



# THE 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](mailto: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 - Room 1551

## Student Activities

### Smash Your Stress Away!!

Let's smash plates, bowls, cups and pottery. Provided by The Peer Counseling Program  
Monday April 30th 3:00pm Until supplies are gone (feel free to bring your own items to smash!)  
Outside by Faculty parking and The Community Garden. You can use the Theater's Lower level West Wing entrance doors to access the area.

### RED ROCKS REC

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!

### RRCC Student Art Exhibit



Open through May 4, 2018  
Monday - Friday 7:00am - 10:00pm  
Saturday & Sunday 7:00am - 6:00pm  
Susan K. Arndt Gallery  
West Entrance, Lower Level

### 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.

On The Bridge every Thursday from 12:00pm to 1:00pm on the Lakewood Campus.

### 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](mailto:melissa.english@rrcc.edu), 303-914-6361 or stop by room 1264 in the Learning Commons.

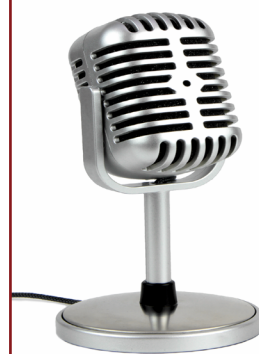
### FUEL 4 FINALS



Donuts, Fruit and Coffee in the Library  
April 30th & May 1st-3rd

8:00am-10:00am

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



### OBSCURA OPEN MIC

Thursday, May 3rd  
12:30pm - 1:30pm  
Great Hall

## Campus Information



### STUDENT FOOD BANK

All you need is a current RRCC student ID for access!

### 4 ITEMS FREE!

At the Student Life Desk.  
Tuesdays & Wednesdays  
11:00am-1:00pm:  
and  
4:00pm-6:00pm

### 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 [finaid@rrcc.edu](mailto:finaid@rrcc.edu)

### 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.

### Campus Life Hours of Operation

**Student Life Desk:**  
Monday - Thursday: 9:00 am - 6:00 pm  
Friday: 9:00 am - 5:00 pm  
Saturday: 10:00 am - 2:00 pm  
**Student Project Center:**  
Monday - Thursday: 8:00 am - 9:00 pm  
Friday: 8:00 am - 6:00 pm  
Saturday & Sunday: 10:00 am - 4:00 pm

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

**The Den:**  
Monday - Thursday: 11:00 am - 7:00 pm  
Saturday: 10:00 am - 2:00 pm

**Recreation Center:**  
Monday - Thursday 6:00 am - 9:00 pm  
Friday: 6:00 am - 8:00 pm  
Saturday & Sunday: 10:00 am - 6:00 pm

**Student Health Clinic:**  
Monday - Friday: 9:00 am - 4:00 pm  
Monday, Tuesday, & Thursday Physical & Behavioral provider access. Fridays: Behavioral provider by appointment only

If you see something, say something.  
[rrcc.edu/safe](http://rrcc.edu/safe)



### FOOD BANK OF THE ROCKIES



Fighting Hunger & Feeding Hope since 1978

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/>