

Fall 2024 Student Activities Calendar

Special Events

Warm Welcome - Club and Resource Fair

Wednesday, September 11 - Between 10 a.m. and 1 p.m.
Outside Chapman Hall

Learn more about Virginia Western's clubs, services and resources for student success. Giveaways, caricatures, Kona ice and hot dog picnic!

Family Night

Friday, November 8 - 4:30 p.m. - 8:30 p.m.
Humanities Gymnasium

Come out to our fall family fun night on campus! The gym will be full of games, slides, bounce houses for all ages!

Additional Special Events May Include:

Poetry Reading and Workshop with 2024 Poet Laureate

Student Activities

Blood Drives: Give Blood - Save A Life!

Thursday, September 5

11 a.m. - 4 p.m. (Appointments available, walk-ins welcome)
Student Life Center 3rd Floor Coffee Shop

Mondays with Miss Louie - Therapy Dog

September 9, October 7, November 4

Student Life Center 3rd Floor at 12 Noon

Constitution Day Celebration with Popcorn Bar and Voting Information

Tuesday, September 17 - Drop-in 10:30 a.m. to 1:30 p.m.
Outside Chapman Hall

Salsa, Merengue, and Bachata Dancing Lessons

10 Week Series - Starting September 19

Thursdays at 4 p.m. in the Fitness Center Studio

Tickets to the JStop Latin Soul show at the Jefferson Center on Saturday, Sept. 21 available for 10 participants!

Celebrate Hispanic Heritage Month

Wednesday, October 2

Drop-in between 10 a.m. and 1 p.m.
Outside Chapman Hall

Paint Nite in the Daylight

Tuesday, October 22 at 12:30 p.m.

Student Life Center - 3rd Floor/Coffee Shop

Pizza with President Sandel

Tuesday, October 29 at 12:30 p.m.

Student Life Center Multipurpose Room

Holiday Card Making

Tuesday, December 10 and Wednesday, December 11

Drop-in between 10 a.m. and 2 p.m.

Student Life Center - 3rd Floor/Coffee Shop

Additional Activities May Include

Outreach from partners at the Virginia Department of Health, TAP (Domestic Violence Awareness) and more.

Outdoor Recreation

Climbing at River Rock Climbing Gym

2nd and 4th Mondays at 1 p.m.

September 9, 23; October 7, 21; November 4, 18,
Every other week group to rock climb together. Free!

Fall Hiking

The Cascades - Friday, September 6

3 Peaks in 3 Weeks: Peaks of Otter Hike Series

Harkening Hill - Friday, October 18

Flat Top - Friday, October 25

Sharp Top - Friday, November 1

All hikes leave at 9 a.m. Series ends with a group lunch at Sharp Top!

Kayak the James River - Buchanan, VA

Friday, August 30 - 10 a.m.

All equipment, gear, and instruction provided. \$10

Trail Day

Wednesday, September 25 - 10:30 am - 1:30 pm

Stop by the STEM Courtyard to learn about fall hiking, camping, and outdoor recreation in Roanoke! Leave with your own custom trail mix blend!

Bridge Walk and Outdoor Adventure - New River Gorge WV

Friday, October 11 - 7:30 a.m. to 9 p.m.

Adventure at the New River Gorge - the newest National Park in the US! The trip will include the famous "Bridge Walk" and then include some bouldering or hiking. Meals included. \$20

Night Zip Lining at Explore Park

Saturday, October 26 - Meets at Visitor Center at 7 p.m.

2 hours of ziplining and obstacles in the treetops! Night ziplining adds an extra element of fun! \$5

Wild Cave Tour - Grottoes, VA

Friday, November 15 - 9 a.m. to 8 p.m.

Take a guided professional tour of a wild cave (in it's natural state). This is not a lighted cave with paved walkways: You will get muddy (and have a great time)! Lunch provided. \$10

Campus Movies

Did you miss these recent blockbusters? Get a second chance to see them in our campus theater with updated sound systems and projectors for 2024!

THURSDAYS: 2 p.m. and 6 p.m.

Whitman Theater - Business Science Building

September 12: Inside Out 2

September 26: Despicable Me 4

October 10: Twisters

November 21: Beetlejuice Beetlejuice

Special Spanish Language Showing

Friday, October 11 (Viernes 11 de Octubre)

Twisters (En Español)

2 p.m. and 6 p.m.

Free Admission for all students, employees, and community members!

Off Campus Events and Trips

Virginia Western Night at the Salem Red Sox Stadium

Friday, September 6 - First Pitch at 7:05 p.m.

Enjoy a night at the stadium with other Virginia Western students! Every student will receive up to 2 tickets - so bring a friend! Each ticket includes a concessions voucher so you can pick up a snack from the concession stand! Make sure to stay for the Friday night postgame fireworks! Get your ticket with Student Activities-Fitness Center Desk starting August 26! Free! (Limit 2 per person)

Trip to the American Shakespeare Center: Macbeth

Thursday, November 21

Leave campus at 8 a.m. Return approx. 3:30 p.m.

See Shakespeare's work in the world famous Blackfriars Theater in Staunton, Virginia. Students will be provided with lunch after the show. Sign up with Student Activities to reserve your spot. \$5 non-refundable fee required at time of sign up. Pay to cashier (cash only). Covers ticket, transportation and lunch.

Trip to Washington DC - Museums and Monuments

Saturday, December 7

Leave campus at 6:15 a.m.; Return at approx. Midnight

Take a tour of Washington DC and see monuments and museums with Student Activities. This will be a group event with limited seats (12 students). Sign up with Student Activities to reserve your spot. \$10 non-refundable fee required at time of sign up. Pay to cashier (cash only). Covers transportation, activities, and meals.

Tickets: Cultural Music Series at the Jefferson Center

Sat Sept 14 (8 p.m.) - The SteelDrivers (Bluegrass/Americana)
Fri Oct 11 (7 p.m.) Hamilton de Holanda (Latin Jazz, Brazilian)
Fri Dec 6 (8 p.m.) Preservation Hall Jazz Band "Creole Christmas" (New Orleans Style Jazz)

Limit 2 per student per show. Tickets available for pick up based on show date - check your student bulletin email.

Student Leadership

Want to Get Involved? Virginia Western has a wide variety of campus clubs and organizations! Find a list on our website. You can join club throughout the year. Sound interesting? Contact Natasha Lee to learn more!

Special events just for student club leaders:

Club Leader Retreat - The Peaks Retreat Center

Friday, September 27

Get to know other club leaders, experience team building challenges, and learn about how to be a more successful club leader.

VCCS Student Leadership Conference at Hotel Roanoke

Friday, October 4 - Sunday, October 6

Statewide conference for students. Inspirational keynotes and practical seminars to help your leadership!

More leadership events to come in Spring 2025!

Escape Room Teambuilding, Leadership Trip, Spring Fling!

Sports and Fitness

Fitness Center and Studio

FREE Membership for all students.

Monday - Friday: 9 a.m. - 6 p.m.

Student Life Center, First Floor

Showers and lockers, cardio & strength equipment, studio space for groups and circuits. Free bike rentals. Nintendo Switch available for check out for Just Dance.

Weekly Fitness Programs

Pilates - Instructor Ashley

Mondays and Wednesdays: Noon

Zumba - Instructor Lucy

Tuesdays at Noon

Running - Fitness Center Coaches and Coach Chad

Wednesdays at Noon

Rucking - Coach Chad and Coach Frank

Thursdays at 11 a.m.

Rucking is walking with weights and packs

Core and More - Instructor Carole

Thursdays at Noon

Nutrition with Registered Dietician Holly

Tuesdays and Wednesdays: 10 a.m. to 1 p.m. (Drop-in)

Intramural Sports

Humanities Gym (First Floor), Room H100

Basketball - Tuesdays: 2 p.m. - 5 p.m.

Volleyball - Wednesdays: 2 p.m. - 5 p.m.

Indoor Soccer - Thursdays: 2 p.m. - 5 p.m.

Check the Fitness Center for full schedule of open gyms and intramural league dates, and information about how to join.

Special Events

Fitness BINGO Challenge - August 26-September 27

Stop by the Fitness Center to pick up a Fitness and Wellness BINGO Card. Participate in activities and complete your card! You can enter up to 3 times. Everyone who participates gets fitness swag and anyone who completes a card will be entered into a prize drawing.

VP Walk and Talk Wednesdays

Noon - 3rd Wednesday of each Month

September 18, October 16, November 20, December 18

Get to know your Student Affairs administrator! Join our Vice President of Student Affairs - Bern Battle - on a walk. Meet at the SLC 3rd Floor Info Desk. The planned route is around the STEM Courtyard. Everyone is welcome!

Grocery Store Tour - Wednesday, October 16 at 10 a.m.

Tour the grocery store with our Registered Dietitian Holly. She will give you the tips and tricks for making nutritious choices while saving money! Everyone completing the tour will earn a grocery gift card.

Ping Pong Tournament - Monday, November 11 at 2 p.m.

Compete in this one-day tournament!

Program details (including dates and times) are subject to change. Please visit the web or stop by the Student Life Center for the most up to date information. If you have questions, please feel free to reach out to the Student Life Center staff.

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