

# Wendat Social Club

## Full Circle



### Coordinator's Message

The past six months definitely has been a challenging time trying to navigate safety and meet the members needs. But we are getting there.

It is very important that you sign up in advance, as we must have a minimum amount of members attend to host activities. As well, it is just as important to be courteous and let us know that you are not attending. We require 24 hr. notice. As coordinator, I have to let my staff know that they will not be working a shift if we do not have enough member interest.

We are still ironing out meals. We tried the two sittings. Wednesday meals is still most popular. BBQ's have been the highlight. As Winter approaches, BBQ's diminish. Therefore, the Wendat cooks will now be cooking for 25 people. We are currently able to serve 14 people safely. We will then sell the extra meals to those that want to purchase them. All others will be frozen in take out containers for purchase through out the week. You can however sign up for take out meals in advance and we would set them aside for you.

Wendat has decided to put the vans back on the road in a limited capacity. We can only transport 2 people at a time. You must call in to reserve your spot. Be sure to leave your number so we can confirm with you, that you are one of the two. Penetanghishene has priority. We can pick up six people using our three vans. You must wear your mask at all times in the van and be responsible to get yourself in and out of the van without assistance including putting on your seatbelt. The driver will sanitize the van after each use.

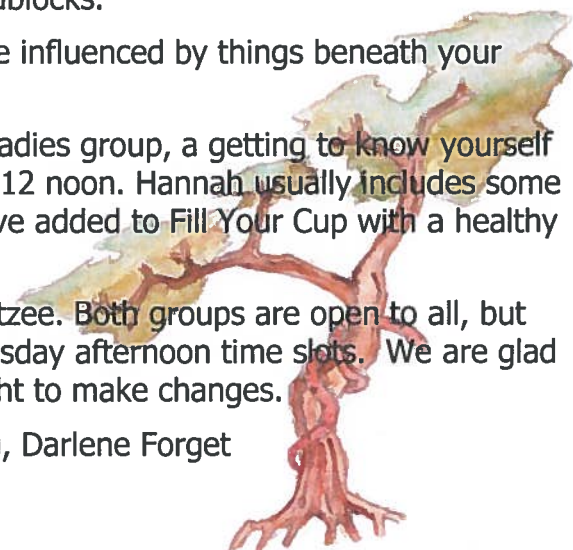
Join Janice on October 8th and 22nd in discovering your true self through the world of journaling. No writing ability is required. This group is filled with fun conversation in a supportive environment. This is an opportunity to dive a little deeper and find what truly brings you joy. Knowing yourself is the foundation for building a life as unique as you are. Knowing your dreams and fears, strengths and weaknesses, areas of confidence and insecurity help you create what you want in life, but also help you steer clear of potential roadblocks.

Without knowing these things, you're more likely to be influenced by things beneath your conscious perception.

Join Hannah as she pulls together our Fill Your Cup Ladies group, a getting to know yourself group, and meet new friends on October 1st and 29th at 12 noon. Hannah usually includes some meditation in her group. Hand outs are provided. We have added to Fill Your Cup with a healthy lunch for \$3.00.

Mark and Janice will continue in house Bingo and Yahtzee. Both groups are open to all, but you must be signed up in advance. They are rotating Tuesday afternoon time slots. We are glad to be able to offer more services, but also reserve the right to make changes.

Stay Safe, but enjoy life, always recreating, Darlene Forget



## Tending to our Mental Health

Let's think about our mental health as a thermometer. When our "mental health temperature" is stable or 37 C, we're seen as being in the "green" column. When we're in the green, we're able to deal with the stressors that life throws at us. Lately, we've been asked to deal with different challenges we may not have been prepared for, such as being an essential worker, physical distancing, homeschooling or financial difficulties. Facing all of this can lead us into having a low-grade fever or being in the "yellow". When in the yellow, we may find we are more irritable, have less motivation or we may not be sleeping well. This is a normal reaction to an abnormal event, the pandemic being the event. We have not lived through a pandemic before, so it's important to remember to be kind to yourself.

As our mental health declines, or our mental health temperatures rises, we may find ourselves moving into the "orange" column. This is where we may see an increase of symptoms that were present when we were in the yellow column. At this point, it is very important to start using our coping skills and self-care tips to try to move back towards the yellow and eventually the green categories. The longer we stay in the orange, the more at risk we are to move into the "red" column which may lead to a serious mental health problem or what we could consider a mental health temperature of 41 C. When in the red, it is recommended that you seek professional help in order to start working your way back along the continuum.

Tending to our mental health is just as important as caring for our physical health. Over the past few months, I know my mental health has fluctuated between green-yellow and even yellow-orange a time or two. The important thing to remember is that we all have the ability to get back to the green by practicing self-care, using our supports and coping skills, and most importantly, being kind to ourselves. We're doing the best we can one day or even one hour at a time.

Appreciate where you are in  
your journey, even if it's not  
where you want to be.  
Every season serves a purpose.

homebody club.

# October Calendar

September		October 2020					November
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					<b>1</b> FILL YOUR CUP LUNCHEON & FUN LADIES GROUP 12 – 3 p.m. Sign up for lunch	<b>2</b> H O U S E  Party 6 pm	<b>3</b> <b>PEAMEAL            BACON ON A            BUN with            Homefries</b> <b>14 maximum</b> <b>Serving at 11            a.m</b>
<b>4</b>	<b>5</b>	<b>6</b> Yahtzee 1 – 3 p.m.	<b>7</b> <b>CHICKEN &amp; DUMPLINGS</b> One seating (14) 11 a.m. – 1 p.m. <b>NEW</b> You may purchase a meal to go....	<b>8</b> DISCOVERY JOURNALS 1 – 3 pm..	<b>9</b> H O U S E  Party 6 pm	<b>10</b> HOT TURKEY SANDWICHES, Mixed veg, potatoes 14 maximum Serving at 11 a.m	
<b>11</b>	<b>12</b>	<b>13</b> IN HOUSE BINGO, Max 14 1 – 3 p.m.	<b>14</b> <b>PORK CHOPS            SCALLOPED POTATOES            VEGGIE</b> One seating (14) 11 a.m. – 1 p.m. <b>NEW</b> You may purchase a meal to go....	<b>15</b> <b>CLOSED</b>	<b>16</b> H O U S E  Party 6 pm	<b>17</b> <b>TURKEY            POT PIE            CASSEROLE</b> <b>Serving at 11            a.m.</b>  14 Maximum	
<b>18</b>	<b>19</b>	<b>20</b> Yahtzee 1 – 3 p.m.	<b>21</b> MEATLOAF, MASHED POTATOES VEGGIE One seating (14) 11 a.m. – 1 p.m. <b>NEW</b> You may purchase a meal to go....	<b>22</b> DISCOVERY JOURNALS 1 – 3 p.m.	<b>23</b> H O U S E  Party 6 pm	<b>24</b> PANCAKES & SAUSAGES  Serving at 11am Maximum 14	
<b>25</b>	<b>26</b>	<b>27</b> IN HOUSE BINGO, Max 14 1 – 3 p.m.	<b>28</b> HEARTY VEG. STEW One seating (14) 11 a.m. – 1 p.m. <b>NEW</b> You may purchase a meal to go....	<b>29</b> FILL YOUR CUP LUNCHEON & FUN 12 – 3 p.m. Sign up for lunch	<b>30</b> H O U S E  Party 6 pm	<b>31</b> <b>HANNAH'S            BLT &amp; Dessert</b> <b>Serving at 11            am</b> <b>Maximum 14</b>	

We are also closed on Sundays, Mondays, and Fridays.

You must be signed up in advance and notify the clubhouse 24 hours in advance if you are not attending. If you do not notify the clubhouse, you will be placed on a waitlist for space and be informed 24 hours in advance if a spot becomes available.



## **OCTOBER CLUBHOUSE HOURS**

Closed, Sundays, Mondays and Fridays

**Tuesdays**, open 1—3 p.m.

**Wednesdays Lunches**,

ONE SEATING 11—1 p.m., maximum 14 people, sign up in advance

**Thursdays**, open 1—3 p.m., **Fridays**, Join Mark virtually on HOUSEPARTY 6—8 p.m.

**Saturday Brunches**, Open 10 a.m., serving at 11 a.m.



### **Wendat Transportation Restart**

**Drivers will be leaving Wendat 30 minutes before club opening. You must be waiting for the driver. They do not wait for you. We can only transport two people per van and will do our best to make sure it is fair. This means it will not be the same people every day. The windows do need to be cracked, so dress warm.**

**Drivers leave Midland at 12:30 p.m. Tuesdays and Thursdays.**

**Drivers leave Midland at 10:30 a.m. Wednesdays and Saturdays. You must be wearing your mask at all times in the van and be responsible for getting yourself in and out of the van and doing up your own seat belt. Call the club at 705 526 1305, ext 228 at least one hour before the club opens to book your transportation. Leave your name, address and telephone number.**

**Wendat Community Programs  
237 Second Street, PO Box 832  
Midland ON L4R 4P4  
705-526-1305 Ext. 228**