



ARVADA JOHN LETTER

Student Activities for the Week of April 30th - May 6th, 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

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.
Friday
9:30am-11:00am
Mt. Evans.
Starting Friday, April 20th.

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 12pm to 1pm on the Lakewood Campus.

FUEL 4 FINALS
Donuts, Fruit and Coffee in the Lakewood Library
April 30th & May 1st-3rd
8:00am-10:00am

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!

Wednesday, May 2nd
Arvada Plaza
(IPE Space if it rains)
11:00am - 1:00pm.

Food Bank of the Rockies
Saturday, May 5th 2:00pm
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
<https://www.foodbankrockies.org/get-help/>



RED ROCKS REC
HEALTHY BODY. HEALTHY MIND.

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 4th, 2018.

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!

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 food bank.
Campus Life Office
Tuesday and Wednesday from 11:00am - 1:00pm

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>

OBSCURA OPEN MIC
Thursday, May 3rd
12:30pm - 1:30pm
Great Hall
Lakewood Campus

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

Campus Information

Arvada Hours of Operation

Arvada Health Clinic Wednesdays 9:00am-12:00pm Fridays 9:00am-4:00pm	Welcome Desk Hours Monday - Friday 8:00am-7:00pm Saturday 8:00am - 5:00pm
Behavioral Health Wednesdays 9:00am-4:00pm Fridays 9:00am-4:00pm	Coffee Shop Hours Monday - Thursday 7:30am-6:00pm Friday 8:00am-3:00pm Saturday 8:00am - 1:00pm
Assessment Hours Monday - Friday 9:00am-5:00pm	Advising Hours Monday-Friday by Appointment Walk-In: Monday & Wednesday 8:00am-5:00pm
Bookstore Hours Monday - Friday 11:00am-3:00pm	Financial Aid Hours Monday - Friday 8:00am-5:00pm
Campus Life Office Monday - Friday 11:00am-3:00pm	
Learning Commons Open during campus hours	

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-notice>.

ATTENTION STUDENTS!
Activate and use your student email account. RRCC communicates with students via email **ONLY** through the student email address.

RRCC Supports **SAFE**
Secure & Friendly Environment
If you see something, say something.
rrcc.edu/safe

