Newsletter
Fall 2025 - Vol. 3

FDU
Vancouver Professional Administrative Senate

Vancouver Professional Administrative Senate



Celebrating Our Community | Building Well-Being Together

THANK YOU FOR MAKING OUR RECENT EVENT A SUCCESS!

A huge thank-you to everyone who participated in our recent FDU Family Day Picnic at beautiful David Lam Park on Sept. 13! Your enthusiasm, laughter, and team spirit made it a true success. Your presence helped strengthen the sense of community that makes FDU Vancouver such a great place to work.

It was wonderful to see so many of you and meet your family members while connecting, sharing stories, playing games, and simply enjoying time together. We look forward to bringing you even more opportunities to engage, recharge, and have fun!

Coming Up Next: Wellness Day!



We're thrilled to announce our upcoming Wellness Day. A chance to pause, breathe, and focus on you.

Join us for a short, rejuvenating session during your lunch time featuring **gentle chair yoga, calming breathing techniques, guided meditation, and a brief sound bath** to leave you feeling refreshed and grounded.

Date: November 19
Session 1: 1:00 p.m. – 1:30 p.m.
Session 2: 1:35 p.m. – 2:05 p.m.
Location: 130
Pick your session and register:

CLICK HERE







New Coffee Perk for FDU Staff and Faculty!

We've partnered with Waves Coffee, located just steps from our campus, on the corner of Cambie and Robson! As part of this partnership, all FDU staff and faculty can now enjoy exclusive discounts starting on November 10th. **Please visit VPAS' webpage for more information!**

Free Size Upgrade

FDU staff who present their ID receive a complimentary size upgrade (Regular → Waves) after 12 PM.

Afternoon Treat Monday

Every Monday after 12 PM, FDU staff, students, and faculty can enjoy a free cookie with any drink purchase.

FDU Afternoon Coffee Hour

Time: 2PM–5PM
FDU staff, students, and faculty who present their ID can enjoy brewed coffee for $2 (any size) after 2PM.

Free Coffee Refill

FDU staff and faculty who purchased any coffee earlier in the day can receive one complimentary brewed coffee refill after 2PM.

We Want to Hear from You! Our events are designed for you, and we'd love your input on what kinds of activities, workshops, or social gatherings you'd like to see next. Share your ideas by emailing vpas@fdu.edu.