

Fall 2023 Student Activities Calendar

Special Events

Warm Welcome - Club and Resource Fair

Wednesday, September 6 - 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 and hot dog picnic for students at the Arboretum!

"One Artist's Journey to Pixar Animation Studios"

Speaker: Bill Zahn, Art Director

Tuesday, October 17 - 12:30 p.m.

Whitman Theater

Bill's lively and fun talk shares the process of creating some of the big screen's most memorable characters, as well as his journey to Pixar. Quick lunch for students provided at 12:15 before the talk. Stay for a screening Pixar's *Soul* at 3:30 p.m.

The Social Dilemma Screening and Talk

Date and Time - TBA Stay tuned!

Natural Science Center

Technology experts are sounding alarms about the dangers of social media's goals to influence and manipulate. After the screening, we will hear from an addiction researcher at Fralin Biomedical Research Center and get tips on how to break the habits related to social media and phones. Lunch provided.

Wellness Fair

Wednesday, November 29 - Between 10 a.m. and 1 p.m.
Student Life Center, 3rd Floor

Take part in various wellness and self-care activities. Includes art projects, petting dogs, chair massages, build a care bear, aromatherapy, and local community resources.

Student Activities

Blood Drives: Give Blood - Save A Life!

Wednesday, August 30 and Monday, November 6
10:30 a.m. - 3 p.m. Appointments available, walk-ins welcome
Student Life Center 3rd Floor/Coffee Shop
Help our local community by donating blood!

Constitution Day Celebration

Monday, September 18
Drop-in between 11 a.m. and 1 p.m.
Student Life Center - 3rd floor/Coffee Shop
Get a free copy of the Constitution and celebrate with popcorn. In recognition of Constitution day on September 17.

PB and Jam Sessions

Last Monday of Each Month
September 25, October 30, November 27
11:45 a.m. - 1:45 p.m.
3rd Floor, Student Life Center/Coffee Shop
Good eats! Good jams! Come make a PB&J Sandwich. After your lunch, enjoy some music. Student Life will kick off the session with some music selections. Students are welcome to bring acoustic instruments to come jam together.

Outdoor Recreation

Weekly Climbing at River Rock Climbing Gym

Noon on Thursdays
September 7, 21; October 5, 19; November 2, 16,
Every other week group to rock climb together. Free!

Fall Hikes with Sharon

Leave from Fitness Center at 9 a.m. on Thursdays:
Sept 7, Sept 14, Sept 28, Oct 12, October 26
List of hikes available in the Fitness Center, and include both easy and moderate hikes. The final hike is to the "The Channels". Free!

Backpacking Basics Series

Mondays, September 11- October 9
1:30 p.m. - 3:30 p.m.
Series of educational, hands-on, workshops with an experienced guide who will answer all your questions. Learn new skills to backpack this fall. The series covers gear, sleeping systems, cooking, water, safety and Leave No Trace principles.

Kayak the James River - Buchanan

Friday, August 25 - 7:30 a.m.
All equipment, safety gear, and instruction provided. \$10

NRocks - Via Ferrata Rock Climbing - West Virginia

Friday, September 22 - 9 a.m.
One-of-a-kind adventure that offers the experience of rock climbing with a professional guide, but provides fixed anchors and cables. \$20

Free Movie Fridays!

Movie Showtimes: 2 p.m. and 6 p.m.
Whitman Theater - Business Science Building

Enjoy a Friday night movie on campus with friends and family! See the latest releases, but without the theater prices!

September 1 - Pixar's Elemental

Rated PG - Runtime 1hr and 45 m

September 8 - Spiderman: Across the Spideverse

Rated PG - Runtime 2hr and 20 m

September 29 - Oppenheimer

Rated R- Runtime 3hr

October 6 - Barbie

Rated PG -13 - Runtime 1hr and 54 m

October 13 - Teenage Mutant Ninja Turtles

Rated PG - Runtime 1hr and 39 m

Off Campus Events and Trips

Monticello, Charlottesville Virginia

Trip to Monticello: Charlottesville, VA

Friday, September 15

Leave campus at 8 a.m. Return approximately 7 p.m.

Visit the home of Thomas Jefferson and explore the grounds of Monticello.

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 admission, transportation, and lunch

Trip to the Historic Barter Theater: Abingdon, VA

Thursday, October 12

Leave campus at 2:15 p.m. Return approx. midnight.

Based on the iconic 1985 Paramount movie and classic board game, Clue is a hilarious comedy-meets-murder mystery.

Sign up with Student Activities to reserve your spot. \$5 nonrefundable fee required at time of sign up. Pay to cashier (cash only). Covers ticket, transportation, and dinner before the show.

Trip to the American Shakespeare Center

Thursday, November 9

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

See Shakespeare's work *Hamlet* 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.

Illuminights Tickets

Thursday, November 30 - Time TBA

Meets at Explore Park (Provide your own transportation) Enjoy Roanoke County's dazzling winter light show. Each student can get 2 tickets - so bring a friend or family member!

Sign up first with Student Activities to reserve your spot. \$5 fee per ticket will be paid to cashier (cash only). Non-Refundable. Covers your ticket only.

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:

VCCS Student Leadership Conference at Hotel Roanoke

Friday, November 10 - Sunday, November 12

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

More leadership events to come in Spring 2024! Events may include:

- Escape Room Teambuilding
- Leadership Retreat at the Peaks
- 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.

Weekly Fitness Programs

Nutrition with Dietitian Holly

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

Have questions about meal planning, healthy eating on a budget, or how to meet your fitness and wellness goals? See your Registered Dietitian Holly in the Fitness Center. Holly occasionally will have samples and demos.

BODYPUMP with Carole

Wednesdays: Noon (In person) - 45 minute class

Les Mills BODY PUMP is a calorie-burning resistance training, set to music. Our live instructor will help lead you through the moves to make the most of the workout!

Yoga with Leilani

Tuesdays and Thursdays: 12:30 p.m.

From August 22 to October 19

Breathe, stretch, and unwind with yoga. Beginners are welcome, and instructions for variations for different levels are provided!

LES MILLS Group Exercise - On Demand

Available during Open Hours when the studio is available.

Les Mills provides exiting group exercise on YOUR schedule!

The front desk staff can assist you to get your class started.

Intramural Sports

Humanities Gym (First Floor), Room H100

Basketball - Tuesdays: 5:30 p.m. - 7:30 p.m.

Indoor Soccer - Wednesdays: 5:30 p.m. - 7:30 p.m.

Volleyball - Wednesdays: 2 p.m. - 4 p.m.

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

Outdoor Courts - Play pickup games of pickleball, tennis, spikeball, or basketball with your friends. Open all day.

Special Events

BINGO Basics Challenge - August 21 - September 29

Stop by the Fitness Center to pick up a Fitness and Wellness BINGO Card. You can enter up to 3 times. Everyone who completes a card will be entered into a prize drawing.

Pickleball Clinic - Wednesday, September 13 (2 pm - 4 pm)

Learn the basics of pickleball with local USA Pickleball Ambassadors. Takes place on the outdoor courts.

Grocery Store Tour - Wednesday October 4 (10 a.m.)

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

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.

Kayla Brown - KBrown@virginiawestern.edu - 540-857-6692 (Student Activities Specialist) - 1st Floor

Chad Heddleston - CHeddleston@virginiawestern.edu - 540-857-6690 (Recreation Coordinator) - 1st Floor

Natasha Lee - NLee@virginiawestern.edu - 540-857-6326 (Student Activities Coordinator) - 3rd Floor