

# Spring 2026 Student Activities Calendar

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## Special Events

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### 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

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### 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 Lot**

<https://thebloodconnection.org/>

## Student Activities

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### 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

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### 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 Serrano, 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

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### 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

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*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

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### 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

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**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

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*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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