

Wendat Social Club

December Full Circle



Coordinator's Message

We continue to navigate through this Pandemic. Changes this month. We will no longer be open on Sundays due to lack of attendance.

As much as I've tried to leave openings for others to sign up who have not returned to the club, it is more important to fill our days with members who are dedicated and committed to coming to the club. Therefore, sign up for whatever meals and activities you would like to participate in. The clubhouse will not be reserving spots for members in hopes that they might return. We have been open since August. It is difficult to find Covid 19 friendly activities. Each day brings new challenges.

We will be following the Pandemic guidelines set by the Ontario Government. We may have to switch things up mid-month at times. The coordinator would call you in advance to let you know if your sign up has been affected.

It is important for your own social life that you continue to enjoy the outdoors, go for a walk, and chat with friends whether six feet apart or by phone or text, but continue to stay involved. This is necessary for your mental health. It is difficult doing the same old thing day after day, but we could be in the state for quite some time.

We are introducing a few more crafts this month and into January. Come participate, get your mind on something else. Mindful watercolours, jewellery making, and playing with Polymar clay are a few of the additions to the calendar this month. We will continue an in house Yahtzee and Bingo. Lunches continue to be served at noon on a Wednesday with the club opening at 10:30 a.m. and Saturday, serving at 11 a.m., club opening at 10 a.m.

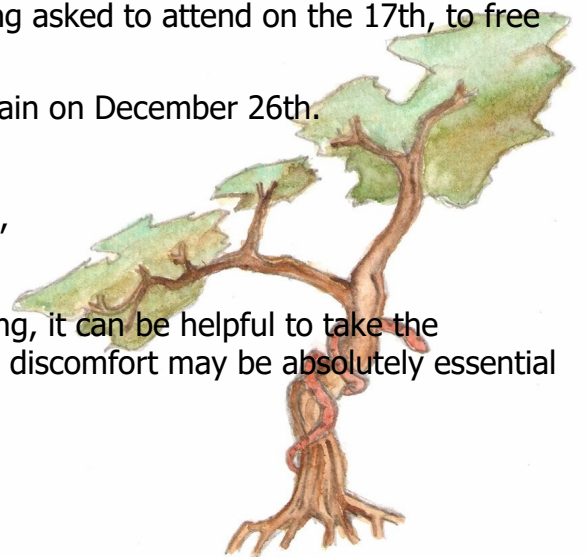
As for Christmas this year, we are open to the members who have attended at least ten times since our reopen. We have to limit numbers due to COVID 19. Therefore, we will be serving a lunch on Wednesday, December 16th and another on December 17th. The Second meal is reserved for the Ladies Fill Your Cup group. They are being asked to attend on the 17th, to free some spots up on the 16th for others.

We will be closed on Dec. 24th and 25th, but open again on December 26th.

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

Sometimes when your current situation in life is challenging, it can be helpful to take the perspective that the lessons you are learning through this discomfort may be absolutely essential to success or happiness in the future.

Have a Wonderful Holiday Season....



Five Questions to Ask Yourself Before You Lose It

by Bonnie McClure

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I am a runner. Even with a regular running routine and being in pretty good shape, there are many times during my runs where I start to feel like I am not going to make it. I start to panic a little bit, and I can feel the flood of negative thoughts threatening to overtake me. I know then that I have reached some kind of threshold for this exercise.

But I don't just quit. I look for ways to alleviate the stress I am feeling and look for a new way to move forward. I have found that this little questionnaire always reveals a way forward not only in running, but when I feel like I am losing it in life, too. Next time you are feeling like you've reached a threshold, you're panicking or feeling overwhelmed, or you simply feel like you're about to lose it completely, try going through this list of questions and making adjustments as necessary. It may just be the thing that helps you get through to the other side.

1. Are you looking up?

In other words, where is your focus? One of the hardest things I had to learn about running was to look up. My tendency was to look down, where my feet were landing, to make sure I didn't make a misstep. Sound familiar?

2. Are your shoulders open?

Posture is everything. In running, better posture literally opens your body up to receive more oxygen and carry your muscles efficiently through the strenuous movements. In life, posture does the same thing. It opens you up, it ensures you're getting adequate oxygen, and it expands our hearts to new possibilities. There is a high level of correspondence between our emotions and our body language. It is really difficult to send your body joyful signals if you

are always curled into a ball. Yet, proper posture is uncomfortable for most of us, we naturally revert to a more comfortable slump. So we have to be constantly reminded to make the conscious effort to stretch and open ourselves up.

How often do we scrutinize our steps in life so closely, that we don't even realize we have taken our eyes off the goal ahead of us, and now we are stuck in the rocky terrain we are in? Looking up and looking ahead literally pulls you forward toward your goal. It also creates a more open posture, which leads us to the next checkpoint.

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3. Are you expelling what isn't needed?

Build up of these elements tensions we hold in our bodies can slow us down and obstruct our view. In everyday life, these might be regrets, grief, or shame that you have been holding onto. It might be toxic influences in your life, people or media that is simply counterproductive to

your goals. It might even be something that hasn't happened yet, little forecasts of anxiety that cause you to feel unnecessary dread or stress. Whatever it is, take a big, deep breath and let it go.

4. Are you using all your resources?

It is so easy for use to forget what resources we have at hand. We are creatures of habit and become accustomed to using the same solutions over and over in problem solving. But often, there is a new, creative solution right in front of us, if we can take a step back, look at what we have, and give ourselves a true picture of all the resources available to us.

5. Do you need to slow down?

Sometimes, all you can do to alleviate the stress is slow your pace. Maybe this is a signal you have overcommitted and as a result, you are buckling under the pressure. Slowing down might look like scaling back. What things can you reprioritize so that you don't feel so stretched thin? Slowing down or scaling back doesn't mean you have to stop completely, it doesn't mean you quit. You can change gears and take time to recover to move forward.

◀ Novem-ber	December 2020					January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 AIR DRY CLAY GNOMES, prt 1  1 – 3 p.m.	2 PORK CHOPS MASHED POTATOES VEGGIES  10:30 -12:30	3 AIR DRY CLAY GNOMES, part 2  1 – 3 p.m.	4	5 FISH & CHIPS 10 – 12 p.m.
6	7	8 YAHTZEE  1 – 3 p.m.	9 CHICKEN DINNER  10:30 – 12:30 p.m.	10 CLUB CLOSED FOR TRAINING	11	12 Breakfast Casserole 10 - 12 pm
13	14	15 MINDFULNESS WATERCOLOURS  1 – 3 p.m.	16 CHRISTMAS LUNCHEON for those who have attended the club-house at least ten times since reopening. 10 30 – 12 30	17 Ladies Fill Your Cup CHRISTMAS Luncheon 12 – 3 p.m. Polymer Clay Necklaces Part 1	18	19 BLT'S & SOUP 10 – 12 pm
20	21	22 YAHTZEE  1 – 3 p.m.	23  10:30 – 12:30	24 Enjoy your day & evening, Give someone a call, CLOSED	25 M E R R Y C H R I S T M A S	26 Lasagna 10 - 12 p.m.
27	28	29 IN HOUSE  1 – 3 p.m.	30 Ham Scalloped Potatoes Veggie  10:30 – 12:30	31 POLYMAR CLAY PENDANT PART 2 1 – 3 p.m. Journaling with Janice		



DECEMBER CLUBHOUSE HOURS

Closed, Sundays, Mondays and Fridays

Tuesdays, open 1—3 p.m.

Wednesdays Lunches,

We open at 10:30 a.m., serve at noon, close at 12:30 p.m.

Thursdays, open 1—3 p.m.

Saturday Brunches, We open at 10 a.m., serve at 11 a.m., close at noon

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. Driver's will go to Penetanguishene and Lafontaine. If no Lafontaine route, one driver could do Midland and one Penetanguishene. Be ready 30 minutes before club opens.

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

Drivers leave Midland at 10:00 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
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705-526-1305 Ext. 228**