



FULL CIRCLE BULLETIN

FEBRUARY 2020

CLUB ENTRANCE AT REAR OF BLDG
Enter on Dominion St onto Preston Lane
PO Box 832, 237 Second St.
Midland, ON L4R 4P4
705-526-1305
TRANSPORTATIONS EXT: 228
www.wendatprograms.com
Click on Calendar: Scroll to Full Circle

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The WENDAT SOCIAL CLUB promotes a place SAFE & POSITIVE, based on, RESPECT FOR ALL!



Coordinator's Message:

Welcome February, the month of LoVe. Some of us are in relationships, some of are not. This does not mean we have no one to LoVe, because we can learn to LoVe ourselves.

As we finish off Winter, hopefully soon, and Spring blossoms, we are going to delve more into Self Love. Many of you have participated in our chit chats in the Living room with Dora, Learning to LiVe. This will wrap up mid March. Dora will continue but will partner up with one of the new staff and host "Learning to Love Yourself".

Self Love, hmmm, what could that encompass. Perhaps, self care routines, self esteem and confidence, affirmations, overcoming social anxieties. We have hired a wonderful new addition to the staff. Welcome Janice Ferris. You will find her very sincere and fun lovin.

Some of the ladies are attending Fill Your Cup and are currently involved in exploring our Core Desired Feelings. This will continue for some time, as we often get interrupted with community outings. If other ladies do want to participate, we will be hosting **Fill Your Cup each Thursday from 2:45 to 4:45 p.m.** Please try your best to be on time. We are making our way through work books, if you fall behind, you will need to get caught up yourself. It is always much more fun getting together and sharing our stories.

Wishing you a LoVely Month, filled with LoVe!

DARLENE FORGET
heart
~ CLUB COORDINATOR ~

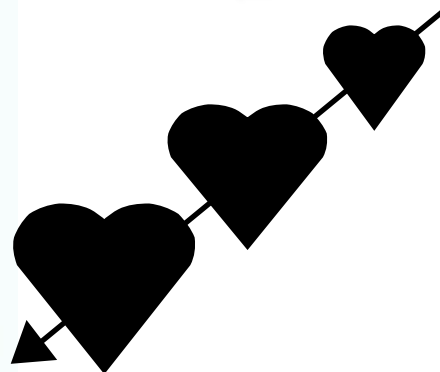
When you know your worth, no one can make you feel worthless.



In oneself, lies the whole world, and if you know how to look and learn, then the door is there and the key is in your hand. Nobody on earth can give you either that key or the door to open, except yourself... Krishnamurti



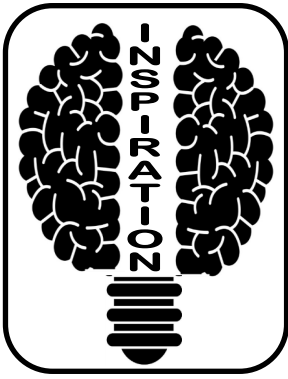
WHAT IF YOU SIMPLY DEVOTED THIS YEAR TO LOVING YOURSELF MORE?



LOVING YOURSELF ISN'T VANITY. it is sanity.



IT'S THAT HEART OF GOLD, OF GOLD, AND STARDUST SOUL THAT MAKE YOU BEAUTIFUL.



Quantity vs Quality



BY MADISYN TAYLOR

It is not the quantity of time that matters, but the quality that you experience during each moment. We live in an age of quantity. The media shapes us with the notion that larger, faster, and more are often synonymous with better. We are told that we need to find more time, more possessions, and more love to be truly happy. A smaller quantity of anything that is high in quality will almost always be more satisfying. A single piece of our favorite chocolate or a thin spread of freshly made preserves can satisfy us more than a full bucket of a product that we aren't very fond of. Similarly, one fulfilling experience can eclipse many empty moments strung together. It is not the quantity of time that matters, but the quality that you experience during each moment. Every minute is an opportunity to love yourself and others, develop confidence and self-respect, and exhibit courage.

Ultimately, quality can make life sweeter. When you focus on quality, all your life experiences can be meaningful. A modest portion of good, healthy food can nourish and satisfy you on multiple levels and, when organically grown, nourish the earth as well. Likewise, a few hours of deep, restful slumber will leave you feeling more refreshed than a night's worth of frequently interrupted sleep. A few minutes spent with a loved one catching up on the important details about family, work, or community can carry more meaning than two hours spent watching television together.

Often, in the pursuit of quantity we cheat ourselves of quality. Then again, quantity also plays a significant role in our lives. Certain elements, such as hugs, kisses, abundance, and love, are best had in copious amounts that are high in quality. But faced with the choice between a single, heartfelt grin and a lifetime of empty smiles, most would, no doubt, choose the former. Ultimately, it is not how much you live or have or do but what you make of each moment that counts.

The happiness of your life,
depends on the quality of your thoughts.

“
QUALITY
IS NOT AN ACT,
IT IS A HABIT.
”
—ARISTOTLE

People That
Aren't
Use To Quality
Always Chase Quantity



This year we will continue our fun, informative chit chats. Dora has been a wonderful addition to the recreation team. We are going to delve a little more into a Simple Life. What brings you Joy? Yes, we all want happiness, but what truly brings you happiness. We hope you will continue to read the articles in the Full Circle. Secondly, we will be exploring more Self Care ideas and connecting more in nature throughout 2020, our new decade.

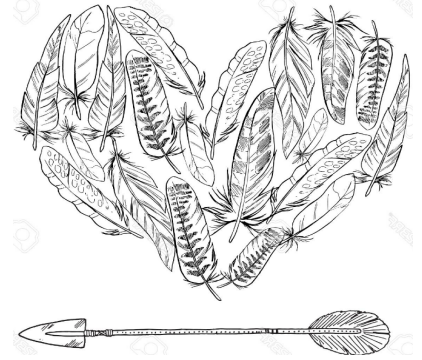
~ Design a Simple Life ~

Every day, more stuff comes into our lives: stuff in our houses, stuff on our calendars, stuff on our minds. All that stuff gets in the way of where we really want to go and who we really want to be ... it's time to make a change. Stuff is not just items. Often we have things going on in our lives that don't really make us happy. They actually can make life more complicated. What do we ditch? What do we keep? Come join one of the rec leaders as they open conversation about creating a happier, more simplistic life.

"The first step in crafting a life you want is to get rid of everything you don't." —Joshua Becker



Journaling generally involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life.



February

JOURNAL PROMPTS

for
Purpose &
Passion

- Day 1. What do I love about being a woman? List all the qualities
- Day 2. If I could I would....List all the activities you'd do if you weren't so afraid.
- Day 3. What do I really want? List 5 things you desire
- Day 4. What am I not willing to settle for?
- Day 5. What do I hold dear in life? What is closest to my heart ?
- Day 6. What about "life" itself is important to me?
- Day 7. What I love about life is... list everything you can think of.
- Day 8. What do I love most about life?
- Day 9. What makes me want to dance with joy? What lights me is ...
- Day 10. What makes me feel free?
- Day 11. What did I want to be growing up? What do I want to be now?
- Day 12. What is one subject could I read 100 books on and never get bored?
- Day 13. What are my skills, talents and natural abilities? Make a list of your skills, talents, and natural abilities.
- Day 14. What about success is important to me?
- Day 15. What would I be doing in my life if I knew I could absolutely not fail?
- Day 16. If I could have only one thing in lifewhat would it be?
- Day 17. Imagine you were granted one wish. I would wish for...
- Day 18. What activities/hobbies did I love as a child? List your different passions as you've grown up.
- Day 19. What do I believe my life is all about?
- Day 21. If I won the lotto, the first thing I would do is?
- Day 22. If you learned you only had 5 years to live ...What would I want to do and/or accomplish?
- Day 23. What is one thing that I think about that always makes me smile?
- Day 24. Think of a time when you were "spit fire" mad. Why did I get upset?
- Day 25. Finish this sentence. My dream is
- Day 26. What do I believe all people deserve in life?
- Day 27. What causes, organizations or people do I like to help?
- Day 28. How do I like to help others?
- Day 29. What was the last goal I accomplished that made me feel really good? Why did it make me feel this way?

JournalConnection.com



Your heart knows things that your mind can't explain.

Self-Care Ideas For A Healthy Mind:

How often do you take time out for yourself each day?
 Are you 110% go, go, go for everybody and everything else, forgetting to take out even 5 minutes for yourself?
 Are you non-stop from the second you wake up until the second your tired head hits the pillow at night?

Excuses for not taking time out for self-care:

“There just isn’t enough time in the day to do something for me.”
 “Self-Care?! Pffft...Who has time for that?! I don’t have time to sit in bubble baths.”
 “I can’t afford to get a massage or go to the spa every week.”
 “If I stop for me-time then other stuff won’t get done. Somebody’s gotta do it!”
 “I feel guilty when I spend time on just me.”

This used to be me. For years. YEARS, I tell you! And I burnt out a long time ago.

So, what did I do?

I kept going 110%....for everyone and everything else.

My mental health suffered tremendously. I was grumpy and irritable to my family and really, anyone who crossed my path. I just wanted everyone to go away so I could crawl in a corner, alone, and just sit in silence! That feeling of “everyone just leave me alone” was my body telling me it needed a break. It needed some self-care. Keyword: NEEDED

But I’m a mom, a wife, a human who has crap to do! And, I’m supposed to be able to handle it all, ya know. I’m supposed to be able to do alllllll the things and do them gracefully with a smile on my face, damnit! But that’s just not reality. Reality is, you need to take time out for yourself.

You can’t pour from an empty cup. And if you try and keep pouring from that empty cup, you end up grumpy, irritable, and wishing everyone would just leave you alone.

Plus, your anxiety will only get worse.

And nobody wants to be around someone like that. #ToughLove

What Is Considered Self-Care?

Self-care is simply taking a moment or few for yourself. Doing something that makes you feel good. Something that can calm your mind from the chaos of the world around you and give you a sense of recharge. It is doing something just for YOU. Nobody else

But, self-care doesn’t necessarily mean bubble baths and spa dates.

Taking time out for yourself is completely subjective. Meaning you are the one to decide whether it is something that makes you feel good.

One person’s version of self-care can be completely different from someone else’s.



- ◆ Write out things that make you happy
- ◆ Sit in a quiet place for a few minutes – alone, with no distractions
- ◆ Practice your favorite hobby (Don’t have a hobby? Or looking for a new one? Here’s a list of 50+ hobby ideas!)
- ◆ Make a new playlist of all your favorite songs – including ones from when you were much younger!
- ◆ Read a book
- ◆ Write out to-do lists (this can include packing lists, tomorrow’s to-do, monthly to-do, seasonal to-do, home projects you want to do, etc.)
- ◆ Watch pointless, mindless videos on Youtube – a.k.a...Get lost in a Youtube rabbit hole!



Beauty is a light in the heart.



HERE ARE TEN SMALL THINGS YOU CAN DO EACH DAY TO HELP LIFT YOUR MOOD. Some of these suggestions may seem silly. That's OK. Try them anyway. What do you have to lose?



1. Practice gratitude when you first wake up. Using your five senses, identify two or more things you are aware of and then affirm them in your mind's eye. Example: "I am aware the sun is shining through my window and I am grateful" or "I smell fresh coffee brewing and I am grateful."

2. Eat an apple. When you are depressed, eating can be a real struggle. For some, this means skipping meals or reaching for sugary eats that give a quick jolt of energy. Since you've gotta eat to survive, why not munch on an apple? Here's why: Apples are a great source of soluble fiber and help to regulate your blood sugar levels.

3. Focus on one task at a time. When you are depressed, it's easy to get overwhelmed. By picking one small task and then completing it, you increase feelings of personal productivity.

4. Step into your circle of confidence. In many cases, depression can mean living with low self-esteem. As a tool for coping, consider creating a circle of confidence and stepping into it each day.

5. Use a To-Do List. When you're feeling depressed, memory lapses can happen (even for simple things). By working off a To-Do list, you'll give yourself a concrete tool for working through. As you go through your day and check-off each item on your list, you'll feel better about yourself. Hint: Keep the list small and be OK with writing down mundane tasks (ex: "Wash dishes" or "Pay the phone bill.")

6. Read something funny. When depression kicks in, it's easy to see through a lens of darkness. As a way of creating balance, read something funny that makes you laugh. Examples include a comic strip, a humorous meme page on Facebook, or Twitter posts with the #laughter.

7. Some form of cinema therapy. Do you enjoy light-hearted T.V. shows? How about movies or webisodes where you can identify with a character? By engaging in cinema therapy, you help to create distance from your sadness while engaging in self-compassion.

8. Affirmations of time. One of the most powerful ways you can move through depression is by affirming to yourself: "What I am feeling now is not forever – this, too, will pass." It is best to say this at least three times.

9. Small movements. Keep it simple. Walk your dog around the block, mop the bathroom floor, or dust off a bookshelf. The idea is to get your blood flowing and brain chemicals moving. In turn, this helps increase dopamine levels and lift your mood.

10. Engage in human contact. Feelings of isolation are a cruel reality of depression. The more down you feel, the less you want to be around others. The problem is that avoiding others can make you feel worse. By simply asking, "How are you?" to a friend, co-worker, or even a casual acquaintance, you break the pattern of isolation and increase feelings of personal empowerment.

Bonus: Mindful Meditations. Denial of your feelings only makes them stronger. Instead, it is far healthier to acknowledge your sadness and balance them with other emotions. Mindfulness meditations de-intensify depression and create space for other feelings, such as happiness and joy.

Wrap Up

Let's be real – living with depression stinks. I understand this all too well. That's why practicing a morning gratitude ritual and creating a circle of confidence can act as meaningful coping strategies.

Hopefully, one or more of the tips I've listed above will help to create light in the darkness



The heart knows what it wants, but the brain won't let it steer!



Wendat Social Club - FEBRUARY 2020

SUNDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

If you don't LEAP,
you'll never know
what it's like on the otherside,
"what it's like to FLY!"



1
LUNCH \$2
- taco chips with chili

10 - 2PM

2 Groundhog Day

DARTS

1 - 4PM

4
The **CHIT / CHAT LOUNGE**
LEARNING TO LIVE 7
- Getting Help from the Universe
6 - 8:30PM

5 DINNER \$3

JERK CHICKEN RICE & COLESLAW

3 - 7PM

6
MIX UP
...word game
midrightdle
- middle right -
6 - 8:30PM

7 
NEW GAME
- come & check it out


6 - 8:30PM

8
LUNCH \$2
- chicken on a bun/fries

10 - 2PM

9

SCRABBLE
1 - 4PM

11
Music
with *Joe*

6 - 8:30PM

12 DINNER \$3

CHICKEN BURGERS POTATOES SALAD

3 - 7PM

13 2:45 - 5PM **FILL MY CUP**
102 Self-Care Ideas
Core Desired Feelings
HAIR CUTS
Please have your hair washed & bring your comb or brush.

6 - 8:30PM

14
The **CHIT / CHAT LOUNGE**
- Conversation Starters

6 - 8:30PM

15
LUNCH \$2
- tomatoe soup & grilled cheese

10 - 2PM

16
BINGO

36	5	FUN	57	10
48	12	LUCK	20	32
13	44	PRIZES	6	59
28	1	PLAY	30	42
73	14	GAME	8	19

1 - 4PM


18

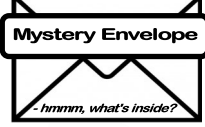

MENDING NIGHT
- Bring in items that need sewing
6 - 8:30PM

19 DINNER \$3

SPEPARDS PIE

3 - 7PM

20 2:45 - 5PM **FILL MY CUP**
102 Self-Care Ideas

WATERCOLOUR MINDFULNESS
6 - 8:30PM

21

Mystery Envelope
- hmmm, what's inside?

6 - 8:30PM

22
LUNCH \$2
- turkey sandwich & salad

10 - 2PM

23

DARTS

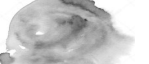
1 - 4PM

25
The **CHIT / CHAT LOUNGE**
LEARNING TO LIVE 8
- Working with Energy
6 - 8:30PM

26 DINNER \$3

MARK'S SURPRISE DINNER

3 - 7PM

27 2:45 - 5PM **FILL MY CUP**
LESSON 4: ANEMONES

WATERCOLOUR MINDFULNESS
6 - 8:30PM

28

karaoke

6 - 8:30PM

29 
LUNCH \$2
- pancakes & sausages

10 - 2PM

Soul-Searching Questions To Ask Yourself:

Wendat Social Club Hours

Tuesday: 6pm - 8:30pm **Friday: 6pm - 8:30pm**
Wednesday: 3pm - 7pm **Saturday: 10am - 2pm**
Thursday: 6pm - 8:30pm **Sunday: 1pm - 4pm**
Monday: Club Closed

Transportation

Monday: Closed **Pick Up**
Tues., Thurs., Fri., **5:30pm**
Wednesday **2:30pm**
Saturday **9:30am**
Sunday **12:30pm**

Van Runs - Lafontaine: Tues. & Wed. / Port McNicoll: Fri.



Vans-BP Bullets

*During inclement weather, the coordinator decides at 1pm whether to close the club. Call after 1pm to the voice mail (x228) to find out if the club is open. For safety reasons the vans maybe pulled off the road and the club maybe closed due to the weather conditions.
 ~ Thank you for your understanding ~*

For a ride to club call: 705-526-1305 Ext. 228 on the day you plan attending. Leave a voice message with your name & address. Rides home are provided for those that participate in club activities. Please be ready for driver upon pick up. Drivers decisions are to be respected. **Remember Safety First!**

Hygiene code practiced here.



SMOKING POLICY

Smoking area is located:
Summer: Picnic Tables
Winter: Parking Lot
 Bus Shelter is for non-smokers.
 No Smoking Allowed along any perimeter entrances.
.....PLEASE USE BUTT CANS PROVIDED.....



UPCOMING EVENTS

SORRY CLUB CLOSED

Sorry
 We Are
CLOSED

Mondays & Christmas Day



When you see this symbol on the calendar it means, the Wendat Social Club is on a community outing and is not open or operating under usual club hours.

When required, a \$2 deposit may be required to assure your attendance.

WENDAT SOCIAL CLUB



Club outings, games galore, hiking, dances, sports crafts, scavenger hunts, meals, trips, parties, themed events... and much more!



DINNER: Wed's - \$3
you must be signed-up in advance
LUNCH: Sat's - \$2
no sign-up necessary

*Limit of 3 coffee or tea with meal.
 "Meals may change without notice, subject to availability."*

Supported By:
Ontario
 North Simcoe Muskoka Local Health Integration Network
 Réseau local d'intégration des services de santé de Simcoe Nord Muskoka

FILL MY CUP

...is a woman's empowerment group.



This group does a variety of activities, which helps instill a positive & thriving environment.

Usual time is Thursdays 2:45 - 5pm
 Times & Dates may vary.

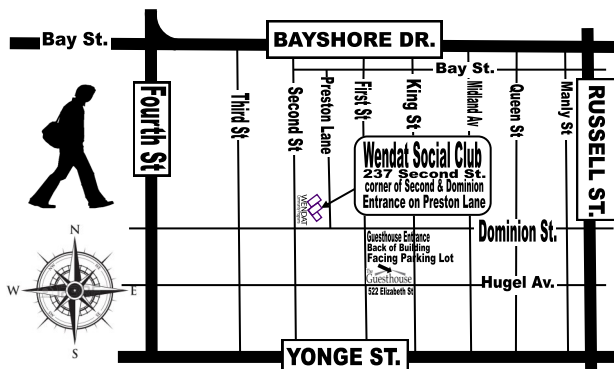


*Please observe our CODE OF CONDUCT while attending.
 -Thank you-*

NOTICE OF RIDE CHANGE

Between September 1st - April 15th

To Club: Member must walk.



VOLUNTEER

People choose to **volunteer** for a variety of reasons. For some it offers the chance to give something back or make a difference. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. There are many rewarding ways in which to participate. Find out how and join the team!

Please see staff for details.



Wendat is a registered charity
CanadaHelps.org
 Giving made simple.
 Registered Charity # 108196353RR0001



WENDAT
 Community Programs
 Providing Services for Seniors and Adult
 Mental Health Services in North Simcoe-Muskoka