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| HVHS Wellness Week #2 Activities  NOVEMBER 2-6 | | | | | | |
|  |  | MON NOV 2 | TUES NOV 3 | WED NOV 4 | THURS NOV 5 | FRI NOV 6 |
| **Gym** | 8:45 – 9:10 | **ZUMBA**  Supervisor: Mrs. Scott | **YOGA**  Instructors: Mrs. Hodgin, Mrs. Wiggins, Mrs. Tomilson | **Dodgeball**  Supervisor: Mr. Scott | **Ultimate Frisbee**  Supervisor: Mrs. Scott | **Dodgeball**: Teachers vs Students  Supervisor: Mrs. Scott |
| **Lecture Theatre** | 8:45 – 9:10 |  | **Career Talks**  Mechanical Engineer, (NBCC Engineering Technology Instructor)  Chemical Engineer, Irving Oil  Geological Engineer, Irving Oil  Mechanical Engineer, Dillon Engineering  **Sign up necessary Lecture Theatre door** | **Simply For Life** (nutrition)  Guest: Melissa Russell  Topic: The Perfect Lunch Box  Recipe: Mexican beef taco lettuce wrap  Supervisor: Mrs. Scott  **Sign up necessary Lecture Theatre door** |  |  |
| **Room 224 (Viking Centre)** | 8:45 – 9:10 | **Zentangle Art**: Cool Colouring  Leader: Mrs. Tomilson |  | **Zentangle Art**: Cool Colouring  Leader: Mrs. Tomilson |  | **Zentangle Art**: Cool Colouring  Leader: Mrs. Tomilson |
| **Room 209** | 8:45 – 9:10 | **Team Trivia Tournament**  Leader/Supervisor: Mr. Sprague-Hay |  |  |  |  |
| **Fitness Room** | 8:45 – 9:10 | **Pumping It Up!!**  Supervisor: Mr. Palmer |  | **Pumping It Up!!**  Supervisor Mr. Palmer |  | **Pumping It Up!!**  Supervisor: Mr. Palmer |
| **Outside/inside**  **(meet outside room 107)** | 8:45 – 9:10 |  | **Walking Club**  Leader/Supervisor: Mrs. Titus |  | **Walking Club**  Leader/Supervisor: Mrs. Titus |  |
| **Room 128** |  |  | **Furry Friends: SPCA**  Supervisor: Mrs. Wiggins |  |  |  |
| **Room 121/HVHS Garden/Fallsview Park** | 8:45 – 9:10 | **Gardening**  Leader: Ms. Lennon | **Mountain Biking Club** (biking at Fallsview Park or watching biking videos)  Supervisor: Ms. Lennon | **Gardening**  Leader: Ms. Lennon | **Mountain Biking Club** (biking at Fallsview Park or watching biking videos)  Supervisor: Ms. Lennon |  |
| **Room 203** | 8:45 – 9:10 | **Fly Tying Club**  Supervisor: Mrs. Roy-Searle |  | **Fly Tying Club**  Supervisor: Mrs. Roy-Searle |  | **Fly Tying Club**  Supervisor: Mrs. Roy Searle |
| **Room 304** | 8:45 – 9:10 |  | **Magic Club**  Supervisor: Mrs. Tunney |  | **Magic Club**  Supervisor: Mrs. Tunney |  |
| **Room 127** | 8:45 – 9:10 | **Fun with ART!**  Supervisor: Ms. Worden |  | **Fun with ART!**  Supervisor: Ms. Worden |  | **Fun with ART!**  Supervisor: Ms. Worden |
| **Room 223** | 8:45 – 9:10 | **Photography club**  Supervisor: Mrs. McDevitt |  | **Photography club**  Supervisor: Mrs. McDevitt |  | **Photography club**  Supervisor: Mrs. McDevitt |
| **Room 306** | 8:45 – 9:10 |  | **Intro to Drumming**  Supervisor: Ms. Wilson |  | **Intro to Drumming**  Supervisor: Ms. Wilson |  |
| **Room 218 & 217** | 8:45 – 9:10 | **Learn Conversational German (218)**  Supervisor: Ms. Power | **Fun with Media** (computers) **(Room 217**  Supervisor: Ms. Power | **Learn Conversational Spanish (Room 218)**  Supervisor: Ms. Power | **Fun with Media** (computers) **(Room 217)**  Supervisor: Ms. Power |  |
| **Room 222** | 8:45 – 9:10 | **Computer club - Gaming**  Supervisor: Mr. Smith | **Anime Club**  Supervisor: Mr. Smith | **Computer club - Gaming**  Supervisor: Mr. Smith | **Anime Club**  Supervisor: Mr. Smith | **Computer club - Gaming**  Supervisor: Mr. Smith |
| **Room 305** | 8:45 – 9:10 | **Funny YouTube Videos**  Supervisor: Mrs. LeRoy |  | **Funny YouTube Videos**  Supervisor: Mrs. LeRoy |  | **Funny YouTube Videos**  Supervisor: Mrs. LeRoy |
| **Room 320** | 8:45 – 9:10 | **Knitting Club:** Learn to knit an infinity scarf!  Supervisor: Mr. Maloney | **Hemp Necklace making**  Supervisor: Mr. Maloney | **Knitting Club:**  Learn to knit an infinity scarf!  Supervisor: Mr. Maloney | **Hemp Necklace making**  Supervisor: Mr. Maloney | **Knitting Club**  Supervisor: Mr. Maloney |
| **Room 326** | 8:45 – 9:10 | **Chess Club**  Supervisor: Mr. Bidgood | **Chess Club**  Supervisor: Mr. Bidgood | **Chess Club**  Supervisor: Mr. Bidgood | **Chess Club**  Supervisor: Mr. Bidgood | **Chess Club**  Supervisor: Mr. Bidgood |
| **Room 216** | 8:45 – 9:10 | **Guitar Club**  Supervisor: Ms. Trofimencoff | **Guitar Club**  Supervisor: Mrs. Chevarie-MacNeil | **Guitar Club**  Supervisor: Mr. Corey Casey | **Guitar Club**  Supervisor: Mrs. Chevarie-MacNeil | **Guitar Club**  Supervisor: Ms. Trofimencoff |
| **Room 200** | 8:45 – 9:10 | **Learn Sign Language**  Supervisor: Miss Clark |  | **Learn Sign Language**  Supervisor: Miss Clark |  |  |
| **Room 204** | 8:45 – 9:10 | **FREE THOUGHT**  Supervisor: Mr. Carson |  | **FREE THOUGHT**  Supervisor: Mr. Carson |  | **FREE THOUGHT**  Supervisor: Mr. Carson |
| **Room 308** | 8:45 – 9:10 |  | **Card Making Club**  Supervisors: Ms. Hodgin  Mrs. Pitman |  | **Card Making Club**  Supervisors: Ms. Hodgin  Mrs. Pitman |  |
| **Cafeteria** | 8:45 – 9:10 |  | **Dance**  Supervisor: Mrs. Beamish |  | **Dance**  Supervisor: Mrs. Beamish |  |
| **Room** |  | **Your session could be here**  (See Mrs. Scott to sign up) |  |  |  |  |