

The John Letter

April 30th through 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.

Student Activities:

Smash Your Stress Away!!

Let's smash plates, bowls, cups and pottery. Provided by The Peer Counseling Program

Monday April 30th

Starts at 3:00pm and lasts until supplies are gone (feel free to bring your own items to smash!)

Outside by Faculty parking and The Community Garden.

Food Bank of the Rockies

Saturday, May 5th at 2:00pm

In the 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 Website](#)

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 4th, 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!

OBSCURA OPEN MIC

Thursday, May 3rd

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

In the Lakewood Great Hall

Fuel 4 Finals

Donuts, Fruit and Coffee in the Library

April 30th & May 1st through 3rd

**8:00 a.m to 10:00 a.m. or until supplies
are gone.**

**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.**

On Fridays

9:30 a.m. to 11:00 a.m.

In the Mt. Evans room.

Starting Friday, April 20th.

Pell Grants for Summer!

If you qualify for the Federal Pell Grant, take at least 6 credits this summer to possibly qualify for more funding – even if you attended full time in fall and spring!

Contact Financial Aid for more information: 303.914.6256 or

[Email the Financial Aid Office](#)

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

**All you need is a current student ID to
access the food bank**

FOUR ITEMS FREE!

At the Student Life Desk.

Tuesdays & Wednesdays

**11:00 a.m. to 1:00 p.m. & 4:00 p.m. to
6:00 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.

Campus Life Hours of Operation

Student Life Desk:

Monday through Thursday

9:00 a.m. to 7:00 p.m.

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

Saturday: 10:00 a.m. to 2:00 p.m.

Student Project Center:

Monday through Thursday:

8:00 a.m. to 9:00 p.m.

Friday: 8:00 a.m. to 6:00 p.m.

Saturday & Sunday:

10:00 a.m. to 4:00 p.m.

**(Color Printing is only available during
Student Life Desk hours.)**

The Den:

Monday through Thursday:

11:00 a.m. to 7:00 p.m.

Saturday: 10:00 a.m. to 2:00 p.m.

Recreation Center:

Monday through Thursday

6:00 a.m. to 9:00 p.m.

Friday: 6:00 a.m. to 8:00 p.m.

Saturday & Sunday:

10:00 a.m. to 6:00 p.m.

Student Health Clinic:

Monday through Friday:

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

**Monday, Tuesday, & Thursday the clinic
will have Behavioral Provider Access**

