

The Arvada John Letter

October 9 through October 15, 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 Recreation Center is now open!

Monday through Friday

6:00 am to 9:00 pm

Saturday & Sunday

9:00 am through 6:00 pm

Located at Lakewood Campus (east entrance)

Student Food Bank

**4 items free with a current student ID at the Student
Life Desk. Tuesdays & Wednesdays
11am to 1pm & 4pm to 6pm**

Sit-N-Knit

**Every Friday 12pm to 1pm
Lakewood Campus Coffee Shop Annex**

LGBTQ History Month

Lakewood Campus

LGBTQ Film:

“But I’m a Cheerleader”

October 10th at 1:30 p.m.

in the LGBTQ Center

National Coming Out Day

October 11th

9:00 a.m. to 3:00 p.m.

on The Bridge

Coming Out Stories

October 11th from

10:30 a.m. to Noon

in The Den

LGBTQ History Month Continued:
Arvada Campus

“Still Around”

Film Screening

October 4th

9:00 a.m. to 3:00 p.m.

in room 7102

“Gen Silent”

Film Screening

October 11th at 11:00 a.m.

& 2:00 p.m. in room 7102

**Suicide Prevention Project
World Mental Health Day**

**Depression Screenings
Tuesday, October 10th from
11:00am - 1:00pm in
the Great Hall**

**Film - *My Depression*
(The Up and Down of it)
Tuesday, October 10th from
3:00pm - 4:00pm in
the Den**

**Depression Screenings
Tuesday, October 11th from
1:00pm - 3:00pm in
the Welcome Center
(Arvada)**

Grab-n-Go!

**Snacks every Saturday from 10:00 am to 2:00 pm
at the Student Life Desk**

Phi Theta Kappa Member Meeting

Thursday, October 12th

1:15pm - 2:15pm, Mt. Evans

**Meet your chapter officers for a discussion of our
chapter's College Project.**

President: Manisha Jaiswal

mjaiswal@student.cccs.edu

Vice President: Christopher Mason

cmason30@student.cccs.edu

Internship Opportunities

- Engineering Technician with Black & Veatch – Paid**
- Safety Engineer with Ready Foods - \$15/hour**
- Claims Specialist with Social Security Administration – Paid**
- ADA Assessment with City of Lakewood – Paid**
- Research & Development with Proctor & Gamble (Summer 2018 - Cincinnati, OH) - Paid**

Doing an Internship this semester? Want to receive credit or a certification of completion?

Contact Melissa English,

Internship Coordinator to find out more!

melissa.english@rrcc.edu

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

Attention Students!

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

Free dance classes

Offered and taught by the RRCC dance program

1st and 3rd Friday of each month at 12:00 p.m.

Held in Studio 2 in the new Student Recreation Center

All students, faculty and staff are welcome!

All classes start at noon

Oct 20th - Musical Theatre Dance

Nov 3rd - Ballet

Nov 17th - Hip Hop

**Student Health & Behavioral Health
Counseling**

MONDAY through FRIDAY

9AM to 4PM

- **Wednesday at the Arvada Clinic there will be Behavioral Health Counseling from 12pm to 3:30pm**
- **Thursday at the Arvada Clinic a Health Provider will be available from 9am to 4pm**
- **Friday at Lakewood Clinic a Health Provider will be available from 9am to 4pm**

Hours and days are subject to change. This schedule is only for the months of August and September.

Note: Behavioral Counseling will still be available at the Lakewood student health clinic Monday-Friday with the exception that there will be NO Behavioral health service Aug 28- Sept 1.

The student health clinic will still be open during this period for non-emergency physical health services.

Tutoring Hours

Biology, Microbiology & Anatomy & Physiology

Monday & Wednesday:

3:00pm to 5:00pm

Thursday

10:00am to 12:00pm

Friday 1:00pm to 3:00pm

Saturday 10:00am to 2:00pm

Chemistry

Monday & Thursday

3:00pm to 5:00pm

Math

Monday 1:00pm to 3:00pm

Tuesday 11:00am to 1:00pm

Writing Center

Tuesday 9:00am to 3:00pm

Thursday 10:0am to 2:00pm

Talk 24/7 Sexual Assault Hotline

303-322-7273

Report a Concern:

www.rrcc.edu/safe

Suicide Prevention Hotline:

1-800-273-8255

Fall Recreation Center Activities!

Group Fitness Classes!

Rock Wall Clinics and Events!

Intramural Sports!

Rock Climbing Trips!

Pickup Bubble Soccer/Volleyball/Playstation!

Visit www.rrcc.edu/src for more info

Star Party

Wednesday, October 18th from 7:30pm to 9:30pm

Lakewood Campus

Social Justice Reading Group

**This semester we will be reading *Waking Up White,*
*and Finding***

***Myself in the Story of Race* by Debby Irving.**

**There are copies
available at the
RRCC Bookstore.**

Group 1

Read pages 93 through 184 by

Thursday, October 12th at 1:30pm in the Red Fox

Room at Lakewood or

Arvada campus room 7211

**Read pages 185 through 249 by Thursday, November
2nd at 1:30pm in the Red Fox Room at Lakewood OR**

Arvada Campus room 7211

Social Justice Reading Group Continued:

Group 2

**Read pages 93 through 184 by Monday, October 9th at
2:30pm at Lakewood
campus in the Sandstone Room**

**Read pages 185 through 249 by Monday, October 30th
at 2:30pm at Lakewood Campus in the
Sandstone Room**

**Please consider the reflective questions at the end of
each section as preparation for our discussion.**

If you have any questions email:

amy.braziller@rrcc.edu

RRCC Club List

Anime Club

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>

Take the RRCC 2017-18 Wellness Pledge
Free T-Shirt while supplies last
For more information contact a wellness team
member:

yvonne.pepping@rrcc.edu

breuna.keeton@rrcc.edu

deborah.houser@rrcc.edu

DID YOU KNOW!?

**All you need is a current
student ID to access the
STUDENT FOOD BANK!**

4 items free!

At the Student Life Desk.

Tuesdays & Wednesdays

11am to 1pm & 4pm to 6pm

Arvada Hours of Operation

Welcome Desk Hours

Monday through Friday

7:30am to 7:00pm,

Saturday 8:00am to 5:00pm

Coffee Shop Hours

Monday through Thursday

7:30pm to 6:00pm,

Friday 8:00am to 3:00pm,

Saturday 8:00am to 1:00pm

Advising Hours by Appointment

303-914-6011

Walk-In hours are

Tuesday through Thursday

9:00am to 4:00 pm

Financial Aid Hours

Monday through Friday

8:00am to 5:00pm

Arvada Hours of Operation Continued:

Assessment Hours

Monday through Friday

9:00am to 5:00pm

Bookstore Hours

Monday

10:00am to 3:00pm

Tuesday through Thursday

10:00am to 5:30pm

Friday

10:00am to 3:00pm

Student Life Office

Monday:

10:00am to 2:00pm

Tuesday & Thursday

11:00am to 3:00pm

Wednesday & Friday

10:00am to 3:00pm