

Fall 2026

Student Activities Calendar

Special Events

Warm Welcome - Club and Resource Fair

Wednesday, September 9

10:30 a.m. to 1:30 p.m.

STEM Courtyard

Learn more about Virginia Western's clubs, services and resources for student success. Free Hot Dog Picnic! Prizes!

"One Artist's Journey to Pixar Animation Studios"

Speaker: Bill Zahn, Art Director

Thursday, October 15

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 becoming an artist at Disney Pixar. Bill shares lessons that apply to all career goals! Quick lunch for students provided at 12:15 before the talk.

Vice President of Student Affairs Professional Etiquette Luncheon

Thursday, October 29

Hotel Roanoke

Have a delicious lunch at Hotel Roanoke while getting expert tips on business protocols. The event is hosted by our Vice President for Student Affairs. Check your Student Bulletin for details and sign up instructions.

Student Leadership Events

Advisor Inservice Meeting

Thursday, August 20

VCCS Student Leadership Conference at Hotel Roanoke

Friday, November 13 - Sunday, November 15

President's Holiday Tree Decorating Contest

On Display: November 30 to December 18

Location: The Bridge

Student Organizations will decorate trees and compete for their club - and our entire campus will enjoy for the holiday season! Clubs - look for an invitation to participate later this fall (limited spots).

Strengths Assessment

Student leaders have access to the Gallup Strengths Assessment and coaching session of how to apply strengths for success. Reach out to Natasha Lee at NLee@virginiawestern.edu to schedule an appointment.

Student Voices and Feedback

Coming This Fall: Look for opportunities to share your feedback with campus.

Student Activities

Miss Louie - Therapy Dog

Miss Louie is a registered therapy pet who comes to campus monthly to help you de-stress! Look for dates and times throughout the semester!

Tickets - Cultural Music Series at the Jefferson Center

Thu. Sept 24 (7 p.m.) - Rajasthani Caravan (Indian Folk)

Fri. Oct 16 (7 p.m.) - Lenny Marcus (Jazz)

Fri. Dec 11 (8 p.m.) - Dailey and Vincent (Bluegrass)

Free tickets for students available. Check your Student Bulletin for announcements. Limit 2 per student per show.

Constitution Day Celebration and Cupcake Bar

Thursday, September 17: 11 a.m. - 1:30 p.m.

STEM Courtyard

Celebrate the ratification of the US Constitution with us. Free copies of the US Constitution.

Kindness Rocks!

Wednesday, September 23

10 a.m. to 2 p.m.

Student Life Center, 3rd Floor

Celebrate Virginia Western's 60th Anniversary with 60 Acts of Kindness! Stop by to paint a rock and find out about ways you can be kind or give back to our community!

American Red Cross Blood Drive: Save A Life!

Wednesday, September 23: 11 a.m. - 3 p.m.

Appointments available, walk-ins welcome

Student Life Center, 3rd Floor

Pop Up Flower Shop

Tuesday, September 29

11 a.m. - 2 p.m.

Student Life Center, 3rd Floor

Brighten your day - Create your custom bouquet of flowers.

Hispanic Heritage Month - Virtual Trivia Event

Trivia Event Runs from October 1 to October 15.

Find the link in your Student Bulletin and on Social Media! Complete the online trivia questions for a chance to win a drawing!

Dancakes: Pancake Art Pop Up Show!

Monday, December 7

9:30 a.m. to 12:30 p.m.

Student Life Center, 3rd Floor

Watch talented artists make pancake art (truly, it's art!) and yes, you get to eat it!

Recreation

Fall Hiking: Appalachian Trail - Triple Crown+ Series

Dragon's Tooth- Wednesday, September 16. 4.5 mile - moderate+

McAfee Knob- Wednesday, September 30. 7.5 mile - moderate

Hay Rock- Wednesday, October 14. 8 miles - moderate+

Tinker Cliffs- Wednesday, October 28. 8 miles - strenuous

1pm departure from Fitness Center

Complete the Triple Crown and earn a prize! Complete Triple Crown + Hay Rock (another hike on the AT that connects with the Triple Crown) and earn a bigger prize!

Climbing at River Rock Climbing Gym

Select Mondays at 1 p.m.

September 14, October 12, November 9, December 7

Monthly group to rock climb together. Free!

Night Zip Lining at Explore Park

Saturday, October 24

Meets at Explore Park Visitor Center at 6:30 p.m.

2 hours of ziplining and obstacles in the treetops! Night ziplining adds an extra element of fun! **\$10 discounted admission.**

Students responsible for their own transportation to Explore Park.

Luray Caverns Trip

Friday, November 6

Leaves campus at 10 a.m.; Returns approx 8 p.m.

Walk through the largest cavern system in the Eastern US and see stunning underground rock formations. **\$10 covers admission, lunch, and transportation to Luray in the college vans.**

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

Student Trips

Transfer Trips

James Madison University - October 23

Roanoke College Engineering -TBA

Interested in transferring to JMU? Want to check out Roanoke College's new Engineering program? Sign up for a tour, admissions, visit, and lunch on campus - organized by staff at Virginia Western!

New York City One-Day Bus Trip

Saturday, December 12

Leaves Roanoke at Midnight. Spend Saturday in NYC (approximately 7am-11pm), then return back to Roanoke overnight.

Start spreading the news: Virginia Western is going to the Big Apple! We have 10 seats available on a one-day trip to New York City. Once we arrive, the day is yours to enjoy and explore, but we will have some suggested activities. Students are responsible for the cost of their own activities and meals.

\$75 covers travel on a charter bus.

Student Trips and Recreation Activities trips have limited spaces. Visit the website or stop by the Fitness Center (1st Floor, Student Life) for sign up info.

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

Tuesdays and Fridays at 12:30 p.m. - Yoga from Roanoke Yoga

Tuesdays at 8 a.m. - Rucking (*Rucking is walking with weights and packs*)

Open Gymnasium Time (H100)

Tuesdays: 2 p.m. - 5 p.m. in Humanities Gymnasium

Intramural Basketball

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

Humanities Gym (First Floor), Room H100

League Schedule for Basketball:

Open Gym (practice and form your teams)

September 3 - October 8

5v5 Intramural League

October 15 - November 19

Weekly Nutrition with Registered Dietician Holly

Tuesdays and Wednesdays: 10 a.m. to 1 p.m.

Student Life Center 3rd Floor

This weekly drop-in program allows you to ask any question regarding diet and nutrition. Holly has weekly displays and samples - so drop in regularly for new info!

Lunch Tips with Holly

Wednesday, October 21

10 a.m. to 1 p.m.

Registered Dietitian Holly will walk you through the basics on how to pack a lunch. Packing can save you lots of money and is often more healthy than fast food. Support your health and your wallet with this event. Participants get a free Virginia Western lunch box!

Lawn Party with President Treanor

Thursday, September 24

STEM Courtyard

12:15 p.m. - Join us for an aerial photo of our campus community to celebrate our 60th Anniversary!

12:30 p.m. - 2 p.m. - Celebrate and Play Games with Dr. Treanor

2 p.m. - 4 p.m. - Student Ping Pong Tournament

Celebrating Dr. Treanor's Inauguration Week! Stop by for lawn games, lemonade and popcorn.

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.

Natasha Lee - Student Activities Coordinator

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