

Staff Wellness Calendar

September 2023

Legend

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

Special Event

Staff Golf Tournament
 Tuesday September 12, 10:00am
 Orr Lake Golf Club
 Elmvale, Ontario

Monthly Challenge

EMOTIONAL WELLNESS

Designate a spot at your care desk/team room to post the challenge and the response sheets. Complete the question for that day and write it anywhere on the response sheet!

At the end of the month scan and email or send the hard copy to Wellness A279 (wellness@waypointcentre.ca).

Weekends

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

Monday

4

Tuesday

5

HIIT @ Lunch
 12:00-12:30 (Z)

Line Dancing Lessons
 4:15-5:30pm (W)

Wednesday

6

Mindfulness
 8:30am (Z)
 Wellness Swim
 12:00-12:30pm (P)
 HIIT @ Lunch
 12:00-12:30 (Z)

Thursday

7

Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

Friday

8

Mindfulness
 9:00am (Z)
 Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

11

Mindfulness
 9:00am (Z)
 Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

12

STAFF GOLF TOURNAMENT!
 Don't forget to register your team!

13

Mindfulness
 8:30am (Z)
 Wellness Swim
 4:00-5:00pm (P)
Open Gym
 7:00pm-8:00pm (A)

14

Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)
Stretch & Flow
 12:00-12:30 (A)

15

Mindfulness
 9:00am (Z)
 Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

18

Mindfulness
 9:00am (Z)
 Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

19

HIIT @ Lunch
 12:00-12:30 (Z)

Line Dancing Lessons
 4:15-5:30pm (W)

20

Mindfulness
 8:30am (Z)
 Wellness Swim
 12:00-12:30pm (P)
Open Gym
 7:00pm-8:00pm (A)

21

Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

22

Mindfulness
 9:00am (Z)
 Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

25

Mindfulness
 9:00am (Z)
 Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

26

HIIT @ Lunch
 12:00-12:30 (Z)

Line Dancing Lessons
 4:15-5:30pm (W)

27

Mindfulness
 8:30am (Z)
 Wellness Swim
 4:00-5:00pm (P)
Open Gym
 7:00pm-8:00pm (A)

28

Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)
Stretch & Flow
 12:00-12:30 (AD)

29

Mindfulness
 9:00am (Z)
 Badminton
 11:30am (W)
 HIIT @ Lunch
 12:00-12:30 (Z)

Wellness Programs

Stretch & Flow

Stretch out achy muscles with mindful movement, at a slow steady controlled pace!

Pre-Natal friendly

Thursday September 14
Thursday September 28
12:00-12:30
Auditorium



HIIT @ Lunch

HIIT at Lunch is back!

High intensity interval training is strength training and cardio using weights, resistance bands and body weight.

This program requires registration.

Please email

jillianlegros@waypointcentre.ca
to sign up.



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.



NEW

Open Gym

NEW

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. Options are volleyball, floor hockey, dodge ball, pickleball, soccer, etc. All skill levels are welcome.

Wednesdays 7:00-8:00pm, Atrium Gym

Email wellness@waypointcentre.ca to receive weekly updates on the program and activity for that week.

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!



STAFF GOLF TOURNAMENT

Tournament will take place Tuesday September 12 at 10:00am.

Registration must be submitted by Tuesday September 5.

Cost: \$65

Includes: 18 holes, cart, burger platter and prizes.



Line Dancing Lessons

Not only does it include listening to some great music, Line Dancing also helps improve coordination and balance, increasing cardiovascular health and brain memory!

Tuesdays from 4:15-5:30pm in the Level 4 Wellness Gym



Additional Resources

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