







Canada's Healthy Workplace Month @ Baycrest

October 2023 Calendar

Weekly Themes	Monday	Tuesday	Wednesday	Thursday	Friday	Ongoing Initiatives
Week 1: Take action on physical wellbeing	2	3	4	5	6	Enjoy a visit from our roaming <i>Staff Afternoon Tea</i> cart! The <i>flu buggy</i> is back! Benefit from the convenience of receiving your annual flu shot when the roaming OHS flu buggy visits your area of work. Visit the OHS office for additional resources on health & wellness.
Week 2: Take action on psychological wellbeing	9	10	11	12	13	
Week 3: Take action on social wellbeing	16	17	18	19	20	
Week 4: Take action on community wellbeing	23	24	25	26	27	
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	 Awesome Autumn's Spooky Soiree Come out get a flu shot, an updated COVID immunization and play spooky games and win prizes!					
	Kick-off the month with a healthy snack! Calendars & snacks to be distributed at main entrances	Baycrest Gym Challenge Staff who utilize the gym this month will be entered into a raffle!	Take time to stretch!  OHS Team will roam to stretch with you and facilitate stress releasers.	Zumba Join us for a fun and active Zumba class! Time: 12-1pm Location: The Nosh	Staff Walking Group  Meet up with colleagues at the Bathurst entrance at 12:30pm for a midday outdoor walk	
	<i>Thanksgiving</i>	Yoga Join us for a meaningful & meditative yoga practice. Time: 12-1pm Location: The Nosh	Wellness Moments Your Health Space will be visiting this month for brief huddles on employee wellness.	Self-care is not selfish. Write down 3 things you appreciate about yourself	HOOPP Booth Drop-by to learn more about your HOOPP pension plan! Time: 12-3pm Location: Culture Hub	
	Recognize Another Staff Member Take the time to say thank you and/or nominate someone for an i-CARE award!	Awesome Autumn's Staffsgiving Get Your Flu Shot Join us in celebrating gratitude for our staff! Time: 2-3:30pm Location: Silverman Garden	Lunchtime Karaoke Join us in the staff lunchroom from 12-1:30 p.m. for karaoke! 	Virtual Reality Take a wellness break and experience VR with your colleagues! Time: 12:30-1:30pm Location: Wortsman Hall	Coffee/Lunch Break Invite a colleague to join you for coffee or lunch!	
	Go Green at Work! Try to reduce paper wastage. Or drink from a reusable water bottle or mug.	Drumming with Apotex Residents Join our Apotex Residents for a community drumming circle! Time: 11 - 11:45 am Location: Winter Garden	Book Exchange Share your love of reading and participate in a staff book exchange!  Bring a book. Take a book. Location: Culture Hub near the W.A. Café	Art Therapy Collaborative staff art project in the Winter Garden. 	EAP Booth Come visit the EAP booth to learn more about the TELUS Health + AbilitiCBT Launch! Time: 12-2pm Location: Winter Atrium Garden	

	Time: 2-3:30pm Location: Silverman Garden					
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