

Fall 2025

Student Activities Calendar

Special Events

Warm Welcome - Club and Resource Fair

Wednesday, September 10 between 10 a.m. and 1 p.m.
Outside Chapman Hall

Learn more about Virginia Western's clubs, services and resources for student success. Free Kona Ice and Caricatures!

Catching Pinecones Documentary Screening

Wednesday, October 1 at 6 p.m.
Whitman Theater

Recreation Coordinator Chad Heddleston has spent his spare time the last five years filming and directing a documentary about Jan Conn, a woman who lived a life of adventure. See the movie, follow by remarks and questions!

Student Activities

Peanut Butter and Jam

1st Thursdays - 9/4, 10/2, 11/6, 12/4
Noon - Student Life Center

All students are welcome to the peanut butter and jam sandwich making station to enjoy while students who play instruments are invited to this lunchtime jam.

Miss Louie - Therapy Dog

1st Fridays in Student Life: 9/5, 10/3, 11/7, and 12/5
2nd Fridays in Brown Library: 9/12, 10/10, 11/14, and 12/12

Drop the Beat - Deal the Cards!

2nd and 4th Tuesday: 9/9, 9/23, 10/14, 10/28, 11/11, 12/9
Noon - Student Life Center 3rd Floor

Join your VP of Student Affairs for music, friendly UNO, and a chance to connect and share your thoughts and experiences!

Weekly Nutrition with Registered Dietician Holly

Tuesdays and Wednesdays: 10 a.m. to 1 p.m. (Drop-in)
Student Life Center 3rd Floor

American Red Cross Blood Drive: Save A Life!

Monday, September 15: 10:30 a.m. - 3:30 p.m.
Appointments available, walk-ins welcome
Student Life Center, 3rd Floor

Constitution Day Celebration and Cupcake Bar

Wednesday, September 17: 10:30 am - 1:30 pm
Outside Chapman Hall

Hispanic Heritage Month - Virtual Trivia Event

Kicks off Friday, September 26
Find the link in your Student Bulletin and on Social Media!

Pumpkin Celebration: Pumpkin Painting and More

Tuesday, October 21: 10:30 a.m. to 3 p.m.
Student Life Center

The Blood Connection - Bloodmobile

Wednesday, October 29: 11 a.m. - 4 p.m.
Walk Ins Welcome
STEM Parking Lot

Appreciation and Gratitude Cards Station

Tuesday, November 18 - Thursday, November 20
Student Life and Brown Library

Exam Week Break Cart

Monday, December 1 - Thursday, December 4
Look for us all around campus!

Off Campus Activities

Virginia Western Night at the Salem Red Sox Stadium

Friday September 5 - First Pitch at 6:35 p.m.

Enjoy a night at the stadium with other Virginia Western students! Every student can receive up to 2 tickets - so bring a friend! Make sure to stay for the Friday night postgame fireworks! Get your ticket with Student Activities-1st Floor Fitness Desk Starting August 25! Free! (Limit 2 per person)

Common Clay Pottery Studio "Try It" Class: Roanoke

Friday, October 10
1 p.m. to 3:45 p.m.

Every wanted to dabble in clay? This one-time class will let you try handbuilding or wheel throwing to give this artistic medium a try! Sign up with Student Activities to reserve your spot. \$5 covers all materials and instruction.

Fall Train Trip: Charlottesville, Virginia

Sunday, October 12

Meet at platform by 8 a.m.; Return at approx 10 p.m.

Start your day with a scenic train ride, viewing the Virginia countryside in autumn. Then, spend the day exploring Charlottesville before returning back on the train that evening. Sign up with Student Activities to reserve your spot. \$10 Covers Amtrak ticket.

Trip to the Historic Barter Theater: Abingdon, VA

Anne of Green Gables: The Musical

Friday, October 17

Leave campus at 2 p.m. Return approximately midnight.

An imaginative orphan, Anne, is mistakenly sent to live at Green Gables farm, where she learns to find love, family, and belonging on Prince Edward Island. Sign up with Student Activities to reserve your spot. \$15 covers ticket, transportation and dinner.

American Shakespeare Center: Romeo and Juliet

Thursday, November 6

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. The group will eat lunch together after the show. Sign up with Student Activities to reserve your spot. \$10 covers ticket, transportation, and lunch.

STEM Speaker: Neil DeGrasse Tyson

Wednesday, November 12

Leave campus at 3 p.m. Return approx 11:30 p.m.

Everyone's favorite astrophysicist will be in Charlottesville to deliver a talk. Virginia Western has secured a very limited number of seats. \$20 covers event ticket and transportation.

Recreation

Spaces are limited for each activity.
Sign up in advance in the Fitness Center.

Fall Hiking

The Cascades - Thursday, September 4 (11 AM). 3.7 miles; moderate
Roaring Run - Thursday, September 11 (Noon). 1.7 miles; easy with stairs
Sharp Top - Thursday, October 16 (Noon) 3.1 miles; moderate-hard
McAfee's Knob - Thursday, October 30 (11 AM) 8 mile; moderate-hard

Paddling at Fairy Stone State Park

Friday, August 29
Leaves Fitness Center at 9 a.m.

Enjoy a paddle in this serene and scenic lake. The group will also have the opportunity to look for the famous Fairy Stones. \$10 covers transportation, boat rental and safety equipment, and a picnic lunch.

TopGolf Richmond

Friday, September 26
Meets at Fitness Center at 9 a.m.

2.5 Hours of TopGolf fun. Fun for experienced players or anyone trying golf for the first time! \$20 covers transportation, admission, and lunch.

Buffalo Mountain and Floyd Friday Night Jamboree

Friday October 3
2 p.m. - 10 p.m.

Take a 2-mile hike to scenic Buffalo Mountain for amazing views. (Easy hike with some stairs.) After, the group will head into Floyd for dinner, music and dancing at the Friday Night Jamboree. \$5 covers transportation and ticket to the Jamboree.

Student Tickets to Virginia Tech Hokies Football!

Friday, October 24
Discount tickets for sale! Check your Student Email!

Night Zip Lining at Explore Park

Saturday, October 25
Meets at Explore Park Visitor Center at 7 p.m.
2 hours of ziplining and obstacles in the treetops! Night ziplining adds an extra element of fun! \$10 covers admission. Sign up with Kayla Brown - 3rd Floor for this trip.

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

Student Leadership

Advisor Inservice Meeting

Monday, August 18 - 12 Noon - HP208

VCCS Student Leadership Conference at Hotel Roanoke

Friday, November 14 - Sunday, November 16

Student Council Meetings

Monday, September 29, Monday, October 27
Monday, November 24 at 2 p.m.

Student Roundtable with Dr. Treanor

Stay Tuned for Opportunities to Connect with our new college president!

Sports and Fitness

Fitness Center and Studio

FREE Membership for all students.

Monday - Friday: 8 AM - 6 PM

Student Life Center, First Floor

Showers and lockers, cardio & strength equipment, studio space for groups and circuits. Free bike rentals.

Weekly Group Fitness Programs

Mondays: Simply Fitness by Diane - Fitness Camp

New

September 8, 15, 29, October 6, 13, 20 and 27 at 1 p.m.

Tuesdays: Yoga - Erica with Roanoke Yoga **New**

12:30 p.m.

Wednesdays: Zumba - Lucy

11 a.m.

Thursdays: Core and More - Carole

Noon

Tuesday and Thursdays: Rucking - Chad and Frank

Rucking is walking with weights and packs

Tuesdays at 8 a.m. and Thursdays at 11 a.m.

Line Dance Lessons at Tanglewood YMCA

Wednesdays at 6:30 p.m. from October 8-October 29
6 spots for students (non-YMCA members) - Sign up in Fitness Center. Already have a YMCA membership? Feel free to join us!

Climbing at River Rock Climbing Gym

Select Tuesdays at 1 p.m.

September 2, 16, 30; October 14, 28; November 11

Every other week group to rock climb together. Free!

Intramural Sports

Humanities Gym (First Floor), Room H100

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

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

Pickleball/Tennis - Friday: 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. Ends the week before Thanksgiving.

Fitness Center Special Events

Grocery Store Tour

Wednesday, September 24 at 10 a.m.

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

Ping Pong Tournament

Wednesday, October 8

2 p.m. - 4 p.m.

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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