

Thursday, Oct. 1	<u>Volunteer Fair</u> (11am-3pm, NW) <u>Yoga with Amanda</u> (12:30-1:30pm, NW) <u>Zumba with Olivia</u> (4:30-5:30pm, NW) <u>Thursday Meditations</u> (7:30-8pm, online)
Friday, Oct. 2	<u>DSU Sisters in Spirit Vigil</u> (11am-1pm, COQ & NW) <u>Intramurals</u> (3:45-5:45pm, NW)
Saturday, Oct. 3	<u>Women’s Soccer</u> (1pm, Coquitlam Town Centre Park) <u>Men’s Soccer</u> (3:30pm, Coquitlam Town Centre Park)
Monday, Oct. 5	<u>DSU Municipal Election Candidates Fair</u> (11am-1pm, NW) <u>Talking with Students: Discussing Generative AI in Education</u> (9:30-11am, online) <u>Pilates Flow with Kayla</u> (12:30-1:30pm, COQ)
Tuesday, Oct. 6	<u>DSU Wellness Fair</u> (10am-2pm, COQ) <u>Career Fair</u> (11am-3pm, NW) <u>Managing Test & Presentation Anxiety</u> (12:30-1:30pm, online) <u>High Intensity Interval Training (HIIT) with Irlanda</u> (12:30-1:30pm, NW) <u>International Café</u> (2:30-4pm, NW) <u>Yoga with Amanda</u> (4:30-5:30pm, NW)

Wednesday, Oct. 7	<u>DSU Wellness Fair</u> (10am-2pm, NW) <u>Study Abroad Fair</u> (10:30am-3pm, COQ) <u>Zumba with Olivia</u> (12:30-1:30pm, NW) <u>Pilates Flow with Kayla</u> (12:30-1:30pm, COQ) <u>Strength Circuits with Irlanda</u> (4:30-5:30pm, NW)
Thursday, Oct. 8	<u>DSU Municipal Election Candidates Fair</u> (11am-1pm, COQ) <u>Yoga with Amanda</u> (12:30-1:30pm, NW) <u>Info Session: Europe Urban Sustainability Study Tour - Summer 2027</u> (3:30-4:30pm, NW) <u>Zumba with Olivia</u> (4:30-5:30pm, NW) <u>Info Session: Philippines Field School</u> (5-6pm, NW) <u>Thursday Meditations</u> (7:30-8pm, online)
Friday, Oct. 9	<u>Intramurals</u> (3:45-5:45pm, NW)
Monday, Oct. 12	<u>Thanksgiving Day - College closed</u>
Tuesday, Oct. 13	<u>Financial Literacy workshop series: Financial Aid & Student Loans</u> (12:30-1:15pm, NW) <u>High Intensity Interval Training (HIIT) with Irlanda</u> (12:30-1:30pm, NW) <u>Info Session: Europe Urban Sustainability Study Tour - Summer 2027</u> (12:30-1:30pm, COQ) <u>International Café</u> (2:30-4pm, NW) <u>Yoga with Amanda</u> (4:30-5:30pm, NW)

Wednesday, Oct. 14	<u>Zumba with Olivia</u> (12:30–1:30pm, NW) <u>Pilates Flow with Kayla</u> (12:30–1:30pm, COQ) <u>French in the Workplace</u> (3:30–4:30pm, online) <u>Strength Circuits with Irlanda</u> (4:30–5:30pm, NW)
Thursday, Oct. 15	<u>Yoga with Amanda</u> (12:30–1:30pm, NW) <u>Zumba with Olivia</u> (4:30–5:30pm, NW) <u>Thursday Meditations</u> (7:30–8pm, online)
Friday, Oct. 16	<u>Intramurals</u> (3:45–5:45pm, NW)
Saturday, Oct. 17	<u>Women's Soccer</u> (1pm, Coquitlam Town Centre Park) <u>Men's Soccer</u> (3:30pm, Coquitlam Town Centre Park)
Monday, Oct. 19	<u>Pilates Flow with Kayla</u> (12:30–1:30pm, COQ)
Tuesday, Oct. 20	<u>Financial Literacy workshop series: Consumer Credit & Debt</u> (12:30–1:15pm, NW) <u>High Intensity Interval Training (HIIT) with Irlanda</u> (12:30–1:30pm, NW) <u>International Café</u> (2:30–4pm, NW) <u>Tech Connect</u> (4–6pm, NW) <u>Skills for Academic Success: Taking Effective Class and Reading Notes</u> (4:30–5:20pm, NW) <u>Yoga with Amanda</u> (4:30–5:30pm, NW)
Wednesday, Oct. 21	<u>DSU Breast Health Workshop</u> (4–6pm, NW)

Cont. Wednesday, Oct. 21	<u>Zumba with Olivia</u> (12:30–1:30pm, NW) <u>Pilates Flow with Kayla</u> (12:30–1:30pm, COQ) <u>Strength Circuits with Irlanda</u> (4:30–5:30pm, NW)
Thursday, Oct. 22	<u>Yoga with Amanda</u> (12:30–1:30pm, NW) <u>Skills for Academic Success: Taking Effective Class and Reading Notes</u> (4:30–5:20pm, online) <u>Zumba with Olivia</u> (4:30–5:30pm, NW) <u>Thursday Meditations</u> (7:30–8pm, online)
Friday, Oct. 23	<u>Fall 2026 fees due to avoid \$100 late payment penalty.</u> <u>Women’s Basketball Home Opener</u> (6pm, NW) <u>Men's Basketball Home Opener</u> (8pm, NW)
Saturday, Oct. 24	<u>Women’s Soccer</u> (1pm, Coquitlam Town Centre Park) <u>Men’s Soccer</u> (3:30pm, Coquitlam Town Centre Park)
Monday, Oct. 26	<u>Find Your Fit: Career Explorations Part 1</u> (9:30–11am, online) <u>Pilates Flow with Kayla</u> (12:30–1:30pm, COQ) <u>Bat House</u> (5–6pm, COQ)
Tuesday, Oct. 27	<u>DSU Halloween Crafting & Movies</u> (10am–2pm, COQ) <u>High Intensity Interval Training (HIIT) with Irlanda</u> (12:30–1:30pm, NW) <u>International Café</u> (2:30–4pm, NW) <u>Douglas College Info Fair 2026</u> (4–7pm, NW)

Cont. Tuesday, Oct. 27	<u>Yoga with Amanda</u> (4:30–5:30pm, NW)
Wednesday, Oct. 28	<u>Halloween Book Sharing Event</u> (2–3:30pm, COQ & NW) <u>Zumba with Olivia</u> (12:30–1:30pm, NW) <u>Pilates Flow with Kayla</u> (12:30–1:30pm, COQ) <u>Strength Circuits with Irlanda</u> (4:30–5:30pm, NW)
Thursday, Oct. 29	<u>DSU Halloween Party</u> (4–7pm, NW) <u>Yoga with Amanda</u> (12:30–1:30pm, NW) <u>Zumba with Olivia</u> (4:30–5:30pm, NW) <u>Thursday Meditations</u> (7:30–8pm, online)
Friday, Oct. 30	<u>Fall 2026 final exam schedule posted</u> <u>Women’s Volleyball</u> (5:30pm, NW) <u>Men’s Volleyball</u> (7:30pm, NW)
Saturday, Oct. 31	<u>Women’s Volleyball</u> (1pm, NW) <u>Men’s Volleyball</u> (3pm, NW)