



# 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](http://www.wendatprograms.com)

## MAY 2022

### Coordinator's Message:

Here's to warmer weather!! May is a kick off to more focused programming and our first out of town outing in a very long time. There will be a short hike after the outing to Coldwater. We only have room for ten so be sure to sign up early. The club will be serving lunch very early on this day, 10 a.m., so pick ups will be early. You will leave the club at 10:30 a.m. and arrive in Coldwater at 11 a.m. However, only those going on the outing should come in, as we will not be driving people back until after the outing. We will be visiting the Caring Closet. It has free donated clothing. If you are needed to spruce up your wardrobe, come along. If you have plenty of clothing, let someone else have the benefit of attending.

Janice will be hosting Self Sabotage this month on Tuesdays. Hannah will be hosting Face Your Fears on Thursdays. Be sure you are signed up. We are hoping some new ladies will join the programs.

Beginning in June, we will be hosting a ladies Self Care course for 12 weeks every Thursday from 1 – 3 p.m. We will also do a second trip to Coldwater, Tuesday, June 7<sup>th</sup> (for 10). The staff will be doing a hike at Matchedash that afternoon. Bring along a snack and water, as wear comfortable clothing. If you have mobility issues, there is a picnic pavilion where you can wait for the group to return, enjoy the outdoors and nature.

Janice will be hosting a 3 week declutter program in June. She will also be starting a Men's Self Care Program in July.

I will be away for 1 – 2 months beginning mid May. I am leaving the club in very capable hands, but will miss seeing your wonderful faces. Staff will stay in touch with me while I am off recuperating.

Have a wonderful May....

*Always Re- Creating*  
**DARLENE FORGET**  
~CLUB COORDINATOR~

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

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



# Be Fearlessly You!

<https://lukbeautifood.com/blogs/blog/monday-motivation-be-fearlessly-authentic/#:~:text=The%20word%20%27fearless%27%20is%20not%20necessarily%20the%20absence,of%20you.%20This%20indeed%20is%20being%20fearlessly%20authentic.>

## What does it mean to be your authentic self?

The first word that comes to mind for me is truth. Subconscious truth. Living a life that not only looks good on the outside but *feels* good on the inside (a bit like what I wrote about cultivating true beauty from within - to be beautiful is to be yourself!).

The word 'authentic' means from the source or origin. It is about being real. Ironically it is about *not* trying. It's you. The word 'fearless' is not necessarily the absence of fear, but rather the mastery of fear. It is about living a life that is true to the values at the very centre of your core, regardless of what others may think or expect of you. This indeed is being fearlessly authentic.

I have always lived an authentic life. I follow my heart and do what feels right for me and my family. This is my gauge, despite how much time and effort it might take. After I sold my first business, Luken & May Biscuits, I traveled around the world with my husband and kids on a barge. Reconnecting with them felt right like the right thing to do after working so hard for so long.

Maybe the journey isn't so much about becoming anything. Maybe it's about un-becoming everything that isn't really you, so you can be who you were meant to be in the first place.

Life begins at the end of your comfort zone. So if you're feeling uncomfortable right now, know that the change taking place in your life is a beginning, not an ending.

—Neale Donald Walsch—

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On a smaller, day-to-day level, when I set aside my endless to-do list to take my kids out for a walk outside, that feels right. When I allow stress to fade away and tend to my herb garden. When I sit around a table of inspiring women and truly listen to what they have to say. When I'm sipping on my green smoothies and cooking food for the soul. When I formulate an entire lipstick product line based around holistic living, truth and integrity. When I decide to only use clean beauty brands rather than having my skin clogged and suffocated by synthetic chemicals. When I take time away from my business to see my mum. When I have really and truly followed my gut instinct and made sacrifices, ignored the voice of fear and have just gone with it. This has been me being at my authentic self, unashamedly.

It's amazing how we draw positive people and events towards us when we start to exude this kind of fearless energy. It puts so much into perspective. It makes you realise which parts of your life you weren't living truthfully. That's an enlightening (and sometimes confronting) thing.

So how do you know when you're being your authentic self? Or how can you get more in touch with this?

1. **Pay attention to what brings you joy.** Write in your journal or create a mind map of things that set your soul on fire or make you smile.
2. **Pay attention to what doesn't bring you joy or depletes you/makes you feel off-balance.** Choose to change, let go or limit these things. That nagging gut feeling is there for a reason.
3. **Set clear intentions about what you want to feel and who you want to be.** This can help you change a career, relationship, way of thinking, or lifestyle in beneficial ways.
4. **Take responsibility.** You are the only person who can find your authentic truth and create the life you love.
5. **Accept yourself as you are.** The more you come to terms with who you really are at your core, the less energy you waste on worrying and negative thoughts.
6. **Express yourself.** Try not to fear what other people think of your views and opinions. The right people will stick around in your life regardless of whether or not they agree with what you have to say.

Authenticity isn't about being the "real me", but being true to our purpose and values that drive us.

- Tanveer Naseer



## CONTINUED:



Authenticity is what is left over when the mind steps out of the way and lets the soul shine through. By pursuing the intention of being fearlessly authentic, you focus your attention on whatever resonates with your truth so you can live your best life yet.



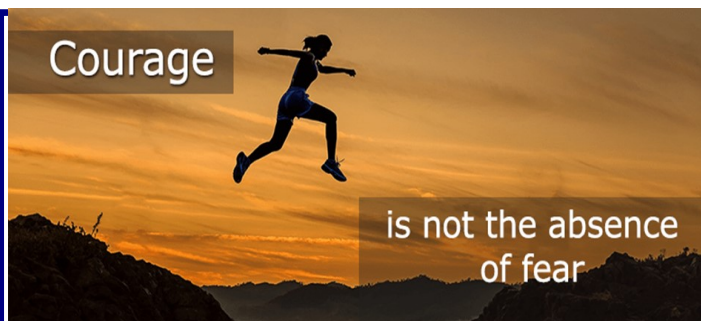
7. **Learn from others around you** - but don't get caught up trying to live someone else's dreams or compare yourself. Take a break from social media and/or mute certain people if they make you feel bad about yourself.
8. **Practice authentic living.** If you feel your true self is not in alignment with the life you are living, then make some tweaks.
9. **Speak the truth when it's necessary.** Sometimes, in order to be authentic, you simply do not need to say anything at all to prove a point. Be real, compassionate, humble and honest when the occasion calls for it. Let authenticity beam from you like rays of sunlight.
10. **Don't over think it. It should be natural, free-flowing.** Don't force it. Just be. Listen gently to the whisperings of your heart. Learn how to discern the difference between truth (gut instinct, subconscious voice, moral compass) and ego (thought, anxiety, fear, overwhelming feelings). Be mindful of love all around you. Feel that love and roll with it. You'll be surprised where you can



Just be yourself. Let people see the real, imperfect, flawed, quirky, weird, beautiful & magical person that you are.

- Mandy Hale -





with heroic and brave deeds. But in my opinion, this definition fails to recognize the inner strength and level of commitment required for us to actually speak honestly and openly about who we are and about our experiences — good and bad.

- ♦ Speaking from our hearts is what I think of as “ordinary courage.”
- ♦ Courage starts with showing up and letting ourselves be seen.
- ♦ The willingness to show up changes us, It makes us a little braver each time.
- ♦ Only when we’re brave enough to explore the darkness will we discover the infinite power of our light.
- ♦ Don’t try to win over the haters; you’re not the jackass whisperer.
- ♦ Shame resilience is the ability to say, “This hurts. This is disappointing, maybe even devastating. But success and recognition and approval are not the values that drive me. My value is courage and I was just courageous. You can move on, shame.”
- ♦ Truth and courage aren’t always comfortable, but they’re never weakness.
- ♦ Those who have a strong sense of love and belonging have the courage to be imperfect.
- ♦ You either walk inside your story and own it or you stand outside your story & hustle for your worthiness.
- ♦ Faith is a place of mystery, where we find the courage to believe in what we cannot see and the strength to let go of our fear of uncertainty.

*the world needs*  
*you to be you.*  
**THE TRUE YOU,**  
**NOT WHO YOU THINK**  
*you should be.*  
*not who they think*  
**you should be.**  
 YOURJOYOLOGIST.COM

## Brene Brown: **QUOTES ON COURAGE**

<https://christieinge.com/brene-brown-quotes/>

♦ Courage is a heart word. The root of the word courage is cor – the Latin word for heart. In one of its earliest forms, the word courage meant “To speak one’s mind by telling all one’s heart.” Over time, this definition has changed, and today, we typically associate courage

**‘Courage is not the absence of fear’** - This means that being courageous does not mean that you can’t be afraid.

**How Can You Learn ‘Courage Is Not The Absence Of Fear’?**



While afraid, look at the positives in the outcome

Do not give up even when the odds are against you.



Learn patience as courage is a virtue of those who are patient.

Do not hesitate to accept your mistakes.



Have faith in your abilities to overcome your fears.

Face your fears, do not run away from it.



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**“Abandon the idea of being fearless.  
 Instead, walk directly into your fears.  
 With your values as your guide.  
 Towards what matters to you.  
 Courage is not the absence of fear.  
 Courage is fear walking.”**



# Wendat Social Club

## May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>CAFÉ CONNECT</b> (Virtual) 10 AM 	3 <b>Spice Up Your Life</b> Mixed Group - Herb Garden 12:45 - 3 PM 	4 <b>Homemade Pea Soup &amp; Crusty Bread</b> 11AM  Victoria's Visuals Tissue Paper ART 12:30 PM	5 <b>GUEST ARTIST</b> Cathy & Kathy, Progressive Art 12:30 – 2:30 PM 	6	7 <b>Waffles &amp; Sausages.</b> 10 AM  <b>COLDWATER TRIP</b> <b>THE CARING CLOSET</b> Leaving Club at 10:30 AM. 10 only-Sign up
8	9 <b>CAFÉ CONNECT</b> (Virtual) 10 AM 	10 <b>SELF SABOTAGE</b> Behaviour & Signs 12:45 - 3 PM 	11 <b>PESTO PITA PIZZAS</b> 11AM  Victoria's Visuals Spring Blooms with Plasticine Wk 1 12:30 PM	12 <b>Fearless You</b> Wk 1 - Befriend Fear 12:45 – 3 PM 	13	14 <b>Footlong HotDogs and Potato Chip</b> 11 AM   <b>GAMES DAY</b> 1 PM
15	16 <b>CAFÉ CONNECT</b> (Virtual) 10 AM 	17 <b>SELF SABOTAGE</b> Comfort Zone 12:45 - 3 PM 	18 <b>BBQ Pork Chops Caesar Salad</b> 11AM  Victoria's Visuals Spring Blooms Wk2 Plasticine 12:30 PM	19 <b>Fearless You</b> Wk 2 - Take Charge 12:45 – 3 PM 	20	21 <b>Sausages &amp; Perogies</b> 11 AM   <b>BINGO</b> 1 PM
22	23 <b>CAFÉ CONNECT</b> (Virtual) 10 AM 	24 <b>SELF SABOTAGE</b> Mindset 12:45 - 3 PM 	25 <b>Egg Salad Sandwiches &amp; Side Salad</b> 11AM  Victoria's Visuals Mapping Your Life Art 12:30 PM	26 <b>Face Your Fears</b> Wk 3 - Tools for Fear 12:45 – 3 PM 	27	28 <b>BBQ Burgers &amp; WEDGES</b> 11 AM  Victoria's Creations Come Play 1 PM 
29	30 <b>CAFÉ CONNECT</b> (Virtual) 10 AM 	31 <b>Pretty in Pink POTLUCK</b> (WEAR PINK) 12 – 3 PM Celebrating YOU!!	<b>Coldwater Trip – Sat May 7<sup>th</sup> – We can only take 10 people. You must sign up in advance. Come for breakfast at 10 AM. Will leave for Coldwater at 10:30 AM. Remember to wear comfortable walking shoes as we explore the area and visit the Caring Closet for low cost clothing.</b>			

## 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!*

## Our apolo- **Transportation** gie ...

For a ride to the club, call **705-526-1305 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 activities. Please be ready for driver upon pickup. Drivers decisions are to be respected.

**Remember Safety First.**

**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 may be pulled off the road and the club maybe closed due to the weather conditions.



**Vans-BP Bullets**

# WENDAT SOCIAL CLUB

**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, disinfecting all areas and maintaining 6 ft distance.  
**~Do Not Attend If You Feel Un-**

## SMOKING POLICY

There is **NO SMOKING ANY-  
WHERE ON WENDAT PROP-  
ERTY,**  
including the Bus Shelter.



## UPCOMING EVENTS

**May 7th—"The Caring  
Closet", Coldwater**



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.**

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



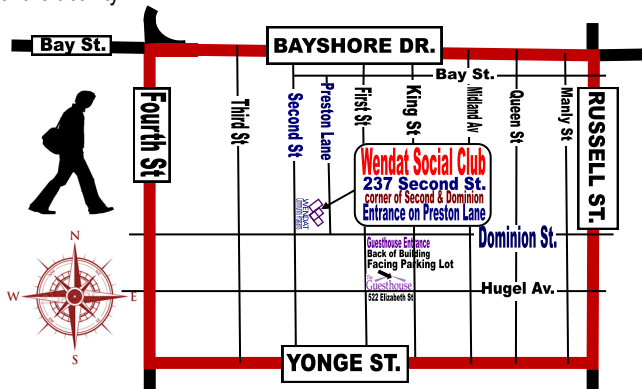
**DINNER: Wed's — \$3**  
*you must be signed-up in advance*

**LUNCH: Sat's — \$3**  
*no sign-up necessary*

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

## 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 #108196353RR0001

**CanadaHelps.org**  
*Giving made simple.*



**WENDAT**  
Community Programs

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