

STAFF WELLNESS PROGRAMS MARCH

Legend

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

Employee Appreciation Month

Employee Appreciation Month is a time to recognize the strong connections that make our team great. It's an opportunity to reset, reconnect, and build momentum as we head into spring. Check out the Employee Appreciation Month Calendar to see what's planned, and join us as we celebrate and show our appreciation all month long.



Weekends & Holidays

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

All staff utilizing this space must complete orientation and waiver.

Monday

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

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

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

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

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

Tuesday

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

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

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

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

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

Wednesday

4 Mindfulness
9:00am (Z)

11 Mindfulness
9:00am (Z)

18 Mindfulness
9:00am (Z)

25 Mindfulness
9:00am (Z)

Thursday

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

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

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

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

Friday

6 Mindfulness
9:00am (Z)

13 Mindfulness
9:00am (Z)

20 Mindfulness
9:00am (Z)

27 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



MOC 6 Closing Celebrations

Check out the Auditorium on Monday March 23 and Tuesday March 24th between 0900-1100 to celebrate the accomplishments from the MoC 6 project.



Additional Resources

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

