



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

JULY 2022

Coordinator's Message:

Hi All,

Summer has finally arrived and we have a number of great activities planned. Summer is often a time of being outdoors, connecting to one another and getting involved in community activities. You have the opportunity to go to local Yard Sales (Sat Jul 2nd), Fishing in Penetang (Tue Jul 5th), Thrifting in Barrie (Tue Jul 12th) - with an Ice Cream stop, and a Picnic Lunch at Orillia Waterfront & Value Village (Sat Jul 30th). In addition you can learn new art modalities with 'Victoria's Visuals' (Wednesdays), and we have 4 different Games Days. Both Men & Women are welcome to all these events.

For the FYC ladies, we have the Ladies Outdoor Games (Jul 30th), and the continuation of the Self-Care program (Thursdays) featuring a Guest Artist on Thur July 28th.

Hope you all can attend, soak up some sun and enjoy your Tribe.

Reminder—Face masks are still mandatory in the vans and building.

Be Kind to Yourself.

Hannah Poulsen
~RECREATION STAFF~

And Your Recreation team: 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



12 Steps for Self Care

1. If it feels wrong, don't do it.
2. Say "exactly" what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say "No".
8. Don't be afraid to say "Yes".
9. Be KIND to yourself.
10. Let go of what you can't control.
11. Stay away from drama & negativity.
12. LOVE



Healthy Friendships: Bonds that Help You Grow

<https://exploringyourmind.com/healthy-friendships-bonds-help-grow/>

Healthy friendships help you grow as a person.

There are friendships you rekindle every once in a little while. Likewise, there are others that end due to different circumstances or lack of time. Other friendships help you grow because they give you strength, support, and assistance. These are healthy friendships.

The people who build healthy friendships pour their love, respect, and trust into them. In this article, we discuss them further.

"Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief."

-Marcus Tullius Cicero-

Characteristics of healthy friendships

- **Healthy friendships encourage you to grow, and motivate you to evolve, and are always there for you.**
- **Honesty.** Healthy friendships are honest. In other words, they're sincere, respectful, and fair.
- **Assertiveness.** Transmitting what you want to say in the best way possible is also an important characteristic of this type of friendship, since it favors the well-being of its members.
- **There are boundaries.** People in healthy friendships can say no because they don't act under the shroud of complacency. Rather, they act based on what is fair for all the members.
- **They foster trust.** Trusting one another is key in these type of relationships. Creating security in the relationship and eradicating all fears and prejudices are some of its priorities.

As you can see, **healthy relationships are authentic.** They allow you to show yourself as you are. When you fight or have differences of opinion, the friendship becomes more important than trying to convince the other of one's point of view.

How to build healthy friendships

- **Healthy friendships are the result of a combination of effort, values, and abilities:**



- **Acceptance.** Accepting the other person and yourself is the basis of authenticity. Along with respect and tolerance, it builds healthy relationships.
- **Optimism.** Not focusing on complaints and judgments is basic in good friendships. Doing so will help you build a positive perspective.
- **Assertive communication.** Whether it's an agreement or disagreement, getting your message across as effectively as possible is the key to building good relationships with other people. This way, the other person will be able to understand your point of view, which will prevent any misunderstanding. And others will get to see the real you.
- **Respect.** It's all about knowing how far you've come and understanding how far the other person has come.
- **Saying goodbye to competition.** It doesn't matter who achieves more or who

reaches their goal first. Instead, it's about growing, evolving, and transforming because life isn't a race, but an adventure.

- **Emotional management.** Knowing how to manage your emotions helps you be more assertive. Likewise, it increases your understanding of your actions and behavior as well as those of others. All of this can be very helpful for building healthy friendships.

Now, in addition to all of these characteristics, you can't forget the most important one: knowing yourself. Practicing self-reflection helps you become a better person.

Signs of Healthy Boundaries

- Saying "no" without guilt
- Asking for what you want or need
- Taking care of yourself
- Saying "yes" because you want to, not out of obligation or to please others
- Behaving according to your own values and beliefs
- Feeling safe to express difficult emotions and have disagreements
- Feeling supported to pursue your own goals
- Being treated as an equal
- Taking responsibility for your own happiness and
- Not feeling responsible for someone else's happiness
- Being in tune with your own feelings
- Knowing who you are, what you believe, what you like

www.SharonMartinCounseling.com

What are the benefits of healthy friendships?

There are many benefits that come from creating healthy bonds. Healthy friendships:

- Promote happiness.
- Increase your sense of belonging.
- Reduce stress.
- Improve your confidence.
- Cultivate authenticity.
- Lead to optimism.

It's amazing what healthy friendships can do for you. For example, having them favors healthy aging. Otero Puime, Zunzunegui Pastor, François, Rodríguez Laso, García de Yébenes, and Prous suggested this in their article for the BBVA Foundation. Similarly, they also stated that psychosocial networks play an important role in healthy aging.

In particular, they demonstrated the benefits of having intimate friends as well as of playing an active role in healthy relationships. Therefore, healthy friendships lead to a better quality of life, especially in older people.

.Another important aspect of this type of friendship is that they help people deal with their fears and anxieties. They help people overcome obstacles through support and also favor well-being

It's wonderful to see how you can grow alongside friends who support you and help you become a better person. Therefore, don't stop appreciating them. Value the time they spend with you and the love they share with you.

***"True friends aren't the ones who make your problems disappear. They are the ones who won't disappear when you're facing problems."** -Anonymous-*

Healthy Friendship Qualities	Vs.	Unhealthy Friendship Qualities
Equality Equally put time and effort into the friendship.		Inequality One person taking advantage of the other's kindness.
Respect Acknowledge and support who each other are.		Constant Criticism Constant negativity and criticism is emotionally harmful even if it may come off as sarcasm or humorous.
Trust Be able to confide and know that your secrets and deep thoughts are safe.		Distrustful Being fearful to tell your secrets and thoughts because they might share them with others.
Encourage a Healthier You A friend supports your ideas of positive change and allows you to grow.		Brings Out the Worst in You A friend does not support you changing and encourages you to not fall into old bad habits.
Honor Your Additional Relationships A friend that understands and respects that you have other people just as important as them in your life.		Jealous of Other People Close to You A friend being mean to other people close to you or making you choose sides.
Mutual Feelings You and your friend should feel the same about each other and your friendship with no romantic feelings toward each other		Unrequited Love One friend has a crush on the other or you are friends with a past lover *Important to keep lovers and friends separate

The Importance of Community and Mental Health

[The Importance of Community and Mental Health | NAMI: National Alliance on Mental Illness](#)

By Stephanie Gilbert

Mental health heavily influences our quality of life. So it makes sense that mental health, just like physical health, needs to be taken care of and maintained. And one way that it can be maintained is through finding a sense of community. Community can be defined in many ways, but when simplified down to its most important element, community is all about connection. Community is not just an entity or a group of people, it's a feeling. It's feeling connected to others, feeling accepted for who you are and feeling supported. Having [connection](#) can help us feel wanted and loved.

WHY IS COMMUNITY IMPORTANT TO MENTAL HEALTH?



We're social beings, and we are not meant to live in isolation. Community is critical for us to thrive, especially for someone with mental illness who is already experiencing the common symptoms of loneliness and isolation. Community provides many elements that are critical to mental health, but here are three of the most beneficial aspects.

Belonging

If you've ever felt like you don't fit in, you know it can be a lonely experience. Community provides a sense of belonging — a group you identify as being a part of. This is different than conforming to be in a group. A true sense of belonging includes the ability for you to feel you are a part of the community as your true self. There is not anything you have to change to be a part of the community, but instead, you are embraced and appreciated for your unique qualities.

Support

Who do you turn to when you need something? Having people you can call on when you need to talk or need help with something can help you through difficult situations that might feel insurmountable alone. Knowing there are people who support you can help you feel cared for and safe, and can benefit your outlook on life.

Purpose

In community, people fill different roles. Perhaps you're the friend who enjoys cooking and can be counted on to bring a hot meal over when someone is going through something. Or you're the friend who others know they can call when they need to talk about their struggles. These roles can give you a sense of purpose through bettering other people's lives. Having purpose, and helping others, helps give meaning to life.

HOW TO FIND COMMUNITY

When looking for a stronger sense of connection, you have to start with self-reflection. Being aware of what's important to you can help you find ways to connect with other like-minded people.

Interests

What do you like to do? Perhaps you enjoy reading and could try joining a book club. Or maybe you've always wanted to try soccer and could try joining a team. The possibilities are endless, and you might find it easier to connect with others while doing activities you enjoy.

Values

What are your values? This category could include charities or volunteer work. Being of service is rewarding, and you can connect with others who have similar values or care about the same causes as you. A big part of building your community is giving back to each other, and finding volunteer work is a great way to start.

Beliefs

What do you believe in? If you connect with a spiritual practice or religion, try going to a speaking engagement, introductory class or service. Or if a political cause speaks to you, you can join a group that works toward a goal that's meaningful to you. Connecting with something bigger than you is another helpful way to broaden your community.

Humans crave connection. Feeling accepted for who you truly are can give you validation and self-worth. Knowing there are people who support you and will be there for you when you're struggling provides a sense of safety. And knowing you're needed, that you have a purpose, reminds you that you are valued. Community provides all these qualities and more.

Where you find community is up to you; there is no one-size-fits-all. And if you haven't found a strong sense of community yet, keep trying. No matter if your community is big or small, finding people you connect with is vital for your mental health. And remember, just as it's important for you to find your community, it's also important for others to have you as a part of their community. We all need each other.



Wendat Social Club

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy Canada Day	2 French Toast Fruit Cocktail 11 AM Let's go YARD SALE Hopping RAIN or SHINE 12 - 2 PM  
3	4	5 FISHING in Penetang  \$3.00 lunch provided 12 - 3 PM 	6 BLT & SUMMER SALAD  Victoria's Visuals No Rules-Open Inspiration 12:30 -2:30 PM	7 SELF CARE - Week 6 Daily Rituals  12: 45 -3 PM	8	9 RIGATONI & GARDEN SALAD 11 AM.  JOIN US FOR BINGO 1 - 3 PM
10	11	12 LET'S GO THRIFTING In Barrie  Ice Cream on way home, Bring your own \$\$ Leaving Club at 12:30 p.m.	13 PORK CHOPS/ & POTATO SALAD  Victoria's Visuals Loosening up & Scratch Foam 12:30 -2:30 PM	14 SELF CARE - Week 7 Positive Circle of Friends  12:45 - 3 PM	15	16 SAUSAGE ON A BUN with Fries 11 AM  DOMINO'S 1 - 3 PM
17	18	19 SELF CARE MIXED BINGO  12:30 -2:30 PM Join us for Smoothies	20 SHEPARD'S PIE & FRUIT CUP  Victoria's Visuals Inspired Art & Mono Prints 12:30 -2:30 PM	21 SELF CARE - Week 8 Gratitude & Journaling  12:45 - 3 PM	22	23 BURGER & Fries 11 AM  GAMES DAY 1 - 3 PM
24	25	26 LADIES OUTDOOR GAMES Wear a FANCY hat!  Sundae's In the Club 12:30 -2:30 PM Rain or shine...	27 CHICKEN FRIED RICE & EGG ROLLS  Victoria's Visuals Personal Symbols & Making Marks 12:30 -2:30 PM	28 SELF CARE - Week 9 Creativity with Guest Artist  12:45 - 3 PM	29	30 COLD MEAT SANDWICHES, Brownie, Fruit Cup & Water Picnic Lunch To Go... to ORILLIA WATERFRONT & VALUE VILLAGE 11 AM - 4 PM 
31	DON'T MISS THE TRIPS THIS MONTH!!! Everyone Welcome! Sat 2 nd - Yard Sale Hopping (mixed) Tue 5 th - Fishing in Penetang (mixed) Tue 12 th - Thrifting in Barrie (mixed) Sat 30 th - Orillia Waterfront Picnic & Value Village (mixed) 					

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 705-526-1305, 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 Unwell~

SMOKING POLICY

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



A \$2.00 deposit may be required to ensure your spot to attend.



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 attendance.



DINNER: Wed's — \$3

you must be signed-up in advance

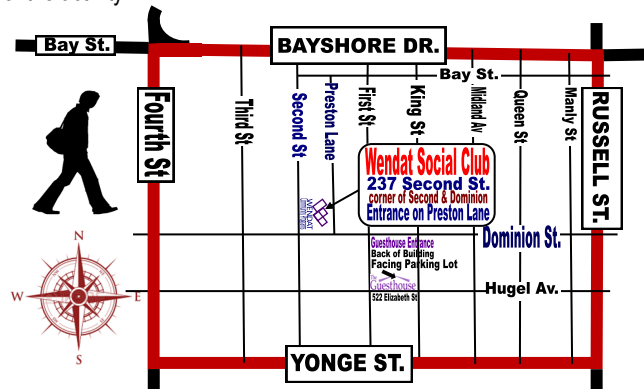
LUNCH: Sat's — \$3

no sign-up necessary

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

VAN RIDES:

- 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 Wednesdays 1pm - 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