

Spring 2026 Student Activities Calendar

Special Events

Winter Warm Up

Wednesday, February 4 - Between 10 a.m. and 2 p.m.
Student Life Center 3rd Floor
Meet and sign up for clubs at Virginia Western! Enjoy winter crafts and smores! Enter to win prizes!

Wellness Fair

Thursday, March 12 - Between 10 a.m. and 2 p.m.
Student Life Center 3rd Floor

Drop in for community resources for mental health, stress management, student support, holistic healing, and more.

"I Dream": VCCS Poet Laureate and Visual Luminary Contest

Saturday, March 28
State Competition at Virginia Western: Whitman Theater
Enter the college contest by February 9. College winner will go on to compete at the state competition. Submit 3 poems or 1 work of art. See campus TVs and Student Bulletin for entry details.

Spring Fling 2026: Virginia Western VIBES - 1960s!

Thursday, April 23
Outside - STEM Courtyard
Enjoy our campus-wide picnic and festival! Games, giveaways, displays from college clubs, music and more! This year's theme is VIBES! In gearing up for our 60th anniversary, celebrate like it's 1966 - the year of our founding!

Student Activities

Tickets - Art and Culture Performances in Roanoke

Wednesday, February 4 (7:30 p.m.) - Hadestown

This Tony-Award winning musical reimagines the Greek myths. Berglund Center. Students pay for own parking.

Tuesday, February 24 (7:30 p.m.) - Riverdance 30

This Irish music and dance show features traditional and global styles. Berglund Center. Students pay for own parking.

Wednesday, April 29 (7 p.m.) - World Ballet Company Swan Lake

This legendary ballet is a story of magic and fate entwining good and evil. Jefferson Center. Free parking.

Free tickets for students available for pick up at the Student Activities Office (3rd Floor Student Life - Across from Coffee Shop) starting Tues, January 20. Available first-come, first served Limit 2 tickets.

Tickets - Railyard Dawgs Hockey Game: Superhero Night

Saturday, February 21 at 7:05 p.m. at the Berglund Center

Free tickets for students available for pick up at the Fitness Center desk starting Monday, February 2. Limit 2 per student. Students pay for own parking.

American Red Cross Blood Drive: Give Blood - Save A Life!

Wednesday, January 21 and Wednesday, April 15
11 a.m. - 4 p.m. (Appointments available, walk-ins welcome)
Student Life Center 3rd Floor Coffee Shop
<https://www.redcrossblood.org>

The Blood Connection Bloodmobile

Thursday, February 26
11:30 a.m. - 4:30 p.m. (Appointments available, walk-ins welcome)
STEM Parking Loot
<https://thebloodconnection.org/>

Student Activities

Miss Louie Therapy Dog

11 a.m. - Noon: Brown Library
Noon - 1 p.m.: Student Life Center
First Thursday of Each Month - Feb 5, Mar 5, April 2, May 7

UNO with the VP of Student Affairs

Noon
Student Life Center 3rd Floor
Last Wednesday of each month - Jan. 28, Feb. 25, Mar. 25, April 29

Nutrition with Holly

Tuesdays and Wednesdays: 10 a.m. to 1 p.m.
Student Life Center 3rd Floor
Drop-in for questions related to your diet and nutrition! Holly is a registered dietitian. She will have tastings, demonstrations, and activities each week to promote healthy eating!

Student Trips

The Pakalachian Restaurant - Abingdon VA

Friday, January 30
Leave VWCC at 10 a.m. Return approx 7:30 p.m.
Enjoy a meal at "The Pakalachian" a one-of-a-kind restaurant in Abingdon, Virginia where every menu item is 50% Pakistani and 50% Southern Appalachian inspired. "Curry Me Down South" or "Fried Green Tomato Pakoras" are two examples! After lunch, you will have time to explore the small town shops! 10 spaces. **\$10 - covers lunch and transportation.**

Giants: Art from the Collection of Alicia Keys and Swizz Beatz at Virginia Museum of Fine Arts - Richmond VA

Friday, February 27
Leave VWCC at 7:15 a.m. Return approx. 8 p.m.
Travel to see a special exhibition of art by 40 Black artists from Africa, Europe, the US, and Caribbean. Featured artists include Jean-Michel Basquiat, Amy Sherald, Kehinde Wiley. Time to explore the wide range of art at the VMFA will be available. 10 spaces. **\$10 - covers transportation and museum admission and lunch.**

Monticello "Founding Friends, Founding Foes Tour"

Friday, April 17
Leave VWCC at 8 a.m. Return approx. 7 p.m.
In recognition of the 250th Anniversary of the Declaration of Independence, students will take a special tour to learn how Thomas Jefferson and John Adams were both allies and rivals. This tour shows how democracy is born through disagreement, civil discourse, and dedication to shared values. 10 spaces. **\$10 - covers transportation, ticket/tour and lunch.**

All trip fees are non-refundable and are paid to the cashier (cash only). Sign up forms are on the Student Activities website or available in Room S307 (across from the coffee shop).

Recreation and Outdoor

Climbing at River Rock Climbing Gym

First Tuesdays: Feb 3, March 3, April 7, May 5

1 p.m. - 3 p.m.

Monthly group to the indoor climbing gym. 5 spaces each date. Free!

Ski/Snowboard at Massanutten Resort

Monday, February 2

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

Includes transportation, gear rental and lift ticket. Students responsible for money for meals. 10 spaces. \$20

Snow Tubing at Wintergreen Resort

Thursday, February 12

Leaves VWCC at 12 Noon. Returns approx. 8 p.m.

Includes transportation, tube and ticket. Students responsible for own money for meals. 21 spaces. \$10

Natural Bridge State Park Volunteer and Visit

Friday, March 6

Leave VWCC at 8:45 a.m. Return Approx 4 p.m.

Natural Bridge State Park is one of the natural wonders of the world. Spend the morning volunteering at the park with rangers, and spend the afternoon on an enjoyable visit. Lunch provided! Get your CCAP volunteer hours! 12 spaces. Free!

E-Bike the Greenway

Thursday, May 7

Leaves VWCC at 1 p.m. Return approx 4:30 p.m.

Try riding an e-bike! Includes transportation, and rental. 10 spaces. \$5

All trip fees are non-refundable and are paid to the cashier (cash only). Sign up forms are on the Student Activities website or available in Room S307 (across from the coffee shop) or the

Connect and Lead

Want to get involved or polish your leadership skills in 2026? Check out these ideas:

VCCS Legislative Day

Tuesday, January 28 Selected student leaders will travel to Richmond to speak to state senators and delegates.

Student Council

First Wednesday of each month:

Feb 4, March 4, April 1, May 6

2 p.m. - 4 p.m. - Student Life Center Room 307

Special Presentations:

February 4 - Social Media Workshop

April 1 - Clubs to Careers - Learn how to put your leadership on your resume

Strengths Assessment

Workshop on February 17 at 2 p.m.

Career Center

Or schedule a 1-on-1 coaching session

Student leaders have access to the Gallup Strengths Assessment and coaching session of how to apply strengths for success!

Sports and Fitness

Fitness Center and Studio

FREE Membership for all students.

Monday - Friday: 8:30 a.m. to 5 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

Tuesdays

8 a.m. - Rucking (Weighted Walking) with Chad

This group hikes 3 miles at a 15 minute per mile pace. Weighted vests or backpacks available for use.

12:30 p.m. - Roanoke Yoga - All Levels Class with Erica

Wednesdays (January 28 to March 4)

11 a.m. - 11:50 a.m. - Hip Hop HIIT with Diane

Diane Simmons is a certified personal trainer who brings the energy and beats to her fun workouts. Can be modified for all levels of fitness!

Thursdays

12:30 p.m. - 1:15 p.m. Basics Fitness Boot Camp

Follow Carole through resistance circuit training for all levels in this cardio blend class.

Fridays

12:30 p.m. - Roanoke Yoga - All Levels Class with Erica

Intramural Sports and Open Gym

Humanities Gym (First Floor), Room H100

Open Gym/Pick Up Games - Tues./Thurs 11 a.m. - 2 p.m.

Indoor Soccer/Futsal - Tuesdays: 2 p.m. - 5 p.m.

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

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

Open gyms start in January. Get a full schedule in the Fitness Center. Join a team on IMLeagues.com.

Special Events

Get Fit Challenge - January 26 to February 27

Kick start your year and improve your Fitness in 2026!

Participate in a variety of wellness and fitness activities to earn points and win prizes. Participants can earn a "Fit" Challenge t-shirt. Stop by the Fitness Center to pick up a participation card.

College Transfer Tours

On each visit, you will have an information session from the Admissions Office, take a campus tour, and have lunch in the campus dining hall. Look for campus advertising for more details on dates, times, and sign up information!

Spring 2026 Visits:

Virginia Tech

University of Virginia

Radford University

Liberty University

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 Activities Coordinator.

Natasha Lee (Student Activities Coordinator)

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