

STAFF WELLNESS PROGRAMS JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Legend

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

Monthly Challenge

2026 VISION BOARD BINGO

Create your 2026 Bingo Card your way—use the template or get creative! Send one of your bingo items/goals to wellness@waypointcentre.ca for a chance to win!

Please note: If you would like the CANVA link please email Wellness.

Weekends & Holidays

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

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

1
*Happy
New Year*

2
Mindfulness
9:00am (Z)

5
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

6
Pickleball
12:00-1:00pm (A)
Wellness Swim (P)
11:45-12:30pm

7
Mindfulness
9:00am (Z)
Yoga
12:00pm (A)

8
Pickleball
12:00-1:00pm (A)

9
Mindfulness
9:00am (Z)

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

13
Pickleball
12:00-1:00pm (A)
Wellness Swim (P)
11:45-12:30pm

14
Mindfulness
9:00am (Z)
Yoga
12:00pm (A)

15
Pickleball
12:00-1:00pm (A)

16
Mindfulness
9:00am (Z)

19
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

20
Pickleball
12:00-1:00pm (A)
Wellness Swim (P)
11:45-12:30pm

21
Mindfulness
9:00am (Z)
Yoga
12:00pm (A)

22
Pickleball
12:00-1:00pm (A)

23
Mindfulness
9:00am (Z)

26
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

27
Pickleball
12:00-1:00pm (A)
Wellness Swim (P)
11:45-12:30pm

28
Mindfulness
9:00am (Z)
Yoga
12:00pm (A)

29
Pickleball
12:00-1:00pm (A)

30
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

A little mindfulness goes a long way—helping reduce anxiety and build resilience. Take 10 minutes with us Monday, Wednesday, and/or Fridays to reset and recharge.



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



5 days of Giveaways

Don't miss out! Follow Wellness @ Waypoint on Facebook and like our posts to enter the 5 Days of Giveaways!



Additional Resources

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

SCAN ME

