

# STAFF WELLNESS PROGRAMS SEPTEMBER

## Legend

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

## Monthly Challenge

### **INTELLECTUAL CHALLENGE**

Complete the booklet as a team or individually and send back to [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) by October 4th for a chance to win a prize!

## Weekends

Wellness Gym is available from 6:30am-9:00pm.  
**\*All staff utilizing this space must complete orientation and waiver.\***

## Monday

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

9 Mindfulness 9:00am (Z)

16 Mindfulness 9:00am (Z)

23 Mindfulness 9:00am (Z)

30 Mindfulness 9:00am (Z)

## Tuesday

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

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

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

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

## Wednesday

4 Mindfulness 9:00am (Z)  
Wellness Swim (P) 4:00-5:00pm

11 Mindfulness 9:00am (Z)  
Wellness Swim (P) 4:00-5:00pm

18 Mindfulness 9:00am (Z)  
Wellness Swim (P) 4:00-5:00pm

25 Mindfulness 9:00am (Z)  
Wellness Swim (P) 4:00-5:00pm

## Thursday

5 Pickleball 12:00-1:00pm (A/S)  
Open Gym 7:00-8:30pm (A)

12 Pickleball 12:00-1:00pm (A/S)  
Open Gym 7:00-8:30pm (A)

19 Pickleball 12:00-1:00pm (A/S)  
Open Gym 7:00-8:30pm (A)

26 Pickleball 12:00-1:00pm (A/S)  
Open Gym 7:00-8:30pm (A)

## 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!



## Open Gym

Each week we will try to mix it up based on what folks are interested in playing! The goal is to spend some time just moving.

All skill levels are welcome.

Thursdays 7:00-8:30pm, Atrium Gym

Email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) to receive weekly updates on the program and activity for that week.



## 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\*



## Upcoming Webinars

**September 20th, 2024 12:00-1:00PM:**

**Mind Your Money: An Introduction to the Psychology of Spending (Presented by CAMH)**

Description:

Have you ever wondered why you decided to buy a particular item or why you chose one brand over the other? When it comes to getting consumers to make purchases, marketers have spent countless dollars and time towards understanding human behaviour. Participants will learn about various marketing techniques and strategies to resist temptation.

**Email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) for the link**



## Additional Resources

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

