VCU STAFF SENATE EMPLOYEE APPRECIATION WEEK
March 8th-14th, 2020 ~ SPRING BREAK
staffsenate.vcu.edu/2020-employee-appreciation-week

MONDAY, MARCH 9th
Donuts & Coffee Break
7AM - 12PM
MPC Campus
University Student Commons Theater Concession Stand

Grab donuts for you and your team & a cup of hot coffee or tea, and come learn about resources for staff on campus: employee wellness, safety & alumni information.

TUESDAY, MARCH 10th
Donuts & Coffee Break
7AM - 12PM
MCV Campus
Hunton Student Center 1st Floor Seating Area

Grab donuts for you and your team & a cup of hot coffee or tea, and come learn about resources for staff on campus: employee wellness, safety & alumni information.

WEDNESDAY, MARCH 11th
Attend a guided tour of the Virginia State Capitol on:
Wednesday, March 11th
From 1PM - 2PM
A maximum of 50 tourists allowed, sign-ups will be first come first serve, please sign up for a spot here: https://bit.ly/2P3wTfH

Take a guided tour of either Cabell Library OR Tompkins McCaw Library
Both locations from NOON - 1PM
Meet at the front desk of either library to join the tour!
No registration required.

THURSDAY, MARCH 12th
Register for the "Quest for the Best" Staff Professional Development Day Conference at the University Student Commons for either the morning or afternoon sessions.
Co-sponsored by VCU Human Resources.
See conference details and registration information here: staffsenateconference.vcu.edu

Take a guided tour of Cabell Library at 4:15PM. No registration required for any of the library tours, just show up and meet at the front desk!

FRIDAY, MARCH 13th
Attend a guided tour of the Virginia State Capitol on:
Friday, March 13th
From 1PM - 2PM
A maximum of 50 tourists allowed, sign-ups will be first come first serve, please sign up for a spot here: https://bit.ly/2P3wTfH

Take a guided tour of either Cabell Library OR Tompkins McCaw Library
Both locations from 10AM - 11AM
Meet at the front desk of either library to join the tour!
No registration required.

Week Long Discounts
Please present your VCU or VCUHealth Staff ID for all discounts:

- **VCU DINING:**
  - 20% off all VCU Dining locations. See list of locations & hours during spring break here: https://vcu.campusdish.com/LocationsAndMenus
- **BARNES & NOBLE:**
  - 15% off you gifts, clothing & general books. Both MCV & MCV Campus locations will be open 12-4pm, Monday-Saturday.
- **RAMTECH:**
  - 25% off all VCU gear (including apple branded watch bands) & 15% off 3rd party accessories.
- **REC SPORTS:**
  - Complimentary week-long access to employees that do not currently have a VCU Rec Sports membership. Employees can also add complementary week-long access to their partner or spouse (limit one per employee).
  - Discounted annual term membership (12 months) for $221.00 (down from $260.00).
  - Member discount on massage therapy appointments - $50.00 for a 60 minute session (reduced from Faculty/Staff Non-Member Pricing of $65.00)**Individuals must register and pay for massage therapy services during Employee Appreciation Week; however, the services do not need to be provided during Employee Appreciation Week (appointment times are posted 30 days in advance).
  - Don’t want a membership? Faculty/Staff non-member pricing ($65) is available by signing up. In order to take advantage of the employee appreciation week benefits, employees must sign up in person, at either of our membership locations during office hours: Cary Street Gym (101 S. Linden Street); MCV Campus Recreation And Aquatic Center (900 Turpin Street).
- **ROOTS NATURAL KITCHEN**
  - (930 W. Grace St.): 20% off the entire week!