FULL CIRCLE BULLETIN

MARCH 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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Every Accomplishment starts with the decision to try.

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

WENDAT Community Programs

Coordinator's Message:

We are starting our fabulous evenings this March full of Self Love. Come join Hannah, Dora and Janice as they engage you in activities. Some may be hands on, some chit chat format, some journal writing. You just never know what might be in this box of chocolates. We will host these activities on Tuesdays, except the second Tuesday of the month. This one is still reserved for music night.

Come boost your self esteem, recognize your worth and find genuine happiness. This is a social time to have real conversations about Self Love, Self Awareness, Self Exploration, Self Care, Self Esteem, Self Kindness, Self Respect, and Self Growth...that is a whole lot of Self. Often, we put ourselves last. Let's start taking better care of US! You will learn to better understand, accept and love your true self. Instead of being put in your comfortable routing of daily life, come join and honour your worth, motivation and passion.

It is almost time to start our monthly outings. Do you have any new ideas?

The two day retreats planned in June for ladies is full. The Fall retreat for Men still has a few vacancies. We have given you opportunity to make down payments so it is not so hard on your budget. More information is posted in the hallway at the club.

Paulette and Robin will be continuing water colours bi-weekly. You are all doing a fabulous job. Each week, the art work is getting better.

All the best, Spring is almost here,

DARLENE FORGET
joy
~ CLUB COORDINATOR ~

Baby mosquito came back after 1st time flying.

His dad asked him "How do you feel?"

He replied "It was wonderful, everyone was clapping for me!"

Now that's Positive Attitude.

10 Promises You Need To Make Yourself (and Keep):

Of all the promises we make, the most important ones will be the promises we make to ourselves and how we plan on keeping them. Here are 10 promises you should make to yourself today. You probably wouldn't dream of not keeping a promise you made to someone else. Yet you may break promises to yourself all the time. Think of all those New Year's resolutions you made and then dropped. Whether you planned to start exercising or losing weight or learning something new, you probably let it fall by the wayside without much thought. You can not take care of anyone if you do not take care of yourself. You can start by making these 10 promises and follow each of them.

1. Listen to What Your Body and Mind Are Telling You: Your body will tell you when you need to slow down. If you have aches and pains or feel fatigued, that is usually a sign you need to take it easy. You might just need 20 minutes to talk to a friend, get some exercise in or meditate. In addition to staving off anxiety and disease, you'll find your life transformed for the better.

2. Live Your Own Life: Too often, people end up living the lives of their families or others expect instead of following their heart. However, you can never be happy like this. You must find what you want and live your life to follow your own vision. This is one of the most important promises you can make.

3. Smile Daily: Studies show that when you smile more, you feel better. Even if you do not want to smile, it can have that effect. The smile not only helps you to have more energy and reduce your stress but also to interact with others. Keeping this promise means you will be healthier and happier.

4. Know That Relationships Come and Go: Not every relationship is meant to last forever, from best friends to people who fall in love with you, to business partners. You may feel disappointed when people leave you. However, you can rephrase this loss. Remember that everything has a beginning and an end. When there is no time for someone in your life, that person will continue to move, but you can still keep the good memories and what you have learned from them. Promise yourself that you will do this instead of pining for the people you have lost.

5. Keep a Genuine Friend Close: Your true friends will get you through life. Yes, you'll be doing a lot of the heavy lifting on your own. After all, you are entirely responsible for your own happiness. But, through thick and thin, it's sweet to have a sidekick you can trust no matter what. This is the girl who will be straightforward with you when it comes to advising on love and life. She'll send you the most perfect memes on Monday mornings and has likely been around since day one. Make a promise to yourself that you'll keep her close, and be the best friend you can be to her, too. After all, friendships, like relationships, should never be one-sided.

6. Acceptance of Change: When you review the above list, you might need to accept that you are going to have to make some big changes in your life. This could mean ending some relationships and facing challenges you did not expect, but the impact on your life will be incredible. If you write all of these down in a promise journal along with your personal take on each item, you can go back to it whenever you struggle with change and remind yourself to stay on course and keep your promises to yourself.

7. Learn From Your Mistakes: Like Hannah Montana said in "Nobody is perfect", "Everyone makes mistakes". So in your 20s, promise yourself that you'll stop being so scared of messing up, and learn from your failures instead. The truth is that every time one door closes, another one opens. Success takes getting knocked down seven times and then standing up eight. It's what makes your life story so sweet, even though at the time it may feel like you've hit rock bottom. You could choose to let those moments that are undeniably human completely change your course in life, or you could use them to build a foundation for something better. What's it going to be?

8. Push Your Boundaries: Promise yourself that you will live a good life. You will never discover your hidden talents as long as you follow the old familiar paths, but if you get out of that, there is no limit to what you can do. It is the people who do not recognize limits that live the most extraordinary lives, and sticking with this promise means you will be one of them.

9. Move On From the Past: You can acknowledge your past without being burdened by it. What you have learned from past experiences will always be with you and help you make a better future. Promise yourself to accept your past, integrate it into your future and never look back.

10. Cut Toxic Relationships Out Of Your Life: It is important to promise to yourself that you'll stick to what you deserve and never settle for anything less. Doing what's best for you may feel selfish, but that doesn't necessarily mean that it's wrong. In fact, you'll be surprised how much ditching your toxic relationships can be healthy for everyone involved. Sometimes people are meant to be in your life forever, and you'll find that once you grow up, you tend to leave some friends behind, and it's better that way.

i am strong, i am enough, i am loved

Counterintuitive Response To Our Inner Critic:

By: Danielle LaPorte...with love

The first thing to do with that inner critic voice is to have compassion for it. (This is counterintuitive because we live in a performance-based culture that thrives on judgement.) Approach with love—then instead of creating further separation from your heart, you're building a bridge.

What do I do with the voice that says, "You can't do that"?

I might have answered this in the past with straight up encouragement, like a lot of self-helpers tend to do. We think we should just speak louder than the critical voice inside of us. You WILL rise to the occasion! You CAN figure it out! You HAVE got what it takes! While those declarations may be true, I think we've been missing a step toward inner strength-building.

"The first thing to do with that inner critic voice is to have compassion for it. "

This is a counterintuitive response because we live in a performance-based culture that thrives on judgement.

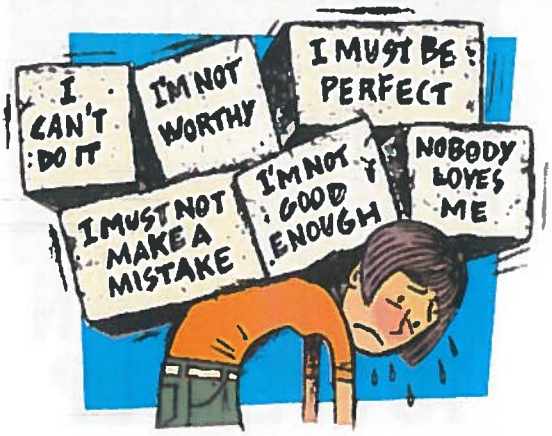
Shine compassion on that doubt-inducing inner taskmaster so you can see where it's coming from. Hold the judgment and your impulse to fight with it. Give your inner critic love. Not hype or fight. Like so: You think I can't do it? Wow, you must be feeling hurt. You must be telling me that I can't do it because you're scared. Ahhh... I understand.

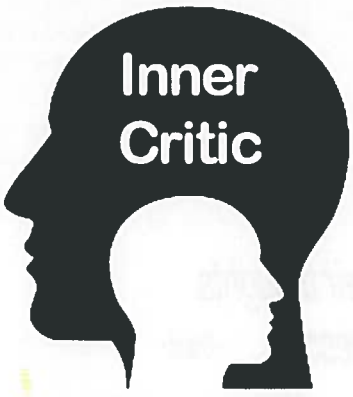
When you approach self-generated criticism with compassion, instead of creating further separation from your heart, you're building a bridge. And when you get up close you might say... Hmm. I've heard this voice before. You sound like my mother. You sound like my dad. And my mom had her wounds. And my dad was trying his best.

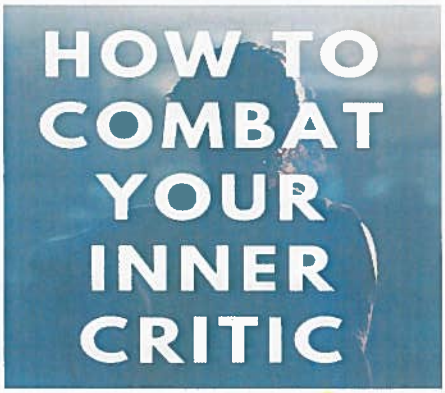
So: First, compassion. Then, witnessing. And then directives.

With compassion, you can parent your inner child. You can be your own authority and cheerleader. You can take everything into consideration—and remind your own self why you CAN do it: Because I am beloved. Because I've done it before. Because I know so much more now than I used to. Because I have the resources. Because the desire is strong. Because I am so devoted that all of my plans are vitalized with life force.

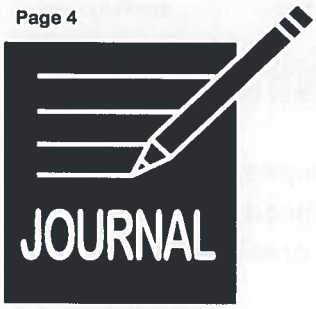
"Anytime you bring compassion to a situation you will see it more clearly. Compassion is the light of Love. It's the true power source. Speak of it often."



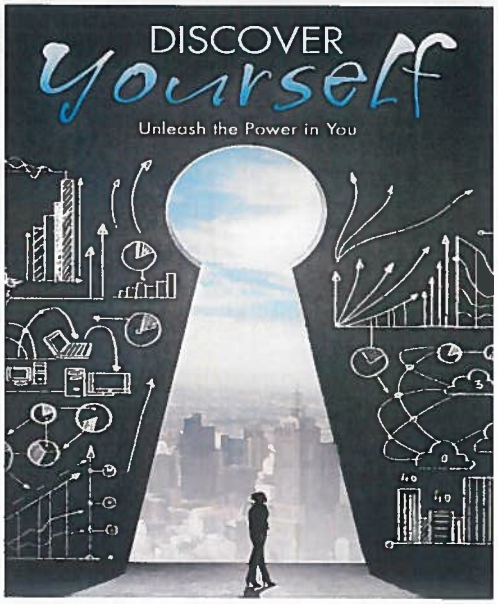




Mistakes are stepping stones to sucess.



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



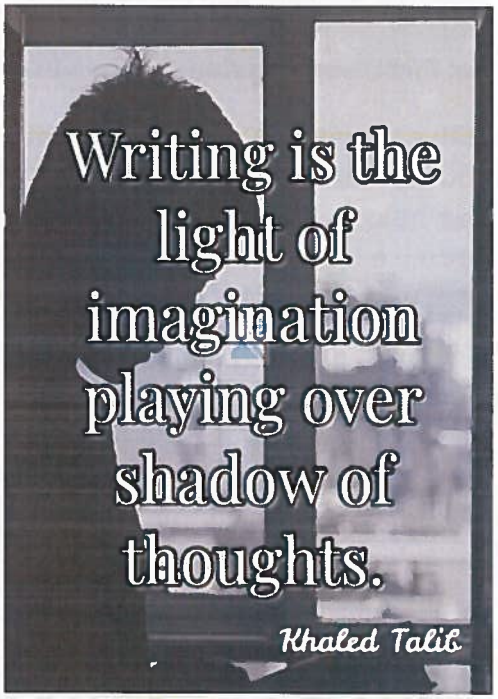
MARCH JOURNALING

self- discovery

1- What is your zodiac sign, dose its trait fit to your personality? If yes what are they. If no why?
2- Your fav. 3 colors, fav. 3 cuisines, Fav. 3 COUNTRIES YOU WANT TO VISIT
3- Where you see yourself in 6 months from now
4- Things that annoys you
5- 3 good habits you want to adopt this year
6- 3 bad habits you used to have last year
7- How many languages do you know beside your native one?
8- Do you consider your-self and extrovert or an introvert?
9- If you are given the choice to live anywhere in the world, where would it be?
10- You have 3 wishes, what would they be?
11- Your pet peeves
12- Beach or mountain.
13- When I was Younger I wanted to grow up and be a ---------
14- Your dream Job
15- Money, fame or neither? And why each?
16- Kids or No kids and why?
17- Do you give others second chances?
18- I could be more productive if I STOPPED ----------
19- Who is the closest person to you?
20- Simple life to me means ----------
21- The worst Job interview you had and what you learned from.
22- Do you remember yourself 10 years ago? Describe your older self in 10 word
23- If you were diagnosed with fatal illness and you have 6 months to live, what will you do?
24- Ask the closest 3 person to you to describe you, write down what they will say
25- Your Role model and why?
26- Your first love and where is he now if you know?
27- Only 10 days left on earth, what will you do?
28- Are you an early bird or a night owl
29- How do you usually spend your weekends?
30- A secret no one knows about you.

upstreamlife.net

Just Write



A person is but the product of their thoughts. What you think, you become. ~Ghandi~

Life does not have to be perfect, to be wonderful.

I WRITE-DOWN TO SPEAK-UP

M K ASANTE

The Seasons of Life:

3 Tips to Stay Optimistic During Your "Winter Times"

All life on this planet goes through seasons. We'll experience spring-like blooms, the reaping of summer, the preparations of fall, and the chill and severity that winter brings. These cycles affect us individually and globally. At times, even the world as a whole experiences something like a severe economic winter.

However, it's important to keep in mind that we've all experienced times of growth and improvement in our individual lives. Even during periods of lack and want, we can look forward to a time of prosperity again. All it takes is readjusting back to a mindset that focuses on the future so we can stay optimistic. That starts with accepting and embracing the now.

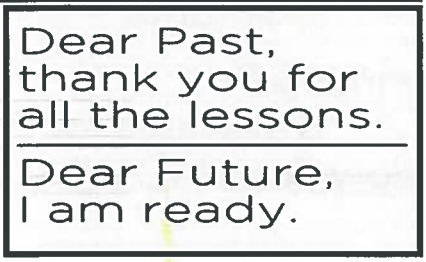
As tough as things can seem during harsh times, winter provides the opportunity to recover and start planning for the next spring ahead—the same kind of spring that gave us relief before and will bring us relief again. With this mindset, we can find ways to stay optimistic despite the cold. These 3 tips for learning how to stay optimistic can help you even in the most difficult of times:

1. You can do this by defining what you want to create. Be specific. Sometimes luck helps, but there's no way to get what you want until you've defined what you want, and, just as important, why you want it. Your motivations will steer you through any winter storm.

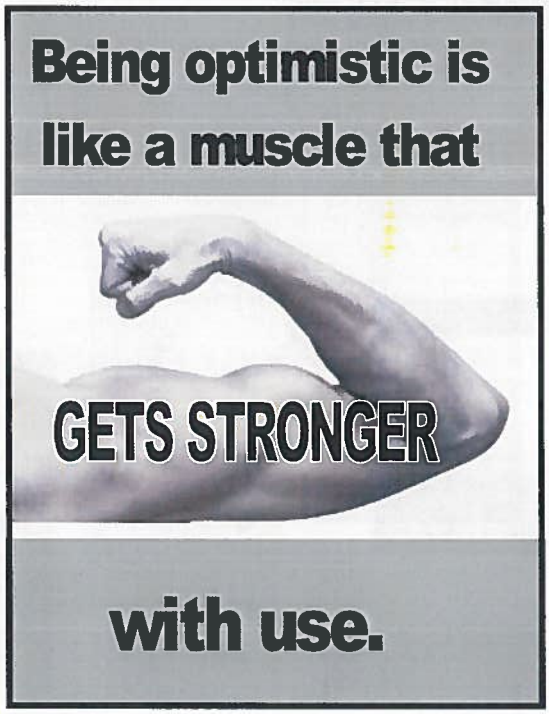
2. Also, taking inventory. List those attributes that enhance the quality of your life right here and now — family, friends, the network of colleagues who might help you take that next step, and resources that are helping you economically, mentally, emotionally, and spiritually. You might be surprised at just how many resources are at your disposal.

3. Lastly, be grateful. For every "negative" thing that may be happening to you, someone else is likely undergoing more pressing challenges. Gratitude has a way of dispelling fear, anxiety, and a self-defeating attitude. You can't focus on what you don't have when you're grateful for what you do have. How we progress through the seasons isn't based on what we don't have, or what we might've done or not done in the past. It's about how we use what we do have now to stay optimistic and to sow seeds of growth that we can reap later.

I want to leave you with one last thought. Winters can seem to go on forever, but they don't. That's as true for the world as it is in our individual lives. When in 'winter', use this time to re-focus, heal, enjoy your blessings, and start planning your next spring now. Give us your thoughts on life's "seasons," whether they apply to your personal or professional life. Where are you in your life's cycle? How do you navigate your seasons? Leave me a comment and let me know what you think about these tips for staying optimistic during difficult times. Each and every one of your comments is meaningful and valuable.



Your life means something.



Ontario

ConnexOntario

Health Services Information

1-866-531-2600

www.connexontario.ca/contact-us

Addiction, Mental Health and Problem Gambling Treatment Services

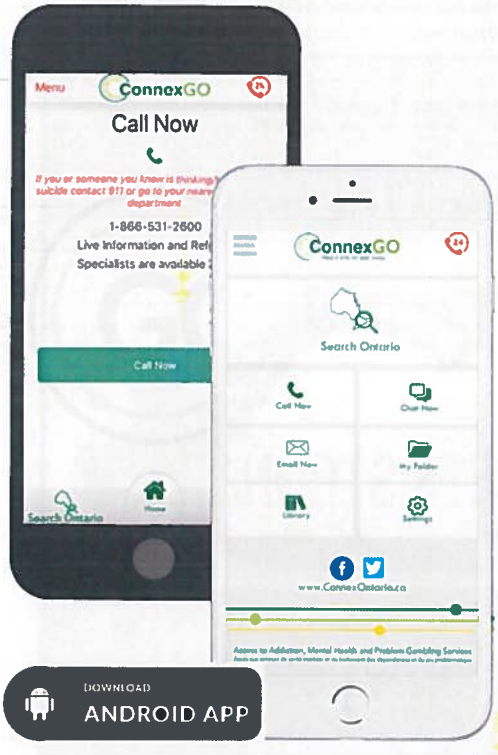
Live System Navigation Specialists standing by.

Call 24/7 for mental health and addictions system navigation and information.

If you or someone you care about is looking for addiction and mental health treatment services information, contact us. Our System Navigation Specialists will answer your call, email, or webchat 24/7 from anywhere in Ontario. ***Free and confidential.***

ConnexGO

Help is only an app away

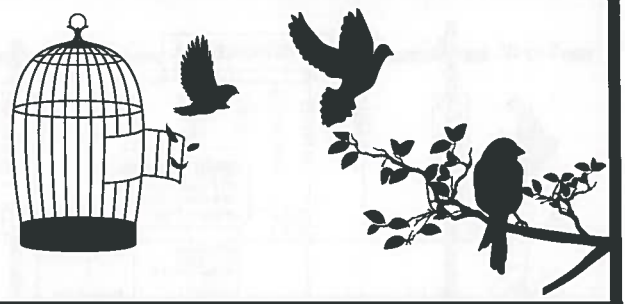


Do not try to be the best. Just do your best!

Wendat Social Club - MARCH 2020

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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)	**3** TOURNAMENT GAME OF 30 TOURNEY 6 - 8:30PM	**4** MEAL $3 MEAT LOAF PARSLEY POTATOES & VEGGIES 3 - 7PM	**5** LOVE YOURSELF ...making binders KIMONOS ...finish making 6 - 8:30PM	**6** CONVERSATION STARTERS 6 - 8:30PM	**7** LUNCH $2 FISH & CHIPS 10 - 2PM
8 NEW! QWIRKLE 1 - 4PM	**10** MUSIC with Joe 6 - 8:30PM	**11** MEAL $3 CHICKEN DINNER 3 - 7PM	**12** 2:45 - 5PM FILL MY CUP CORE DESIRED FEELINGS LEARNING TO LIVE - HELPING OTHERS - 6 - 8:30PM	**13** BILLIARDS SHOOT 6 - 8:30PM	**14** Club Outing Wendat Bullet POW WOW BARRIE NATIVE FRIENDSHIP CENTRE - $2 Admission / Bring or Buy Lunch 10:30 - 4PM
15 TOURNAMENT DARTS 1 - 4PM	**17** The CHIT / CHAT LOUNGE LOVE YOURSELF 6 - 8:30PM	**18** MEAL $3 SPAGHETTI CAESAR SALAD 3 - 7PM	**19** 2:45 - 5PM FILL MY CUP WATERCOLOUR ...dahlias 6 - 8:30PM	**20** PICTIONARY 6 - 8:30PM	**21** LUNCH $2 IMPOSSIBLY EASY BREAKFAST BAKE 10 - 2PM
22 SCRABBLE 1 - 4PM	**24** The CHIT / CHAT LOUNGE LOVE YOURSELF 6 - 8:30PM	**25** MEAL $3 PORK CHOPS SCALLOP POTATOES & VEGGIES 3 - 7PM	**26** 2:45 - 5PM FILL MY CUP WATERCOLOUR ...poppies 6 - 8:30PM	**27** YouTube karaoke 6 - 8:30PM	**28** LUNCH $2 PIZZA CAESAR SALAD 10 - 2PM
29 YAHTZEE 1 - 4PM	**31** The CHIT / CHAT LOUNGE LOVE YOURSELF ??????????? 6 - 8:30PM	"If you want to SOAR IN LIFE you must first learn to F. L. Y. (First Love Yourself)"			

MONDAYS CLOSED

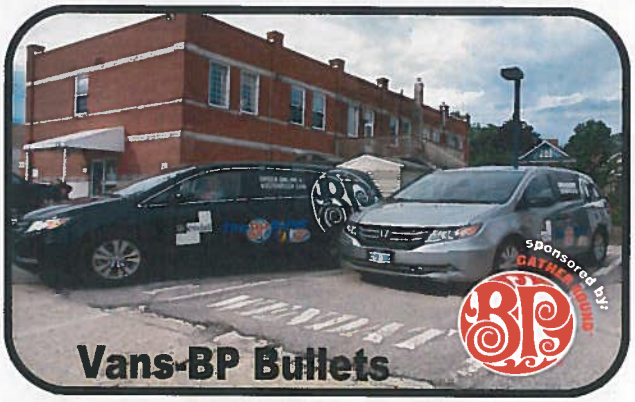


Soul-Searching Questions To Ask Yourself:

What is the one thing I can't live without?

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.

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

Barrie Pow Wow.....Sat March 14th

SORRY CLUB CLOSED

Sorry
We Are
CLOSED
Mondays & Christmas Day

Club Outing Wendat Bullet

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

JOIN US

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

MEALS

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

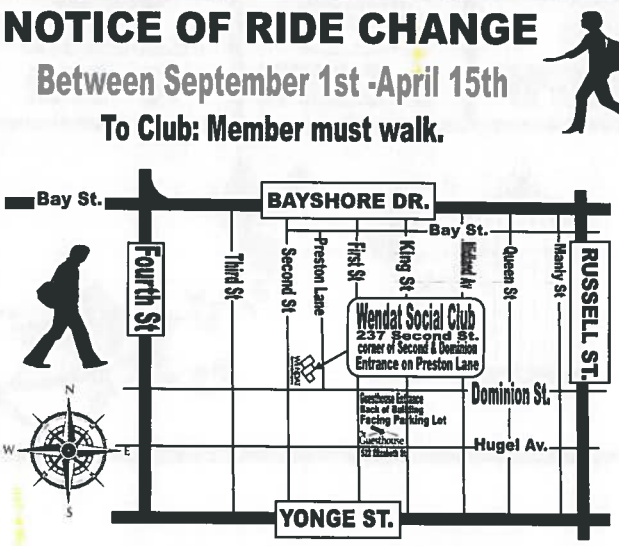
FILL MY CUP
...is a woman's empowerment group.
This group does a variety of activities, which helps instill a positive & thriving environment.
Usual time is Thursdays 2:45 - 5pm
Times & Dates may vary.

THE Wendat SOCIAL CLUB

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 SOCIAL CLUB

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

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