

Spring 2025 Student Activities Calendar

Special Events

Martin Luther King Jr. Day Reflection Lunch

Tuesday, January 21

11:30 a.m. - 1:30 p.m.

Student Life Center Club Room - S307

Hot lunch will be served while you listen to the words of Dr. King. Students are encouraged to have informal discussions about peace, justice, equality, service, and other values in Dr. King's work. Free!

Winter Club Fair

Wednesday, February 5 - Between 10 a.m. and 1 p.m.

Student Life Center 3rd Floor

Meet and sign up for clubs at Virginia Western! Participants can grab a sweet treat and enter for a prize drawing. Prizes will be a selection of fun indoor activities for winter time.

Spring Fling 2025: Sports

Thursday, April 24

Outside - STEM Courtyard

Enjoy our campus-wide picnic and festival! Games, giveaways, displays from college clubs, music and more! This year's theme is SPORTS - so you are invited to wear your favorite shirt, jersey, hat, etc. from your favorite team (any sport!)

Student Activities

Tickets - Cultural Music Series at the Jefferson Center

Fri. Jan 17 (8 p.m.) - Michael Cleveland (Bluegrass Fiddle Player)

Thu. Feb 13 (7 p.m.) - G. Thomas Allen (Jazz Vocalist)

Sat. Mar 29 (8 p.m.) - Larry McCray (Blues Guitarist)

Free tickets for students available for pick up at the Fitness Center desk starting Monday, January 13. Limit 2 per student per show.

Visits with Miss Louie - Destress and Pet a Therapy Dog

Student Life Center 3rd Floor at 11:30 a.m. - 12:30 p.m.

First Tuesdays - February 4, March 4, April 1, and May 6

Brown Library at 11 a.m. - Noon

Last Wednesdays - January 29, February 26, March 26 and April 30

Tickets - Railyard Dawgs Hockey Game: Superhero Night

Saturday, February 8 at 7:05 p.m. at the Berglund Center

Free tickets for students available for pick up at the Fitness Center desk starting Wednesday, January 22. Limit 2 per student.

Black History Month Trivia

Tuesday, February 10

Drop-in between 10 a.m. and 1 p.m.

Student Life Center - Stop by the Student Life Center Desk to participate!

College and University Transfer Fair

Thursday, March 20

Drop-in between 11 a.m. to 1:30 p.m.

Student Life Center

Blood Drive: Give Blood - Save A Life!

Thursday, April 10

11 a.m. - 4 p.m. (Appointments available, walk-ins welcome)

Student Life Center 3rd Floor Coffee Shop

Appointments available at www.redcrossblood.org. Walk-ins welcome!

Container Gardening: Tomatoes or Peppers

Tuesday, April 22 (Earth Day!)

1:45 p.m.

Arboretum and Greenhouse

Learn to grow either a tomato or pepper in a container on your porch! All supplies included & instructions for future care. Sign up with Natasha Lee at NLee@virginiawestern.edu.

Outdoor Recreation

All activities here require advance sign up in the Fitness Center.

Climbing at River Rock Climbing Gym

February 17, March 3, March 17, March 31, April 14, April 28

1 p.m. - 3 p.m.

Every other week group to the indoor climbing gym. Free!

Winter Hiking: Sawtooth Ridge

Friday, January 24

1 p.m.

Hiking in the winter can be very enjoyable, if you know how to prepare appropriately! Learn with a group on this 1.8 mile easy trail. Instruction about safety, clothing, and gear will be provided. Free!

Roller Skating at Firehouse Skate

Wednesday, February 5

6 p.m. - 8:30 pm

Includes skate rentals, arcade access, and pizza dinner.

Meets at Firehouse Skate. \$5 per person.

Ski/Snowboard at Massanutten Resort

Monday, February 10

Leaves VWCC at 1 p.m. Returns approx. 11 p.m.

Includes gear rental and lift ticket. Limited spaces. \$20.

Intermediate Wild Cave Tour: Grottoes, VA

Tentatively Scheduled: Friday, February 28

For students with previous climbing or caving activity experience.

Spring Hikes with Sharon: Waterfalls and Wildflowers

11 a.m. Thursdays and Fridays

Fri. March 7: Roaring Run (1.7 miles; easy; one flight stairs)

Thurs. March 20: Cascades (3.7 miles; moderate)

Fri. March 28: Crabtree Falls (3.1 miles; moderate+; stairs/uphill)

Thurs. April 3: Stiles Falls (3.2 miles; moderate; creek crossings)

Fri. April 11: Blue Suck Falls (Douthat State Park) (2.2 miles; moderate; uphill)

Thurs. April 17: Apple Orchard Falls (5.1 miles; moderate+; uphill)

The Outdoor Recreation activities above require various physical abilities. Please speak with Recreation Coordinator Chad Heddleston to discuss specific requirements and needs.

Campus Movies

Did you miss these recent movies in the theater? Get a second chance to see them on the big screen! Feel free to bring your kids or other family members and enjoy a family night at the movies without the high cost!

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

Whitman Theater - Business Science Building

February 6: *Gladiator 2*

February 13: *Wicked*

February 20: *Moana 2*

March 6: *Nickel Boys* *Nickel Boys* is based on the Pulitzer Prize winning novel and tells the story of boys sent to an abusive school in Florida during Jim Crow-era. Want to read it before watching the movie? Drop by Brown Library for a free copy of the book starting on Monday, February 3. available first come, first served!

Free Admission for all movies:

All students, employees, and community members!

Student Trips

Spring Break Mini Trips

Looking for something to do during your break? Check out our one day trips to do something fun with other students! *Both trips are free, but do require advance sign up at the Fitness Center Desk.*

Tuesday, March 11: Waterfalls and Warm Springs

Take a day trip through the mountains of Alleghany and Bath County where you will take short hikes to see beautiful waterfalls, and take a relaxing soak in the famous Warm Springs. Transportation and warm spring admission included. Bring money for your own meals - or feel free to pack!

Wednesday, March 12: Shopping at Green Valley Book Fair and Thrifting in Lexington/Staunton

Ride with us to check out the Green Valley Book Fair - known for new books at very discounted prices. Before coming back to Roanoke, we will have fun hunting for bargains at new thrift shops! Transportation included. Bring money for your own shopping and meals - or feel free to pack!

Frida Khalo Special Exhibit

Virginia Museum of Fine Arts - Richmond VA

Friday, April 25

Leave VWCC at 7 a.m. Return approx. 8 p.m.

The VMFA is hosting a special traveling exhibition of Mexican artist Frida Kahlo's work this spring. This will be the only museum hosting this exhibition on the east coast. Kahlo's work reflects her Mexican pride, expresses her gender identity, and her feelings about her pain and physical disabilities. At the museum, an audio tour will be available in English and Spanish. *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, museum admission, and lunch at the museum.*

Meet and Greet

Want to connect with college administration? Learn from our college leaders? Share your thoughts? You are invited!

Walk & Talk with the VP of Student Affairs

Second Wednesdays, 1 p.m. to 2 p.m.

February 12 and April 9

Let's step outside, enjoy fresh air, and chat as we walk around campus. Whether you want to talk about life, classes, or ideas for campus improvement, Vice President Battle is here to connect and listen.

Meeting Location - Fitness Center

UNO Cards and Conversations with the VP of Student Affairs

Fourth Wednesday, 1 p.m. to 2 p.m.

January 22, February 26, March 26

Who doesn't love a good game of UNO? Drop in for some lighthearted competition, snacks, and laughs while we connect in a fun and relaxed atmosphere.

Meeting Location - Student Life Lounge

Retirement Reception for President Sandel

Monday, March 17 - 2 p.m. - 4 p.m.

Fralin Center for Health Professions - HP210

Dr. Sandel is retiring June 30, 2025. This reception will be an opportunity to send well wishes to Dr. Sandel!

Sports and Fitness

Fitness Center and Studio

FREE Membership for all students.

Monday - Friday: 8 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

Tuesdays

7:30 a.m. - Fast Pace Rucking (Weighted Walking) - Instructors Chad and Frank

Wednesdays

11 a.m. - Pilates (Core, Balance and Strength) - Instructor Ashley

Noon - Zumba (Latin Cardio Dance) - Instructor Lucy

Thursdays

11 a.m. - Rucking - Instructors Chad and Frank

Noon - Core and More - Instructor Carole

Nutrition with Holly

Tuesdays and Wednesdays: 10 a.m. to 1 p.m. - Fitness Center

Drop-in for questions related to your diet and nutrition! Holly is a registered dietitian, which means she is a certified health care professional.

Intramural Sports

Humanities Gym (First Floor), Room H100

Women's Basketball - Tuesdays: 12:30 p.m. - 2:30 p.m.

Men's Basketball - Tuesdays: 2:30 p.m. - 5:30 p.m.

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

Co-ed Indoor Soccer/Futsal - 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

Get Fit Challenge - January 13 to February 28

Kick start your year and improve your Fitness in 2025!

Participate in a variety of wellness and fitness activities to earn points and win prizes. Stop by the Fitness Center to pick up a participation card.

Grocery Store Tour with a Dietitian

Wednesday, February 19

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.

Connect and Lead

Want to get involved or polish your leadership skills in 2025?

Check out these ideas:

VCCS Legislative Day

Monday, January 27: Selected student leaders will travel to Richmond to speak to state senators and delegates.

Service Leadership Trip

DATE TBA: Join with student leaders from Virginia Highlands Community College to perform service work related to Hurricane Helene recovery.

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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