

# STAFF WELLNESS PROGRAMS

## AUGUST

### Legend

(Z) ZOOM (A) Atrium Gym  
(P) Atrium Pool (W) Level 4 Gym  
(S) Sports Court (AD) Auditorium  
(W) Waterfront

### Monthly Challenge

#### **CIVILITY & RESPECT**

Follow along with the monthly calendar, and check off each time you show Civility & Respect this month.

Work as a team or individually.

**SUBMIT YOUR COMPLETED CHALLENGE TO WELLNESS@WAYPOINTCENTRE.CA.**

### Weekends & Holidays

Wellness Gym is available from 6:30am-9:00pm.

***\*All staff utilizing this space must complete orientation and waiver.\****

Monday

Tuesday

Wednesday

Thursday

Friday

4  
Wellness Gym  
Available from  
6:30am-9:00pm.

5  
Pickleball  
12:00-1:00pm (A/S)

6  
Mindfulness  
9:00am (Z)

7  
Pickleball  
12:00-1:00pm  
(A/S)

8  
Quiet Waterfront  
12:00-12:30 (W)  
*\*Water access is not-  
permitted\**

11  
Mindfulness  
9:00am (Z)  
Wellness Swim (P)  
11:45-12:30pm

12  
Pickleball  
12:00-1:00pm (A/S)

13  
**STAFF GOLF  
TOURNAMENT**

14  
**STAFF GOLF  
TOURNAMENT**  
Pickleball  
12:00-1:00pm  
(A/S)

15  
Quiet Waterfront  
12:00-12:30 (W)  
*\*Water access is not-  
permitted\**

18  
Wellness Swim (P)  
11:45-12:30pm  
Mindfulness  
9:00am (Z)

19  
Pickleball  
12:00-1:00pm  
(A/S)  
Waterfront Activities (W)  
11:45-12:30pm

20  
Mindfulness  
9:00am (Z)

21  
Pickleball  
12:00-1:00pm  
(A/S)

22  
Quiet Waterfront  
12:00-12:30 (W)  
*\*Water access is not-  
permitted\**

25  
Mindfulness  
9:00am (Z)  
Wellness Swim (P)  
11:45-12:30pm

26  
Pickleball  
12:00-1:00pm (A/S)  
Waterfront Activities (W)  
11:45-12:30pm

27  
Mindfulness  
9:00am (Z)

28  
Pickleball  
12:00-1:00pm  
(A/S)

29  
Quiet Waterfront  
12:00-12:30 (W)  
*\*Water access is not-  
permitted\**



# WELLNESS PROGRAMS

## Wellness Swim

During Wellness Swim the pool is open using the Regional gym corridor.

Whether you are preparing for the next triathlon, or floating your cares away, there is a lane here for you!



## Wellness Gym

Utilize Waypoint's Wellness Gym located on the 4th floor of the Admin Building. A gym orientation and signed waiver must be complete before utilizing the gym. Wellness gym is only open to staff during specified hours.

Email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) to learn more!



## Provincial Park Pass

2025 Provincial Parks passes are now Available to sign out.

Email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) to book one for your next park adventure!



## Pickleball

Pickleball is one of the fastest growing sports in Ontario! It combines tennis, badminton and table tennis.

Join in on the fun, Tuesdays & Thursdays  
12:00 -1:00pm  
\*All levels welcome\*



## Waterfront Activities

Go for a swim, kayak, canoe or just hang out on the beach at the newly updated Waypoint Waterfront!

Remember to only enter the water if a Certified Lifeguard is on duty.



## Waypoint Employee Golf Tournament!

**Gather up your team and register for the Waypoint Annual Employee Golf Tournament taking place on Wednesday August 13<sup>th</sup> and Thursday August 14.**

**Register your team by July 31st.**

Email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) for more info!



## Quiet Waterfront

Are you searching for a peaceful spot to enjoy your lunch or unwind during your break? Don't overlook the Waterfront area! There's a walking path adjacent to the sports court.

\*Water access is not-permitted\*



## Additional Resources

Check out the TelusHealth (EAP) app and website for discounts, wellness challenges and additional supports!

