



# Wellness Wednesday #1 Oct, 2019

Location	Wellness Session	Session leaders	Other info
Auditorium	<b>Fun and Games – Audience participation needed</b>	SRC leaders	“Laughter is the best medicine!” <b>Free Smoothies</b> as prizes!!!!
Cafeteria	<b>Cool Colouring</b> , relaxing music and healthy snacks	Nigel	Cool pics, pencil crayons and <b>healthy snacks</b> provided!!!
Gym	<b>Soccer</b>	David	No spectators, only participants Limit of 35 students.
Library	<b>Love to Read!</b>		Bring your favourite novel!
Library	<b>Love to Draw!</b>	Hunter	Let’s draw some creepy Halloween drawings!!
Lecture Theatre	<b>TV Show – Brooklyn 99</b>	Charlotte	Start your day in a good mood with some hilarious comedy.
Room 305	<b>Free Thought</b>	Declan & Logan	Topic for discussion: “The Federal election?”
Room 315	<b>Dungeons &amp; Dragons</b>	Nathanial	Max 20 students
Fitness Room 128	<b>“Pump It Up”</b>	Drake	Working out in the Fitness Room – let’s get ripped!!!
Fitness Room 129	<b>Intro to Tai Chi</b>	Lillian Wang – Teacher Assistant with Mandarin teacher	Tai Chi – A traditional Chinese exercise. Series of movements performed in a slow, focused manner accompanied by deep breathing.
Room 121	<b>Improv &amp; Speaking games</b>	Kameron & Madlyn	Have fun learning how to do improv and other fun speaking games

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Room 101 Woodworking lab	<b>Christmas float</b>		Help cut the wood for the HV Christmas float
Room 127 Art Room	<b>Christmas float</b>	Ryan & Ben	Help paint the wood for the HV Christmas float
Room 107	<b>Christmas float</b>		Help build the igloo from plastic water jugs for the HV Christmas float
Room 207 Room	<b>Balloon Animals</b>	Ryker	Learn how to make some cool balloon animals.
Room 209	<b>Card Games:</b> Poker, President, crazy 8's, etc	Gerry & Ethan	Grab a friend and come and play some "good ole card games"!!
Lab 301	<b>Gamers Club</b>		"Get your game face on!!"
Room 122	<b>Friendship bracelet making</b>	Ariona & Alexis	Make a friendship bracelet for a special friend.
Room 216	<b>Guitar Club</b>	John	Beginners to Rock Starts welcome. Guitars provided.
Greenhouse	<b>Get growing in the Garden!!!</b>		Yes we can still plant things this time of year!!
Room 325	<b>Board Games</b>	Robert	
Room 309	<b>Easy-Peasy Board Games</b>	Aaron	7 up, Skipbo, Phase 10, Uno
Room 202	<b>Somalia Culture</b>	Sumaya	Come see some pictures and learn about Somalia Culture and learn a few Somalian words.
Room 224	<b>German 101</b>	Franka	Learn some basic words in German language.
Room 300	<b>Chess Club</b>	Caleb	Chess season kick-off blitz tournament!!! With prizes 😊
Room 208	<b>Furry Friends #1</b>	Jack	Meet "Dory" a gorgeous Saint Bernard/lab dog
Room 108	<b>Furry Friends #2</b>	Ellie & Brandon	Meet "Ranger" a cute little miniature schnauzer and "Boo" a two month old kitty who likes to scare people 😊
Room 201	<b>Furry Friends #3</b>	Sarah & Grace	Meet "Mindy" a mini Australian Shepard and "Peanut" a wee little Morkie
Room 225	<b>Furry Friends #4</b>	Kimberly	Meet "Luna" and "Nova" two Bernese Mountain Dogs.
Room 221	<b>Furry Friends #5</b>	Bridget	Meet "Ozzy" a not so little Bernese Mountain dog and sometimes Harbour View greeter!!!

