

WELLNESS COMMITTEE MINUTES

August 3, 2023 @ 2pm

1. Melissa, Julie, and Grant will decorate the Great Room café area on August 16th at 0800-0830.
2. It was decided not to order limes for the margaritas. Umbrella and sugar rim the cups.
3. Jen Bate/Emily Collins will set up Beach Boy music over the speaker system for 30 mins on days and evenings. Times to be determined.
4. Julie will email all staff to remind them of the upcoming event.
5. Julie will email CUPE/ONA to put on social media for the upcoming event.
6. Next month the event will be education for staff on back injury and prevention. Julie will email Sayeed to PowerPoint presentation. Dates to be determined.
7. September event: Wellness fundraiser on Sept 6th. Staff can dress in Blue Jay attire and buy a hotdog and drink for \$5 at lunch. Popcorn will be given out for the evening staff.
8. Upcoming months: October – Farmhill date to be determined and goodie bags or candy grahams for Halloween, December – Bus trip to Toronto Christmas market date to be determined. Julie will call bus company for prices.

Attendees: Chair Julie Burridge, Grant Edwards, Melissa Sainsbury, Rhonda Lusic, Melinda Martin, Sandra Kelly