



FULL CIRCLE BULLETIN

CLUB ENTRANCE AT REAR OF BLDG.

Enter from Dominion Street
onto Preston Lane.

237 Second Street, PO Box 832,
Midland, ON L4R 4P4
705-526-1305

Transportation: Ext 228
www.wendatprograms.com

MARCH 2022

Coordinator's Message:

Spring is in the air, every time I look around, Spring is in the air.....

We will be kicking off with Spring with a guest artist for Fill Your Cup. We are limited to 12 people participating. Come and learn the art of pressed flowers with Martin and Patsy Lalonde. Our plan is to have a guest artist in once a month.

At this point in the club, we can accommodate only 18- 20 people with six feet distancing. Therefore, it is **imperative you sign up in advance**. Call the club or email Darlene to register at darlene@wendatprograms.com

Fill Your Cup will be going in a little different direction with some clarification around how we want our lives to look going forward. I know I need some accountability in mine to be sure my dreams come true. Come dream along with Hannah, Janice and Myself on the remaining Thursdays in March. We will go celebrate at Boston Pizza after we finish the course. **You must attend all four weeks as one week builds upon the previous week.**

Your commitment to begin is a letter to yourself sealed talking about who you are, 3 – 5 paragraphs. Drop this letter off to Janice with your name on the outside. I am really looking forward to working on the floor again for this brief period.

It will be the first time in a long time that all the staff are working back in house assuming some of their previous duties, here's to Forward Creating.

Always Creating
DARLENE FORGET
~CLUB COORDINATOR~

Your Recreation team: Hannah, Janice, Victoria, Dan, Mark, Paulette, Randy, Rose, Tiffany, J.P., and Cyndi,



Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos into order, confusion into clarity. It can turn a meal into a feast, a house into a home and a stranger into a friend.

~ Melody Beattie ~



INSIDE THIS ISSUE

This Months Focus is on ...
Joy, Gratitude and Self -Esteem
and the Story you tell yourself.

Pg 1— Coordinators Message

Pg 2— Lust for Life: How Changing
your Story can Change Your Life

Pg 2—What Story is your Brain using
to Deny your Joy?

Pg 3— Joy is the Most Terrifying
Emotion

Pg 3— Brené Brown Quotes on Joy
and Gratitude

Pg 4— Esteem-able Acts lead to High
Self Esteem

Pg 5—March 2022 Calendar of Events

Pg 6— About the Social Club

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



WENDAT'S FILL YOUR CUP woman's groups is embarking on a 4 week "LUST FOR LIFE" in which participants will work on rewriting their own personal stories. The following explains a little about how changing your story can change your life.

HOW CHANGING YOUR STORY CAN CHANGE YOUR LIFE

By Stefan James <https://projectlifemastery.com/changing-your-story-can-change-your-life/>

What is your life story?

We all have painful chapters in our lives. However, if we allow these chapters to define who we are, we risk becoming a victim of our life circumstances. Your thoughts become your beliefs, and your beliefs create stories. The stories we tell ourselves make up our identity and dictate what we believe we can and cannot do. Thus, how you live your life is determined by the stories that you tell yourself. If this story is disempowering, your life will be the same. The great news is that you don't have to remain stuck in that story. You can rewrite your life story so that you become the victor of your life.

Event vs. Story

We create meanings from our life experiences. The meaning that you give to any event, interaction, or outcome will determine the emotional tone of your experience. We create a story about the event, which gives meaning to it. The story we create about the event is what we think or feel, and the feelings are what you bring about throughout your life. When we merge the event with the story, it becomes one.

Let me give you an example of how reframing works. Let's say that you failed a Math test when you were in elementary school. That event resulted in you feeling and telling yourself that you're stupid. That became part of your story. On top of that, maybe your parents got mad at you for failing the test, which made you feel even worse about yourself. These comments further affirmed that you aren't a smart person. You carry this story into adulthood and sabotage every opportunity that comes your way because you have the limiting belief that you're not worthy of success.

The story is where all of the pain and suffering lies. Nothing has meaning until we give it meaning. You create freedom in your life when you can separate an event from a story. This speaks to the power of reframing. When you reframe your life experiences in a more positive light, you change the story that you tell yourself and reshape your reality.



As long as you allow your past to dictate your future, your future will continue looking like the past.

Your life will not change until you change your story.

I AM NOT
WHAT
HAPPENED
TO ME, I AM
WHAT I
CHOOSE TO
BECOME.

Before you can change your story, you need to know what it is that you need to change.

Take a moment to reflect upon the events of your life that led you to create your life story. What is your story and how is this story holding you back in life? What are the meanings and core beliefs about yourself that came out of these events?

Changing your story can change your life.

Your story of who you are and what you are capable of is just a story. You are the creator; it's your life story. Thus, you have the power to rewrite narratives that no longer serve you. You don't have to carry around any more emotional pain if you don't want to. Never forget that you are not limited by your past, so start creating the empowering story that your future self will thank you for.

What story is your brain using to convince you to deny yourself joy?

<https://www.spiritualityhealth.com/dont-deny-yourself-joy-you-dont-have-to-earn-it>

Is there a number on the scale you need to hit before you can buy yourself a fun new outfit? Does your house need to be perfectly cleaned before you can sit down and drink some tea while you read a book? Are you not supposed to "waste time" on doing stuff that brings you joy unless you've checked off every single thing from your mile-long to-do list? Does everyone around you need to feel good before you give yourself permission to do something that brings you joy?

Take a moment and get honest about your joy denial story. Does denying yourself joy help you be a more Awesome Human, colleague, leader, parent, or friend? No. Because joy isn't frivolous or extra. It's an essential, meaningful, and important part of the human experience and precious energy fuel that keeps you going and helps you to do difficult things and stuff you just really don't want to do but you know your future self would benefit from it.



Joy Is 'The Most Terrifying, Difficult Emotion' (Dr. Brené Brown)

https://www.huffpost.com/entry/dr-brene-brown-joy-gratitude-oprah_n_2885983



Joy is an emotion that many people seek to experience, but Dr. Brené Brown says it often brings with it a feeling of terror. “If you ask me what’s the most terrifying, difficult emotion we feel as humans,” she says, “I would say joy.”

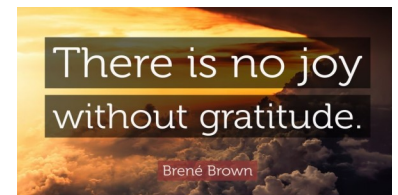
Calling joy “terrifying” may seem strange, but Dr. Brown explains that the fear stems from having our joy taken away. “How many of you have ever sat up and thought, ‘Wow, work’s going good, good relationship with my partner, parents seem to be doing okay. Holy crap. Something bad’s going to happen?’” she asks the audience. “You know what that is? [It’s] when we lose our tolerance for vulnerability. Joy becomes foreboding: ‘I’m scared it’s going to be taken away. The other shoe’s going to drop...’ What we do in moments of joyfulness is, we try to beat vulnerability to the punch.”

To illustrate this point, Dr. Brown shares with Oprah a poignant story about a man she interviewed who admitted to her that he never allowed himself to be too joyful about anything in life. Then his wife of 40 years was killed in a car accident. Dr. Brown remembers him saying, “The second I realized [my wife] was gone, the first thing I thought was, ‘I should have leaned harder into those moments of joy. Because that did not protect me from what I feel right now.’”

Truly joyful people, Dr. Brown says, do not allow fear to take away from fully experiencing joy. “I have never interviewed a single person who talks about the capacity to really experience and soften into joy who does not actively practice gratitude.” “They don’t say, ‘That’s a shudder of terror about feeling joyful. I’m going to dress-rehearse tragedy,’” she says. “They say, ‘I’m going to practice gratitude... Gratitude is a practice. It is tangible.’”

The link below takes you to a clip from “Super Soul Sunday,” where Brené, the renowned research professor talks to Oprah about what her research, interviews and experiences have taught her about joy.

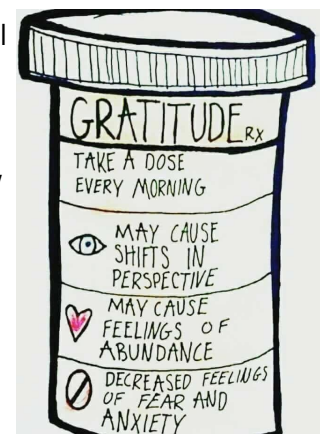
<https://www.oprah.com/own-super-soul-sunday/dr-brene-brown-on-joy-its-terrifying-video>



Brené Brown Quotes on Joy and Gratitude

<https://buildingjoyandhappiness.com/blogs/news/top-48-quotes-by-brene-brown>

- 1) “I don’t have to chase extraordinary moments to find happiness – it’s right in front of me if I’m paying attention and practicing gratitude.”
- 2) “There is no joy without gratitude.”
- 3) “We hold the key to lasting happiness in our own hands. For it is not joy that makes us grateful; it is gratitude that makes us joyful.”
- 4) “Twinkle lights are the perfect metaphor for joy. Joy is not a constant. It comes to us in moments – often ordinary moments. Sometimes we miss out on the bursts of joy because we’re too busy chasing down extraordinary moments. Other times we’re so afraid of the dark that we don’t dare let ourselves enjoy the light. I believe a joyful life is made up of joyful moments gracefully strung together by trust, gratitude, inspiration and faith.”
- 5) “Joy comes to us in moments—ordinary moments. We risk missing out on joy when we get too busy chasing down the extraordinary. Scarcity culture may keep us afraid of living small, ordinary lives, but when you talk to people who have survived great losses, it is clear that joy is not a constant.” – from her book, *Daring Greatly*
- 6) “I never talk about gratitude and joy separately, for this reason. In 12 years, I’ve never interviewed a single person who would describe their lives as joyful, who would describe themselves as joyous, who was not actively practicing gratitude.”



Esteem-able Acts Lead to High Self-Esteem

by Tonya Leigh <https://schoolofselfimage.com/esteemable-acts/>

What are Esteem-able Acts?

Self-esteem comes from DOING "esteem-able things" ... doing healthy and positive things for ourselves, and doing good things for other people.

One of the things I've learned over the years is that self-esteem comes from esteem-able acts. Now you may be wondering – what does that mean, exactly? To have self-esteem, or esteem for another, means to have respect, admiration, good opinion, approval, and appreciation for yourself or that person. Making an effort to do things that build self-esteem pays off. Why? ... because it makes us feel better.



Showing Up for Yourself and Others is Esteem-able

- Make and keep your commitments to yourself and others.
- Decided you're going to lose the extra weight? Then, show up for yourself by getting up to do the exercise, making those healthy meals, and staying away from junk food and sweets.
- Show up for yourself by taking time out to meditate, write in your journal, make a delicious meal, take a long, hot bubble bath complete with candles and music.
- Show up for yourself by going to that doctor's appointment for your annual check-up. Show up for yourself by attending that coaching call, taking a class, or spending the time to learn something new.
- Show up for others by listening. Conversations can be difficult at times, and to make it work and show up for others in communication is to listen genuinely and listen intently.
- Show up by being there during both good times and hard times.
- Take the time to pick up the phone and call - or at least send a text or note saying, "I'm thinking about you."
- Keeping the commitments you make, no matter how big or small, is part of showing up.

Yes, it's been a long, busy week, and sure you'd rather put on your PJs and curl up with a good book, but go anyway because you said you would, and your presence is appreciated.

Boost Your Self-Esteem by Being of Service

The ways that you can be of service to others are endless, but just to get you started, here are a few ideas:

- Mentor Someone
- Donate Your Product or Service to a Charitable Organization
- Invite someone over for dinner
- Offer to babysit
- Help an Elderly Loved One Clean and Organize Their Home
- Gift Away the Things You No Longer Need
- Create Surroundings That are Worthy of Esteem
- Dress to Express, Empower, and Impress Yourself - and Others

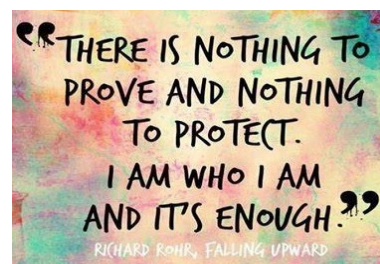


Self Esteem Comes From Our Actions, but Also Our Thoughts and Feelings

Self-esteem comes from DOING Esteem-able Acts, and it's an esteem-able act to be conscious of your actions.




So stay mindful always and ask yourself, "How will it make me feel about myself if I do (or don't) this?"

I look for the good in everything.
Not because I'm ignorant but because it
exists and I choose to seek it.
Rachel - Bruised But Not Broken



Wendat Social Club

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>You've got a new story to write. And it looks nothing like your past.</i></p>		<p>1</p> <p>YOU ARE ENOUGH (Self Worth in History) 1 – 3:30 PM</p>  <p>4 Layer Dessert</p>	<p>2</p> <p>CHICKEN KEBABS & GREEK SALAD 11 AM</p> <p>VICTORIA'S VISUALS Door to the Future 1 – 3 PM</p>	<p>3</p> <p>FILL YOUR CUP Dried Flower Art with a GUEST ART TEACHER</p>  <p>1 – 3:30 PM</p> <p>GROUP IS FULL</p>		<p>5</p> <p>MEAT PIES & FRIES 11 AM</p>  <p>BINGO 1 – 3 PM</p> 
6	<p>7</p> <p>CAFÉ CONNECT (Virtual) 10 AM</p> <p>MINDFUL MONDAY</p>	<p>8</p> <p>YOU ARE ENOUGH (Womans Day) 1 – 3:30 PM</p>  <p>Helen's Lemon Bars Snack</p>	<p>9</p> <p>ROAST BEEF DINNER 11 AM</p> <p>VICTORIA'S VISUALS 1 – 3 PM</p> 	<p>10</p> <p>FILL YOUR CUP (Lust for Life Rewrite Part 1) 1 – 3:30 PM</p>  <p>Change 10 Words – Change your Life</p>	11	<p>12</p> <p>FRENCH TOAST, FRUIT 11 AM</p>  <p>CRAZY 8's 1 – 3 PM</p> 
13	<p>14</p> <p>CAFÉ CONNECT (Virtual) 10 AM</p> 	<p>15</p> <p>YOU ARE ENOUGH (Spring Equinox) 1 – 3:30 PM</p> <p>Apple Walnut Cake Snack</p> 	<p>16</p> <p>KEY WEST BURGERS & FRIES 11 AM</p> <p>VICTORIA'S VISUALS 1 – 3 PM</p>	<p>17</p> <p>FILL YOUR CUP (Lust for Life Rewrite Part 2) 1 – 3:30 PM</p> 	18	<p>19</p> <p>HAM QUICHE 11 AM</p>  <p>YAHTZEE 1 – 3 PM</p>
20	<p>21</p> <p>CAFÉ CONNECT (Virtual) 10 AM</p> 	<p>22</p> <p>YOU ARE ENOUGH (Adding Spring to Our Step) 1 – 3:30 PM</p> <p>Pecan Pie Squares Snack</p> 	<p>23</p> <p>JERK CHICKEN RICE, VEGGIES 11 AM</p> <p>VICTORIA'S VISUALS 1 – 3 PM</p> 	<p>24</p> <p>FILL YOUR CUP (Lust for Life Rewrite Part 3) 1 – 3:30 PM</p>  <p>What is your New Story?</p>	25	<p>26</p> <p>TACO'S 11 AM</p>  <p>UNO 1 – 3 PM</p> 
27	<p>28</p> <p>CAFÉ CONNECT (Virtual) 10 AM</p> 	<p>29</p> <p>YOU ARE ENOUGH (Past/Present/Future) 1 – 3:30 PM</p>  <p>Famous Coffee Cake Snack</p>	<p>30</p> <p>BEEF STEW DUMPLINGS & VEG 11 AM</p> <p>VICTORIA'S VISUALS 1 – 3 PM</p>	<p>31</p> <p>FILL YOUR CUP (Lust for Life Rewrite Part 4) 1 – 3:30 PM</p> 	<p>believe in yourself</p> 	

Wendat Social Club Hours

Club is OPEN:

Tuesday: 1 pm—3:30 pm
Wednesday: 11 am—3:30 pm
Thursday: 1 pm—3:30 pm
Saturday: 11 am—3 pm

Club is CLOSED:

Sun, Mon & Fri

Come join the fun!

Transportation

For a ride to the club, call 705-526-1306, Ext. 228, on the day you plan on attending. Leave a voice message with your name & address.

Rides home are provided for those that participate in club



Vans-BP Bullets

WENDAT SOCIAL CLUB

During inclement weather, the coordinator decides at 9 am whether to close the club. **Call at 10 am** 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 ~

*Believe
You Can...*

And you're
halfway there

Hygiene Code
practiced



COVID PRECAUTIONS:

Wendat takes every precaution available to keep everyone safe, including following all health care guidelines, member & staff screening, providing approved masks,

SMOKING POLICY

There is **NO SMOKING ANYWHERE ON WENDAT PROPERTY**, including the Bus Shelter.



UPCOMING EVENTS

Sorry, there are NO Club Outings this month!!



When you see this symbol on the calendar, it means the Wendat Social Club is on a

NOTE: A \$2 deposit MAY be required to assure your



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

Limit of 2 coffee or tea with meal.
"Meals may change without notice, subject to availability."

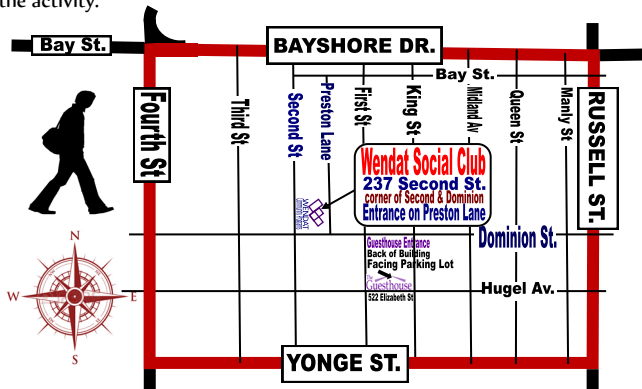


Supported By:

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

VAN RIDES: When we open again:

- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 228 for pickup by 10am, on the day of the activity.



Join us FOR ALL THE
FUN!

FILL YOUR CUP & YOU ARE ENOUGH

Two all woman's groups that has a variety of activities, which builds self-esteem and community.

JOIN THE TRIBE!!

Victoria's Visuals

...is mixed (male/female) group.

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

Usual time is Thursdays 1 pm - 3:30 pm
Times & Dates may vary.



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

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!

JOIN OUR TEAM



Please see staff for details.



Wendat is a registered charity #108196353R0001

CanadaHelps.org
Giving made simple.



WENDAT
Community Programs

Providing Services for Seniors and Adult Mental Health Services in North Simcoe Muskoka