Life Hours of Operation

Student Life Desk:

Monday through Thursday:

9:00 am to 7:00 pm

Friday: 9:00 am to 5:00 pm

Saturday: 10:00 am to 2:00 pm

Student Project Center:

Monday through Thursday:

8:00 am to 9:00 pm

Friday: 8:00 am to 6:00 pm

Saturday & Sunday:

10:00 am to 4:00 pm

The Den:

Monday through Thursday:

11:00 am to 7:00 pm

Saturday: 10:00 am to 2:00 pm

Recreation Center:

Monday through Friday:

6:00 am to 9:00 pm

Saturday & Sunday:

9:00 am to 6:00 pm

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>

