



Wellness Wednesday #2 NOV 18 - 21

Location	Wellness Session	Session leaders	Other info
Auditorium	Fun and Games – Audience participation needed	SRC leaders	“Laughter is the best medicine!” Free Smoothies as prizes!!!!
Cafeteria	Cool Colouring , relaxing music and healthy snacks	Nigel	Cool pics, pencil crayons and healthy snacks provided!!!
Gym	Basketball	David	No spectators, only participants Limit of 35 students.
Library	Love to Read!		Bring your favourite novel!
Library	Love to Draw!	Hunter	Let’s draw some creepy Halloween drawings!!
Lecture Theatre	TV Show – Brooklyn 99	Charlotte	Start your day in a good mood with some hilarious comedy.
Art Room	“Cool Car” colouring	Carter	Car lover?? Come colour some cool pics of cool cars and discuss cars.
Room 206	Free Thought	Declan & Logan	Topic for discussion: “Climate Strikes”
Room 315	Dungeons & Dragons	Nathanial	Max 20 students
Fitness Room 128	“Pump It Up”	Drake	Working out in the Fitness Room – let’s get ripped!!!
Fitness Room 129	Intro to Tai Chi	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.

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Room 121	Improv & Speaking games	Kameron & Madlyn	Have fun learning how to do improv and other fun speaking games
Room 101 Woodworking	Air Hockey	Paige	Take on a friend in a good ole game of air hockey
Room 207	Balloon Animals	Ryker	Learn how to make some cool balloon animals.
Room 209	Card Games: Poker, President, crazy 8's, etc	Gerry & Ethan	Grab a friend and come and play some "good ole card games"!!
Lab 301	Gamers Club	Connor	"Get your game face on!!"
Room 122	Friendship bracelet making		Make a friendship bracelet for a special friend.
Room 216	Guitar Club	John	Beginners to Rock Starts welcome. Guitars provided.
Room 325	Board Games/furry friend	Robert	Play some board games and meet "Black Jack", Robbie's cute cat.
Room 309	Easy-Peasy Board Games	Aaron	7 up, SkipBo, Phase 10, Uno
Room 202	Somalia Culture	Sumaya "Maya"	Come see some pictures and learn about Somalia Culture and learn a few Somalian words.
Room 300	Chess Club	Caleb & Jacob	Chess season kick-off blitz tournament!!! With prizes 😊
Room 200	Furry Friends #1	Natasha, Kayleigh, Tom	Meet "Tanzer" a French bulldog pup Meet "Winston" a cute labradoodle Meet "Canyon" adorable Shepard
Room 208	Furry Friends #2	Eli & Zac	Meet "Marley" a cute little chihuahua Meet "Charley" a cut Havanese dog
Room 326	Furry Friends #3	Haley & Jonah	Meet 3 rats, Eclipse, Cola & Pluto. EEK! Also meet a cool cockatiel parrot, "Pikachu"
Room 211	Furry Friends #4	Elliot & Grace	Meet 8 week-old golden doodle "Wally"! Meet "Peanut" the magnificent Morkie dog.
Room 108	Furry Friends #5	Madison	Meet "Finley" The finest golden doodle

