



ARVADA JOHN LETTER

Student Activities for the Week of April 16th- 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.

Please don't take me with you! If you would like a copy of this week's John Letter please visit the Arvada Student Life Office

Student Activities

Student Food Bank

Up to 4 free items with current student ID. Open to all students, no need to prove financial hardship to access the foodbank. Campus Life Office Tuesday and Wednesday from 11:00am - 1:00pm

LAKWOOD EVENTS

RRCC Student Tech Advice Club

They aims 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 12pm to 1pm on the Lakewood Campus. Come join us!

LAKWOOD EVENTS

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!

It will be held on the South Lawn (or the Rec. Center if it's rainy) on Wednesday, April 25th from 11:00am - 2:00pm.

9Health Fair

Its comming to Red Rocks Saturday, April 21st at 8:00am - 1:00pm They are looking for volunteers if interested go to: <https://www.9healthfair.org/health-fairs/spring/243/index>

R.A.D.

Rape Aggression Defense

April 28th & 29th
9:00am - 6:00pm \$15 Paid at the Cashiers' Office Contract Officer Ericka Rendon ericka.rendon@rrcc.edu or 303.914.6394

Student Recreation

Center Spring Programs:

FEMALE LIFTERS! Sign up today.

- **Relaxation. Peace. Self-Reflection.** Join us for Spa Night on Thursday April 19th, 2018 from 4-6pm for a night of calmness and relaxation before finals. Please email Bre'una Keeton at breuna.keeton@rrcc.edu for more information.
- **2nd Semi-Annual THROW THINGS AT YOUR INSTRUCTOR dodgeball match** - Thursday, April 26, 3-4PM at the SRC Gym. Show up and throw things. Winning team receives an IM Champion t-shirt.
- **4 on 4 Coed Volleyball Tournament** - Friday, April 27, 3-8PM in the SRC Gym. Sign up at the SRC front desk.

Note: WE ARE IN NEED OF

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.rrcc.edu/src

Getting To Know You!

If you would like to be featured in the John Letter please come to the Student Life Office and ask for a questionnaire! Turn it in to the Student Life Office and email your favorite photo of yourself to mika.matzen@rrcc.edu with the Subject line as the JNL/ GTK and see yourself in next weeks John Letter

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

Arvada Tutoring:

Biology
Saturdays
10:00am – 2:00pm

Chemistry
Thursdays
3:00pm – 5:00pm

Writing Center
Monday
1:30pm – 6:00pm

Math Lab
Tues. & Thurs.
10:30am - 2:30pm

For the latest schedule:

<http://www.rrcc.edu/learning-commons/tutoring>

Step out of Stigma!!

Meet @ the Lakewood pavilion Mondays & Wednesdays April 9th, 11th, 16th, 18th, 23rd, & 25th From 11AM-12PM to walk and Talk about Mental Health



Campus Information

Arvada Hours of Operation

Arvada Health Clinic

Wednesdays
9:00am-12:00pm
Fridays
9:00am-4:00pm

Behavioral Health

Wednesdays
9:00am-4:00pm
Fridays
9:00am-4:00pm

Assessment Hours

Monday – Friday
9:00am-5:00pm

Bookstore Hours

Monday - Friday
11:00am-3:00pm

Campus Life Office

Monday - Friday
11:00am-3:00pm

Learning Commons

Open during campus hours

Welcome Desk Hours

Monday – Friday
8:00am-7:00pm

Saturday

8:00am – 5:00pm

Coffee Shop Hours

Monday – Thursday

7:30am-6:00pm,

Friday 8:00am-3:00pm

Saturday 8:00am - 1:00pm

Advising Hours

Monday-Friday

by Appointment


Walk-In:

Monday & Wednesday

Financial Aid Hours

Monday – Friday

8:00am-5:00pm



Need help navigating the ups and downs of college life?

Let **YOU** help you.

YOU.rrcc.edu
All Public Notices can be found at <http://www.rrcc.edu/about-us/disclosures-and-legal-notices>



RRCC Supports **SAFE**
Secure & Friendly Environment

If you see something, say something.

rrcc.edu/safe

TALK 24/7 | 303-322-7273
SEXUAL ASSAULT HOTLINE

