



Welcome + Welcome Back!

MSVU Winter 2026 Orientation Schedule

We've partnered with the Mount Saint Vincent University Students' Union to deliver a program full of fun and informative social events and sessions. Join us for a chance to meet other students and connect with people in your program and across campus. Events are open to all new and returning MSVU students! Find the full schedule below. All times are in Atlantic Standard Time (AST).

Please note that all events are subject to change.

January 5-14

Same-Day Academic Advising

- Low-sensory
- Wheelchair accessible

Time: 9 a.m. – 4 p.m., Monday to Friday

Location: Seton 303 or Online

Need help with course selection and registration for Winter 2026 courses? To accommodate the January 14 add/drop deadline for Winter 2026 courses, the Academic Advisors will be holding same-day appointments from January 5 to January 14 (excluding weekends). To secure a same-day appointment, visit the Office Assistant in SAC 303, phone 902 457 6657, or email advising@msvu.ca. Appointments are booked in the order they're requested and must be booked on the same day as the appointment, so reach out early!

Sunday, January 4

Residence Move-in

- Mid- to high-sensory
- Accessible rooms are available: contact residence@msvu.ca for information

Time: 9:30 a.m. – 5:30 p.m.

Welcome to Residence at MSVU! Residence and other university staff and leaders will welcome you onto campus! Music, snacks and leaders will be all over residences to welcome you and help you get settled into your room.

Residence Board Games Night

- Mid-sensory
- Wheelchair accessible

Time: 7 p.m. – 10 p.m.

Location: Rosaria Multi-Purpose Room (MPR) and Terrace

Join Residence Life for a Welcome Back (and welcome to new students) Games Night! Snacks, games and getting to know your new floor and housemates!

Monday, January 5

Online Orientation

- Low-sensory
- Captioning available through Teams
- Slides, recordings, and/or transcripts made available afterwards

Time: 10 a.m. – 4 p.m. (Atlantic Standard Time)

Location: Microsoft Teams

Get a head start and learn what you need to know about being a student at MSVU in our early arrival online orientation series. These webinars will help prepare you for life at MSVU and ensure you are ready for your classes on Wednesday, January 7. Stop by for any session that interests you!

Online Orientation Schedule

10 a.m. – 11 a.m.: Fees & Finances

Get to know your payment and fees before you arrive! This webinar will help you learn all the fees, your payment options, and the deadline. This session will focus mainly on international students' needs but all are welcome.

[Teams link for Fees & Finances](#)

11:15 a.m. – 12 p.m.: MSVU Students' Union

MSVU Students' Union is here to support students in a variety of ways. Meet MSVUSU President Sara Zegarra Marinos and learn what the Union can do for you!

[Teams link for MSVU Students' Union](#)

12:15 p.m. – 1 p.m.: What to Expect in Your First Week of Classes

Excited to start classes at MSVU but feeling a little nervous about what to expect? Join the Mount Mentors as they walk you through what to expect during your first week of classes and discuss how you can prepare for the semester.

[Teams link for What to Expect in Your First Week of Classes](#)

1:15 p.m. – 2 p.m.: 5 Tips for Success in the MSVU Classroom

Learn how to set yourself up for success for a successful first semester with five helpful tips from MSVU Learning Strategist James Jollymore!

[Teams link for 5 Tips for Success in the MSVU Classroom](#)

2:15 p.m. – 2:45 p.m.: What You Need to Know About Educational Technology

Learn about all of the electronic technology you need to be a successful student at MSVU. Topics include: myMount, Office 365, Moodle, Blackboard Collaborate and more!

[Teams link for What You Need to Know About Educational Technology](#)

3 p.m. – 4 p.m.: Ask Me Anything

Mount Mentors are here to answer all your questions – even the ones you didn't know you had! Stop by to ask questions or submit them ahead of time and we'll answer during the session.

[Teams link for Ask Me Anything](#)

Winter Group Fitness Schedule Begins

- Mid-sensory
- Hybrid or online options available

All group fitness classes are included with MSVU students' all-access membership to the Mount Fitness Centre! Check out the latest schedule at msvu.ca/fit.

Residence Movie Night

- Low-sensory
- Wheelchair accessible

Time: 7 p.m. – 10 p.m.

Location: Rosaria Multi-Purpose Room (MPR)

Come to a cozy movie night in the MPR! Bring something to lay on and join our indoor drive in! Snacks will be provided!

Aikido Club Begins

- Mid-sensory

Time: 7:30 p.m. – 9 p.m.

Location: Evaristus 410 (4C level)

Discover Aikido! This Japanese martial art focuses on harmony and practical self-defense and is offered three nights per week by the Mount Fitness Centre. Students receive a 35% discount!

Register online at msvu.ca/fit.

Tuesday, January 6: Winter Orientation Day

International Days of Orientation

- Low- to mid-sensory

- Wheelchair accessible

Time: 9:30 a.m. – 12 p.m.

Location: International Education Centre, Seton Annex

Our orientation programs combine practical information, essential services, and fun, social activities to give you a strong start. You'll connect with other international students, meet MSVU staff, and learn everything you need to know about living and studying in Halifax, Nova Scotia. Registration is required.

[Register for International Students Orientation](#)

New Student Orientation

- Mid-sensory
- Wheelchair accessible

Time: 12 p.m. – 4 p.m.

Location: McCain 105/106

The Orientation fun continues with events open to all new to MSVU students. Starting with lunch, this is your chance to get to know your fellow Mystics, find your way around campus, learn tips and tricks about being a student at MSVU, and set yourself up for a successful first semester!

Wednesday, January 7: First Day of Class

Ask Me Anything

- Low-sensory
- Wheelchair accessible

Time: 9 a.m. – 2:30 p.m.

Location: Library Learning Commons, McCain Atrium, Rosaria Terrace

New to MSVU? Keep an eye out for the “Ask Me Anything” signs to ask any general questions and learn how to find your classes on campus.

Drop-in Campus Tour

- Low-sensory
- Wheelchair accessible

Time: 10:30 a.m. – 11:30 a.m.

Location: Meet at McCain Atrium

If you never had a campus tour, or if you want a refresher at the start of the semester, we've got you covered! Meet us in the McCain Atrium for a drop-in tour, no registration required.

Student Services Fair

- Mid-sensory
- Wheelchair accessible

Time: 11:30 – 1:30 p.m.

Location: McCain Atrium

Get to know the different services on campus and support that's available to you as an MSVU student. Stop by, connect, and participate to score some great swag!

Bingo Connect

- Mid-sensory
- Wheelchair accessible

Time: 6:30 p.m. – 8 p.m.

Location: The Rook Campus Pub

Whether you're a bingo pro or a first-timer, Bingo Connect is for everyone! Join us for a relaxed, friendly evening filled with games, conversation, and community spirit.

Thursday, January 8

Hemlock Ravine Hike with Hot Chocolate

- Low-sensory

Time: 1 p.m.

Location: Seton Lobby

Take a break in Halifax and explore the beautiful Hemlock Ravine Park trails! We'll meet in the Seton lobby at 1 p.m. to take the bus to Hemlock Ravine. Prefer to meet us there? Join us at the heart-shaped pond at 1:30 p.m.

Drop-in Campus Tour

- Low-sensory
- Wheelchair accessible

Time: 3 p.m. – 4 p.m.

Location: Meet at McCain Atrium

If you never had a campus tour, or if you want a refresher at the start of the semester, we've got you covered! Meet us in the McCain Atrium for a drop-in tour, no registration required.

Drop-in Volleyball for MSVU Students

- Mid-sensory

Time: 9 p.m. – 10:30 p.m.

Location: A. Garnet Brown Gymnasium (Rosaria)

Join us for drop-in volleyball at the Mount! This is a great opportunity for MSVU students to play in a relaxed, friendly environment – no registration required. Whether you're a seasoned player or just want to try something new, everyone is welcome.

Important: You must have a valid MFC student membership and scan your card at the MFC desk to attend.

Grab your friends, come out, and enjoy some volleyball!

Monday, January 12

Drop-in Campus Tour

- Low-sensory
- Wheelchair accessible

Time: 3 p.m. – 4 p.m.

Location: Meet at McCain Atrium

If you never had a campus tour, or if you want a refresher at the start of the semester, we've got you covered! Meet us in the McCain Atrium for a drop-in tour, no registration required.

Bollywood Dance Class

- Mid-sensory

Time: 6:15 p.m. – 7:15 p.m.

Location: Mount Fitness Centre (Rosaria)

Bollywood is all about drama – there's no specific technique but only ONE rule – you must have fun! The class will start with a 5-minute warm-up, followed by learning the choreography and performing the dance. Everyone is welcome in this all-levels class!

FREE for MSVU students.

Register at msvu.ca/fit.

Race Against Time

- High-sensory
- Wheelchair accessible

Time: 9 p.m. – 10:30 p.m.

Location: A. Garnet Brown Gymnasium (Rosaria)

Think you've got what it takes to beat the clock? Join us for the Race Against Time, a high-energy event packed with quick, hilarious challenges that test your speed, skill, and creativity – all in just 60 seconds!

Compete in a series of fun, fast-paced games for prizes and bragging rights. From stacking cups to balancing objects, every second counts! Grab your friends and see who can become the ultimate Minute Master.

Register at msvu.ca/rec.

Tuesday, January 13

SHIFT Career Development

- Mid- to high-sensory
- Wheelchair accessible
- Quiet room available nearby

Time: Drop-in anytime between 9 a.m. to 4 p.m.

Location: Rosaria Multi-Purpose Room (MPR)

Kick off your full-time or summer job search at this drop-in event! Self-serve stations include resume review, practice speed interviews (separate registration required), business card creation, community resource exhibitors, professional headshots, and business clothing closet – all for FREE!

Register for SHIFT to receive event reminders and early sign-up for practice speed interviews. Walk-ups are welcome.

[Register for SHIFT 2026](#)

Drop-in Campus Tour

- Low-sensory
- Wheelchair accessible

Time: 9:30 a.m. – 10:30 a.m.

Location: Meet at McCain Atrium

If you never had a campus tour, or if you want a refresher at the start of the semester, we've got you covered! Meet us in the McCain Atrium for a drop-in tour, no registration required.

Crafternoons in the Library

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 2 p.m.

Location: Library

Hands-on crafting as a study break. Crafternoons offer calm, creative time so you can return to your studies refreshed. No experience needed, all are welcome! Supplies are provided.

Beading Circle

- Low-sensory
- Space is accessibility-friendly but not fully accessible. Reach out to kayla.bernard@msvu.ca with any questions.

Time: 4 p.m. – 7 p.m.

Location: Indigenous Student Centre, 46 Melody Drive (lower level)

A collective space for students to gather to together every week to learn about different styles of Indigenous beadwork and create different projects. Supplies are provided or bring what you are already working on.

Wednesday, January 14

Student Accessibility Services Orientation and Q&A

- Low-sensory
- Wheelchair accessible

- Hybrid event

Time: 2 p.m. – 3:30 p.m. (drop-in)

Location: Testing Centre, EMF 139 OR Microsoft Teams

Are you a new MSVU student with a disability? Are you wondering how your accommodations work? Questions about what you have access to in the online learning environment? Come discuss and learn all about Accessibility services at MSVU. Snacks are provided!

[Teams link for Student Accessibility Services Orientation and Q&A](#)

Collage Night with MSVUSU and the Buddy Program

- Low-sensory

Time: 3 p.m. – 6 p.m.

Location: The Rook Campus Pub

Drop in for a fun, low-pressure night of cutting, pasting, and creating. All supplies provided—no experience needed. Come hang out, get creative, and leave with something uniquely yours. Enjoy snacks and refreshments while you craft and learn about the buddy program!

DanceFit with Cynthia begins

- Mid-sensory

Time: 6:30 p.m. – 7:15 p.m.

Location: Mount Fitness Centre (Rosaria)

This DanceFit class is where fitness meets fun! A fusion of easy dance moves and aerobics routine designed for all skill levels with energizing music. Dance, workout, sweat and smile – all in a 50-minute class!

Students receive a 35% discount!

Register online at msvu.ca/fit.

Thursday, January 15

Online Library Orientation

- Low-sensory
- Captioning available through Microsoft Teams

Time: 4:30 p.m. – 5:30 p.m.

Location: Microsoft Teams

Join Denyse for a webinar exploring the MSVU Library's online resources and services designed to support your coursework, research, and academic success.

[Register for Online Library Orientation](#)

Drop-in Volleyball

- Mid-sensory

Time: 9 p.m. – 10:30 p.m.

Location: A. Garnet Brown Gymnasium (Rosaria)

Join us for drop-in volleyball at the Mount! This is a great opportunity for MSVU students to play in a relaxed, friendly environment – no registration required. Whether you're a seasoned player or just want to try something new, everyone is welcome.

Important: You must have a valid MFC student membership and scan your card at the MFC desk to attend.

Grab your friends, come out, and enjoy some volleyball!

Friday, January 16

Study & Snack at the IEC

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 3 p.m.

Location: International Education Centre (IEC), Seton Annex

Need a quiet space to get your school work done? Join us at the International Education Centre every Friday afternoon from 12:00–3:00. Drop by, get your work done, and free up your weekend!

MSVUSU Silent Disco

- Mid-sensory
- Wheelchair accessible

Time: 8 p.m. – 11 p.m.

Location: The Rook Campus Pub

Get ready for a one-of-a-kind dance experience! Grab a pair of wireless headphones and choose from multiple music channels, each with a different vibe. Dance freely, switch channels anytime, and enjoy the fun of being in the same space while everyone moves to their own beat. No noise—just great music, good energy, and an unforgettable night!

Saturday, January 17

Student Day at Mystics Basketball Home Games

- Mid- to high-sensory
- Wheelchair accessible

Time: 2 p.m. (women's), 4 p.m. (men's)

Location: A. Garnet Brown Gymnasium (Rosaria)

We will be running a contest during halftime of the basketball games, where MSVU students will have the opportunity to participate for a chance to win prizes. The grand prize is valued at over \$250.

Cheer on the Mystics as they take on the UNBSJ Seawolves!

MSVU students receive free admission to regular-season Mystics home games by showing a valid student ID card.

Sunday, January 18

Mystics Basketball and Volleyball Home Games

- Mid- to high-sensory
- Wheelchair accessible

Time: 11 a.m. (women's basketball), 1 p.m. (men's basketball), 4 p.m. (volleyball)

Location: A. Garnet Brown Gymnasium (Rosaria)

Come out and cheer on the Mystics! The basketball teams will face off against the UNBSJ Seawolves, followed by the women's volleyball team taking on the Crandall Chargers!

MSVU students receive free admission to regular-season Mystics home games by showing a valid student ID card.

Monday, January 19

Digital Skill Workshop Series – Basic Computing Skills

- Low-sensory

Time: 3:30 p.m. – 4:30 p.m.

Location: TBD

Join Meagan from the Library and Sarah from the International Education Centre to review basic skills that will help make your life easier when using a computer, like using equipment, essential keyboard shortcuts, and basic file management.

[Register for Basic Computing Skills](#)

DanceFit with Melissa – Winter Program Begins

- Mid- to high-sensory

Time: 7:10 p.m. – 8 p.m.

Location: Mount Fitness Centre (Rosaria)

DanceFit is 50 minutes of fun and fitness! And most of all, burning off stress with energetic music, and movements that are designed for ALL people. From Disco to Latin to Musical Theatre and much more, your workout can turn into a trip around the world, and a welcoming environment means that no one is left behind!

Students receive a 35% discount!

Register online at msvu.ca/fit.

Volleyball Cup

- Mid- to high-sensory

Time: 9 p.m. – 10:30 p.m. every Monday

Location: A. Garnet Brown Gymnasium (Rosaria)

Have fun this winter and compete in the Volleyball Cup!

Register as a team by designating a team captain or signup as an individual, and we'll place you on a team! All MSVU students are welcome.

Register at msvu.ca/rec! The deadline to register is Thursday, January 15. The game schedule will be emailed on Friday, January 16.

Note: There will be no league play on February 16.

Tuesday, January 20

"Early Morning Risers" Workout Club Begins

- Mid- to high-sensory

Time: 7:10 a.m. – 7:55 a.m.

Location: Mount Fitness Centre (Rosaria)

Life is busy, but your fitness should still be a priority. The best way to kick-start your new year is with a fast-paced, total body workout! Gain accountability and build motivation in this small group training program that will provide assessments to measure your progress, and a training plan that includes cardio, strength, balance, and core exercises. You'll jump start your day and move towards a healthier you in just 5 weeks!

Students receive a 35% discount!

Register online at msvu.ca/fit.

Crafternoons in the Library

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 2 p.m.

Location: Library

Hands-on crafting as a study break. Crafternoons offer calm, creative time so you can return to your studies refreshed. No experience needed, all are welcome! Supplies are provided.

Beading Circle

- Low-sensory
- Space is accessibility-friendly but not fully accessible. Reach out to kayla.bernard@msvu.ca with any questions.

Time: 4 p.m. – 7 p.m.

Location: Indigenous Student Centre, 46 Melody Drive (lower level)

A collective space for students to gather to together every week to learn about different styles of Indigenous beadwork and create different projects. Supplies are provided or bring what you are already working on.

Searching Deeper: Finding Articles in Your Subject Area

- Low-sensory
- Captioning available through Microsoft Teams

Time: 4:30 p.m. – 5:30 p.m.

Location: Microsoft Teams

Do you have a hard time finding journal articles that are relevant to your topic? This workshop will provide tips and tricks for choosing databases, generating keywords for your topic and using Boolean search techniques appropriately. Concepts and strategies learned are common to most search tools.

[Register for Searching Deeper: Finding Articles in Your Subject Area](#)

Weight Training for Beginners Session

- Mid-sensory

Time: 5:30 p.m. – 7 p.m.

Location: Mount Fitness Centre (Rosaria)

Led by an experienced trainer, you'll be guided through basic strength exercises with personalized attention to ensure you feel confident and comfortable while working out. With a focus on proper form and technique, you'll learn how to perform fundamental movements safely and effectively. More than just a workout program; it's a supportive community where people come together to empower each other and celebrate progress. Join us to build strength, confidence, and connections on your fitness journey!

Students receive a 35% discount!

Register online at msvu.ca/fit.

MSVUSU Trivia Night

- Mid- to high-sensory

Time: 6 p.m. – 8 p.m.

Location: TBD

Put your knowledge to the test at Trivia Night! Gather your team and compete in a fun, fast-paced game covering a mix of topics. No pressure, just good laughs, friendly competition, and prizes for the top teams. Come ready to think, guess, and have a great time!

Wednesday, January 21

Career Services Drop-in Resume Review

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 1:30 p.m.

Location: McCain Atrium

Drop by the McCain Atrium to ask Career Services anything about your job search process. Bring your laptop or resume for on-the-spot advice. We're here to help!

Discover Your Note-taking Style with the Learning Strategist

- Low-sensory
- Captioning available through Microsoft Teams

Time: 2 p.m. – 3 p.m.

Location: Microsoft Teams

Discover your note-taking style with the Learning Strategist James Jollymore.

In this workshop we will explore the different ways of note-taking, looking at the pros and cons of each, as well as what can be added to our own style to make it more effective and efficient for your studies.

[Teams link for Discover Your Note-taking Style](#)

Thursday, January 22

Traitors: MSVU Edition

- Mid-sensory
- Wheelchair accessible

Time: 7 p.m. – 9 p.m.

Location: The Rook Campus Pub

Think you can outwit the traitors? Gather your friends for a thrilling night of mystery and mind games. Build alliances, break trust, and see who makes it to the end.

Drop-in Volleyball

- Mid-sensory

Time: 9 p.m. – 10:30 p.m.

Location: A. Garnet Brown Gymnasium (Rosaria)

Join us for drop-in volleyball at the Mount! This is a great opportunity for MSVU students to play in a relaxed, friendly environment – no registration required. Whether you're a seasoned player or just want to try something new, everyone is welcome.

Important: You must have a valid MFC student membership and scan your card at the MFC desk to attend.

Grab your friends, come out, and enjoy some volleyball!

Friday, January 23

Study & Snack at the IEC

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 3 p.m.

Location: International Education Centre (IEC), Seton Annex

Need a quiet space to get your school work done? Join us at the International Education Centre every Friday afternoon from 12:00–3:00. Drop by, get your work done, and free up your weekend!

Saturday, January 24

Mystics Basketball Home Games

- Mid- to high-sensory
- Wheelchair accessible

Time: 2 p.m. (women's), 4 p.m. (men's)

Location: A. Garnet Brown Gymnasium (Rosaria)

Cheer on the Mystics as they take on the Crandall Chargers!

MSVU students receive free admission to regular-season Mystics home games by showing a valid student ID card.

Sunday, January 25

Mystics Basketball Home Games

- Mid- to high-sensory
- Wheelchair accessible

Time: 2 p.m. (women's), 4 p.m. (men's)

Location: A. Garnet Brown Gymnasium (Rosaria)

Cheer on the Mystics as they take on the Crandall Chargers!

MSVU students receive free admission to regular-season Mystics home games by showing a valid student ID card.

Monday, January 26

Digital Skill Workshop Series – Using Office 365 Products

- Low-sensory

Time: 3:30 p.m. – 4:30 p.m.

Location: TBD

Join Meagan and Sarah as they share some essential tips that will help you when using Microsoft Word, OneDrive, PowerPoint, and Microsoft Teams. Some examples of some of the things that will be covered are dealing with images, file management, adding notes to slides, and troubleshooting your microphone and speaker selection in a meeting. We hope that these tips will make using these products for your assignments easier!

[Register for Using Office 365 Products](#)

Volleyball Cup

- Mid- to high-sensory

Time: 9 p.m. – 10:30 p.m. every Monday

Location: A. Garnet Brown Gymnasium (Rosaria)

Have fun this winter and compete in the Volleyball Cup!

Register as a team by designating a team captain or signup as an individual, and we'll place you on a team! All MSVU students are welcome.

Register at msvu.ca/rec! The deadline to register is Thursday, January 15. The game schedule will be emailed on Friday, January 16.

Note: There will be no league play on February 16.

Tuesday, January 27

Crafternoons in the Library

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 2 p.m.

Location: Library

Hands-on crafting as a study break. Crafternoons offer calm, creative time so you can return to your studies refreshed. No experience needed, all are welcome! Supplies are provided.

Study Skills Workshop

- Low-sensory
- Captioning available through Microsoft Teams

Time: 2 p.m. – 3 p.m.

Location: Microsoft Teams

Study Skills Workshop with the Learning Strategist James Jollymore.

In this workshop we will explore ways to optimize current study skills by incorporating professor feedback, assessing alignment of current course(s) required outcomes with study strategies, and various resources.

[Teams link for Study Skills Workshop](#)

Beading Circle

- Low-sensory
- Space is accessibility-friendly but not fully accessible. Reach out to kayla.bernard@msvu.ca with any questions.

Time: 4 p.m. – 7 p.m.

Location: Indigenous Student Centre, 46 Melody Drive (lower level)

A collective space for students to gather to together every week to learn about different styles of Indigenous beadwork and create different projects. Supplies are provided or bring what you are already working on.

Wednesday, January 28

Ski Martock Trip

Time: 8:30 a.m. – 6 p.m.

Location: Departing from Rosaria Lobby

Embrace winter with MSVU Residence Life and Campus Recreation! Join us for a fun-filled day at Ski Martock on January 28th. Tickets will go on sale Wednesday, January 7 at 10 a.m. Tickets are \$30 and include transportation, equipment rental, lesson and helmet.

IMPORTANT: If under 19, parental/guardian, written consent is required.

Career Services Drop-in Resume Review

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 1:30 p.m.

Location: McCain Atrium

Drop by the McCain Atrium to ask Career Services anything about your job search process. Bring your laptop or resume for on-the-spot advice. We're here to help!

Thursday, January 29

Critical Evaluation when Using GenAI

- Low-sensory
- Captioning available with Microsoft Teams

Time: 4:30 p.m. – 5:30 p.m.

Location: Microsoft Teams

A practical introduction to using generative AI in your studies, when it is explicitly allowed by your professor. This session reviews MSVU's generative AI guidelines, offers tips for evaluating AI-generated content, and explains how to cite AI tools and content.

[Register for Critical Evaluation when Using GenAI](#)

Stim Toy Bingo

- Low-sensory

Time: 6 p.m. – 8 p.m.

Location: TBD

Join us for a fun and interactive round of Stim Toy Bingo! Play bingo while exploring a variety of sensory and stim toys—fidget, squeeze, spin, and discover what works for you. It's a relaxed, low-

pressure event designed for comfort, connection, and fun. Win prizes, try new stim toys, and enjoy a welcoming, sensory-friendly space.

Drop-in Volleyball

- Mid-sensory

Time: 9 p.m. – 10:30 p.m.

Location: A. Garnet Brown Gymnasium (Rosaria)

Join us for drop-in volleyball at the Mount! This is a great opportunity for MSVU students to play in a relaxed, friendly environment – no registration required. Whether you're a seasoned player or just want to try something new, everyone is welcome.

Important: You must have a valid MFC student membership and scan your card at the MFC desk to attend.

Grab your friends, come out, and enjoy some volleyball!

Friday, January 30

Study & Snack at the IEC

- Low-sensory
- Wheelchair accessible

Time: 12 p.m. – 3 p.m.

Location: International Education Centre (IEC), Seton Annex

Need a quiet space to get your school work done? Join us at the International Education Centre every Friday afternoon from 12:00–3:00. Drop by, get your work done, and free up your weekend!