

STAFF WELLNESS PROGRAMS FEBRUARY

Legend

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

Monthly Challenge

BOOK BINGO

Complete as many boxes as possible throughout the month. Work together as a team or on your own! Email back to wellness@waypointcentre.ca when you get a BINGO for your chance to win a prize!

Weekends & Holidays

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

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

Monday

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

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

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

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

Tuesday

4 Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

11 Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

18 Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

25 **Wellness Gym NOT Available**
Wellness Swim (P)
11:45-12:30pm

Wednesday

5 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm

12 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm

19 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm

26 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm

Thursday

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

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

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

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

Friday

7 Mindfulness
9:00am (Z)

14 Mindfulness
9:00am (Z)

21 Mindfulness
9:00am (Z)

28 Mindfulness
9:00am (Z)

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 to learn more!



Mindfulness

Incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills

Unable to attend the live zoom? Check out the 10 minute pre-recorded ones on the PHSW intranet page.



Pickleball

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

Join in on the fun, Tuesdays & Wednesdays
12:00 -1:00pm

Atrium Gymnasium or Sports Court
All levels welcome



Curling Bonspiel

The Waypoint Curling Bonspiel is back! Taking place on Thursday Feb 13th at the Penetanguishene Curling Club. Round up your team of 4, and get your registration in before the deadline (Feb 6th).

Additional Resources

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

