

STAFF WELLNESS PROGRAMS NOVEMBER

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

HEALTHY HABITS BINGO

Each line you cross off the 'Healthy Habits BINGO' card, you will be entered in to win a prize!

Send completed BINGO cards to wellness@waypointcentre.ca or Office A279

Weekends

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

All staff utilizing this space must complete orientation and waiver.

4
Mindfulness
9:00am (Z)

5
Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

6
Mindfulness
9:00am (Z)
Wellness Swim (P)
4:00-5:00pm
Open Gym (A)
7:00-9:00pm

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

8
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

11
Wellness Gym
Available from
6:30am-8:00am/
4:00pm-9:00pm.

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

13
Mindfulness
9:00am (Z)
Wellness Swim (P)
4:00-5:00pm
Open Gym (A)
7:00-9:00pm

14
Pickleball
12:00-1:00pm (A/S)

15
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

18
Mindfulness
9:00am (Z)

19
Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

20
Mindfulness
9:00am (Z)
Wellness Swim (P)
4:00-5:00pm
Open Gym (A)
7:00-9:00pm

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

22
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

25
Mindfulness
9:00am (Z)

26
Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

27
Mindfulness
9:00am (Z)
Wellness Swim (P)
4:00-5:00pm
Open Gym (A)
7:00-9:00pm

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

29
Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

Wellness Programs

Wellness Swim

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

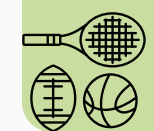
Whether you are preparing for the next triathlon, or floating your cares away, there is a lane here for you!



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



Wellness Fair

Drop in to the Bay Cafe on Wednesday November 27th anytime from 2:00pm-4:00pm to learn more about Waypoint Wellness!

Learn more about:

- Stepped Care Model
- Frontline Wellness
- Dimensions of Wellness
- Ontario Structured Psychotherapy Program & More!



Additional Resources

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

