



Wellness

Wednesday #1

Oct 17, 2018

Location	Activity	Session leaders	Other info
Cafeteria	Cool Colouring , relaxing music and healthy snacks!	Laura & Hannah	Cool pics, pencil crayons and healthy snacks provided!!!
Library	Harbour View Reads!		Bring your favourite novel!
Gym	King of the Court Soccer	Matt & Evan	No spectators, only participants Limit of 35students
Room 130	TV Show – “That ‘70’S Show”	Jocelyn	Get ready to laugh!!!!
Auditorium	Fun & Games – audience participation needed.	Jon, Hannah, & Jacob	“Laughter is the best medicine!” Free Smoothies as prizes!!!!
Room 221	How to “Henna”!!!	Meghan	Learn the art of body painting with Henna.
Room 321	Origami Tea Party	Chloe	Make a tea and learn the art of origami. Bring your own mug!!
Room 305	Free Thought	Declan, Jaxon, & Amelia	Topic for discussion: Does legalization of marijuana set a precedent for the legalization of harder drugs??
Room 315	Dungeons & Dragons	Nathanial	Max 20 students
Fitness Room 128	“Pump It Up”	Ryan	Working out in the Fitness Room – let’s get ripped!!!
Fitness Room (mat room)	Intro to Boxing	Matt	Mr. Wallace is NCCP level 2 competitive coach & Chief Provincial Official in NB
Room 131 “The Dungeon”!!	“Shop Til You Drop!” (Donations are welcome to Juliette Poziomka room HR 224)	Juliette	Check out the newly organized “Vikings’ Closet”!!!!. All items only \$2.00.

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Room 209	Card Games: Poker, President, crazy 8's, etc	Jon & Ethan	Grab a friend and come and play some "good ole card games"!!
Computer lab 301	Gamers Club	Emily	"Get your game face on!!"
Room 202	Bullet Journaling		Bullet journaling is a very personal way of keeping your life organized in a "pretty" way... it's making an agenda or plan for the future.
	Offline Games	Nathan	Can you avoid the exploding kitten? Can you Blokus out your opponents? Ever wonder what a Qwerkie is? Would you like to try a cooperative game with your friends? Come to Offline Board Games and check out some new and nifty games.
Room 223	Anime	Thomas	Drawing, watching videos and discussion.
Room 121	Furry Friends #1	Ashley & Brad	Meet "Ranger" 4 month old Australian Shepard puppy And "Jax" a 2 month old German Shepard puppy
Room 304	Furry Friends #2	Eli & Danielle	Meet "Marley" the marvelous little Chihuahua and "Buddy" the cute little Lhasa Apso dog
Room 127	Furry Friends #3	Abby	Meet "Gus" the cute little cat and another "Mystery cat"!!
Room 225	Furry Friends #4	Jonah	Meet "Pikachu" a beautiful Cockatiel (bird)
Room 208	Furry Friends #5	Sydney & Stephanie	Meet "Ozzie", the loveable & "not so little!!!" Bernese Mountain Dog
Room 216	Guitar Club	John	Beginners to Rock Stars welcome!!
Room 230	"Exploding Kittens" – card game	Amber	No Kittens were hurt in the making of this card game ☺
Room 221	Chess Club	Alex & Caleb	Blitz chess tournament!!
Lunch	3 on 3 basketball (Wed, Thurs & Friday lunch)	Matina	Get your game face on! Sign up outside Athletic Director's Office. Spectators welcome!!!

