

# STAFF WELLNESS PROGRAMS

## FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mindfulness 9:00am (Z) Wellness Swim (P) 11:45-12:30pm	3 Pickleball 12:00-1:00pm (A) Wellness Swim (P) 11:45-12:30pm	4 Mindfulness 9:00am (Z)	5 Pickleball 12:00-1:00pm (A)	6 Mindfulness 9:00am (Z)
9 Mindfulness 9:00am (Z) Wellness Swim (P) 11:45-12:30pm	10 Pickleball 12:00-1:00pm (A) Wellness Swim (P) 11:45-12:30pm	11 Mindfulness 9:00am (Z)	12 Pickleball 12:00-1:00pm (A)	13 Mindfulness 9:00am (Z)
16 <b>Wellness Gym</b> Available from 6:30am--9:00pm	17 Pickleball 12:00-1:00pm (A) Wellness Swim (P) 11:45-12:30pm	18 Mindfulness 9:00am (Z)	19 Pickleball 12:00-1:00pm (A)  Curling Bonspiel	20 Mindfulness 9:00am (Z)
23 Mindfulness 9:00am (Z) Wellness Swim (P) 11:45-12:30pm	24 Pickleball 12:00-1:00pm (A) Wellness Swim (P) 11:45-12:30pm	25  Pink Shirt Day Mindfulness 9:00am (Z)	26 Pickleball 12:00-1:00pm (A)	27 Mindfulness 9:00am (Z)

### Legend

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

### Monthly Challenge

#### 30 BOOKS CHALLENGE

Read as many books as possible throughout the month. Work together as a team or on your own! Email back to [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) 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.\***

# 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!



## Mindfulness

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



## 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  
Atrium Gymnasium or Sports Court  
\*All levels welcome\*

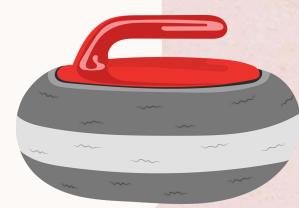


## Curling Bonspiel

The Waypoint Curling Bonspiel is back! Taking place on Thursday Feb 19th at the Penetanguishene Curling Club.

Round up your team of 4, and get your registration in before the deadline (Feb 6th).

\$40 per team/ \$10 a person



## Additional Resources

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

SCAN ME

