



# FULL CIRCLE BULLETIN

OCTOBER 2022

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

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



## Coordinator's Message:

Welcome to our Fall Season,

Over the past few years, the club has evolved being more focused on groups that enhance your cognitive, social, physical, and emotional wellbeing. We began running a Fill Your Cup group offering self care, lunches and art. Like everything, programs also have chapters. Fill Your Cup will continue to run every 2nd and 4th Thursday. The alternating Thursday, we will host Café Flow. You will work in a large mixed media journal exploring Mixed Media, experimenting and booking creativity time in just for you. This group is open to all, as is the "new" Paint, Scrap, Doodle, Journal Social group. In this timeslot on Fridays from 12:45 to 3 p.m., you will be given an art recipe to create as well as a journal prompt to write. You do not have to complete the project here. We will provide inspiration. Art Journaling is a personal form of Art, all about You. It is a visual diary of life pleasures, emotions and self expression. See page 2 for inspiration.

The club continues to open on Wed. and Sat. at 11 a.m. serving a \$3.00 meal each day followed by an activity. Wednesday is Victoria's Visuals. Saturday is either a game day or an outing. Come join in.

Don't forget to sign up for Thanksgiving hosted on October 5th. If needed, we will provide two seatings to 20 members, but want to fill the first seating before determining a 2nd seating. We will serve at noon. There will be no Victoria's Visuals on this date.

Our outing this month is to Barrie to do some thrifting on the 29th.

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

### And Your Recreation team:

Hannah, Janice, Victoria, Dan, Mark, Paulette,  
Randy, Rose, Tiffany, J.P., and Nancy



## Art Journaling & Wanderlust 2023

### Introducing wanderlust 2023 (everything-art.blog)

Wanderlust 2023 brings you 31 inspiring Teachers & 55 high-quality video lessons (one for almost every week of the year!), not to mention all of the bonus classes that are already available as soon as you join.

Each class is based on a Star Supply (the 6 groups for 2023 are Pastels, Pencils, Pens, Sprays & Mists, Pigments & Powders, and so you'll get proper in-depth knowledge across main supply groups, with lots of tips and mini techniques, product comparisons and projects. Every class has a focus on a different Hero Technique too, that the teachers have chosen to provide variety, balance & structure to the course.

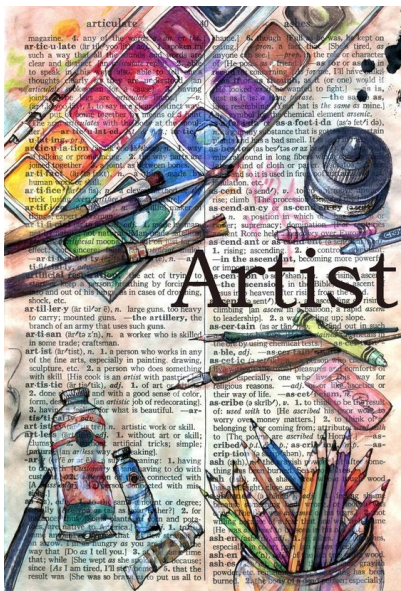
Wendat is happy to have purchased the Wanderlust program and offer you new art techniques, meet new artists via video, and engage more with art materials. We will use this program in all of our artsy programs. It is so wonderful to see more and more members joining the art programs.

Here are the 3 most important things that daily art journaling taught me:

1. True happiness is hidden in appreciating the details. Art journaling practice is my source of hundreds of little joys daily. The feeling of silky paint when I spread it with my fingertips. The smoothness of a creamy acrylic underneath my palette knife. The sound the ink makes when it drips down the page. The excitement and surprise of an image transfer result. The smell of old book pages and the butteriness of oil pastels.

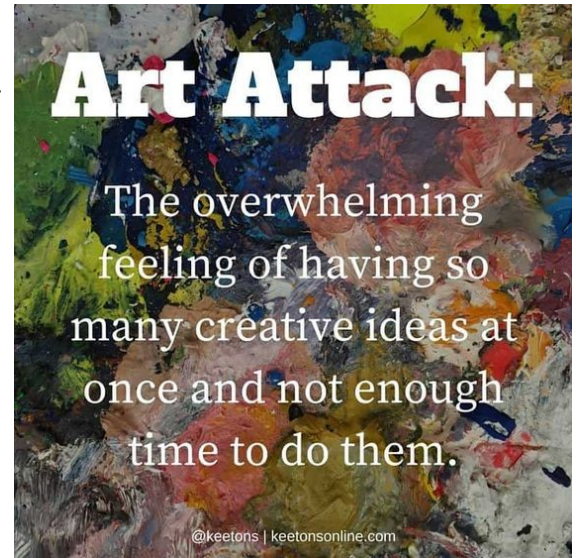
Art journaling taught me that if I'm more attentive and mindful, my daily life is full of tiny hidden pleasures. All I need is to slow down, switch the distractions off and pay attention. This can make every moment special, this can make my happiness a daily experience rather than an unreachable goal.

2. There's a way out of every situation. I love art journaling for how forgiving it is. It's all about the process so there's no space for worrying about the result. And so when a "mistake" happens, when colours start turning muddy or the layering hasn't gone as I expected, I don't try to fix it. Instead I look for the next step. I acknowledge what happened without judging, without labeling it as "good" or "bad" and then I accept it. I respond and see where it takes me. This feels much better and makes me happier than a constant struggle to mend, fix and push things so they go the way I planned.



3. Taking action is the key. We often spend hours on dreaming, planning, making resolutions, talking and thinking about the things we could be or could have "as soon as... we get a new house/we buy a new set of paints/the sunshine comes out/we learn how to do something" and so on...

The thing is we don't have to wait to start taking action. Even if all you can do is a small first step, this already counts far more than gathering never ending images on Pinterest. If I wouldn't do my daily art journaling I would never develop any techniques for my online courses. All it takes is a few minutes at my desk, daily, without expectations, without judgment and that's when the magic starts to happen. You don't need to wait until 1st of January or the first day of the month, to start taking action. Start before you're ready and let it take you on a journey.





## GETTING UNSTUCK

### Three questions to help you get unstuck.

Being stuck is a feeling we have all experienced in our lives. Whether stuck in a rut, a relationship, or a job, that feeling of stagnation can be frustrating and overwhelming. Sometimes it can take a while to get unstuck, and that's when you start to wonder if there's a way out of how you're feeling.

The first step to getting unstuck is being honest with yourself about your current situation. Ask yourself tough questions like, "Why am I feeling stuck?" and "What do I want to change?" Once you identify the root of your problem, you can start to develop a plan to address it.

If you feel stuck between options, if you don't know what to do next, or if you're unsure about a person or situation... asking yourself these three simple questions can help:

Is this a step toward or away from happiness?

Is this going to give me more or less inner peace?

Is this creating more or less time in my life?

It helps to be cautious about allowing anything in your life affects your time, happiness, inner peace. These are three essential areas of life you should focus on when making decisions, and if something benefiting one or all of them, it might be time to let it go.

If you want to make a change your life but you're not sure where to start, ask yourself these three questions. They help you get unstuck and on path to living the life you want because they tap into what matters. And at the end of the isn't that what we all want – to happy, at peace, and have time enjoy life?

## Life isn't always onward and upward.

Sometimes you evolve, sometimes you devolve.

Sometimes you get the life sucked out of you, and other times you breathe life back in. There are times of shutting down and times of opening up. There are times the walls go up and then times they come right back down again.

Wherever you are right now, I hope you choose to act out of love, even if you didn't yesterday. Because love, along with hope, faith, and courage, will always get you out of the pits, unstuck, and back on your way to brighter days... eventually.

Doe Zantamata

tinybuddha.com

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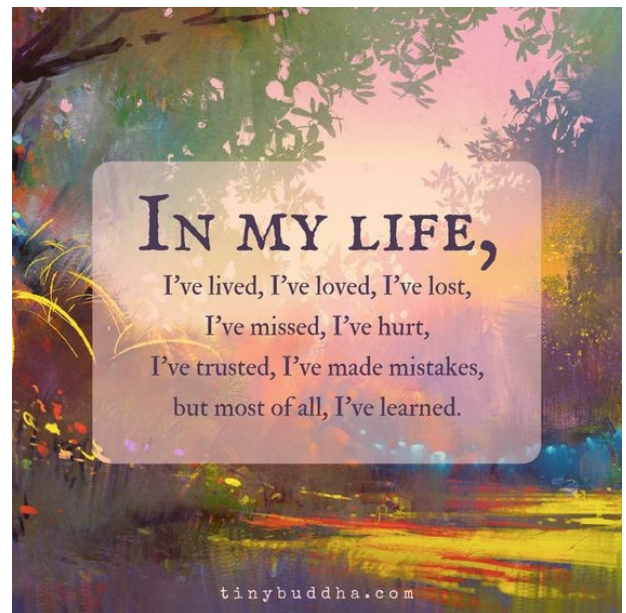
AS WE GROW  
OLDER AND WISER,  
we begin to realize what we need  
and what we need to leave behind.  
Sometimes there are things in  
our lives that aren't meant to stay.  
Sometimes the changes we don't want  
are the changes we need to grow.  
And sometimes walking away  
is a step forward.

tinybuddha.com



HAPPY  
Thanksgiving

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# Wendat Social Club

October 2022							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						<b>1</b> Waffles and Fruit  ART FUN with VICTORIA 12:30 – 2:00 p.m.	
<b>2</b>	<b>3</b>	<b>4</b> CARING CLOSET, COLDWATER, Bring some money for a cone, and a seat at the Coldwater River, Enjoyable Day 10 – 2 p.m.	<b>5</b> <b>HAPPY            THANKSGIVING</b> <b>\$3.00</b> <b>See Below</b>	<b>6</b> <b>CAFÉ FLOW</b> Create your own Unique Pages for future journal pages, Come play with PAINT 12:45 - 3 p.m.	<b>7</b> SCRAP, PAINT, DOODLE, WEEKLY PROMPT, Small Journal <b>"TIME"</b> <b>12:45- 3 p.m.</b>	<b>8</b> Sausage Patty Let/Tom <b>Homefries</b> 	
<b>9</b>	<b>10</b>	<b>11</b> Grandfather's Teaching Truth 12:45 p.m. – 3 p.m.	<b>12</b> Victoria's Visuals <b>12:30 – 2:30</b> <b>Veal Cutlets            &amp; Pasta</b>	<b>13</b> <b>ART JOURNALING</b> TEA BAG ART COLLAGE 12:45 – 3 p.m. Enhancing last weeks unique papers	<b>14</b> SCRAP, PAINT, DOODLE, WEEKLY PROMPT, Small Journal <b>"FRIENDSHIP"</b> <b>12:45- 3 p.m.</b>	<b>15</b> Pancakes and Sausages  Minute to Win it	
<b>16</b>	<b>17</b>	<b>18</b> Grandfather's Teaching Love 12:45 p.m. – 3 p.m.	<b>19</b> HAMBURGERS, GREEK PASTA SALAD  VICTORIA'S VISUALS 12:30 – 2:30	<b>20</b> <b>CAFÉ FLOW</b> <b>Mixed Media</b> <b>12:45 - 3 p.m.</b>	<b>21</b> SCRAP, PAINT, DOODLE, WEEKLY PROMPT, Small Journal 12:45- 3 p.m.	<b>22</b> Hot Dogs and Fries  Pass the gift, dice grab, Yahtzee	
<b>23</b>	<b>24</b>	<b>25</b> Grandfather's Teaching Respect 12:45 p.m. – 3 p.m.	<b>26</b> Victoria's Visuals 12:30 – 2:30 Habitant Pea Soup and Ham Sandwiches 12:30 – 2:30	<b>27</b> <b>FILL YOUR CUP</b> YOGA 12:45 - 2:30 p.m.	<b>28</b> SCRAP, PAINT, DOODLE, WEEKLY PROMPT, Small Journal 12:45- 3 p.m.	<b>29</b> leaving at 11 a.m.  Bring your lunch or lunch \$\$	
<b>30</b>	<b>31</b>			<div>  <p>               Register for the                Thanksgiving Dinner                on October 5<sup>th</sup>, \$3.00,                First seating at 12                p.m., 2<sup>nd</sup> at 1 p.m. if                necessary.                No Victoria's Visuals                this day. October 29<sup>th</sup> is your                shopping trip to 2<sup>nd</sup> hand stores. You                will purchase lunch out.             </p> </div>			

## Wendat Social Club Hours

Club is OPEN:

Tues/Thurs./Fri 12:45 pm—3:30 pm

Wednesday: 11 am—3:30 pm

Saturday: 11 am—3 pm

Club is CLOSED:

Sunday & Monday

*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 whom 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

**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 ANYWHERE ON WENDAT PROPERTY**, including the Bus Shelter.



## UPCOMING EVENTS

**Oct 29th—"2nd hand stores, Barrie"**



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*

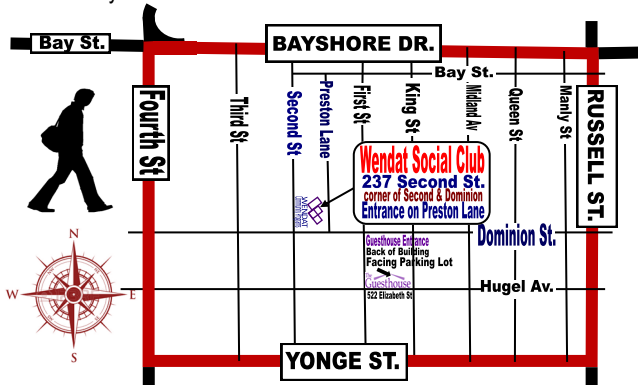
**LUNCH: Sat's — \$3**

*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!**

**JOIN THE TRIBE!!**  
Hannah continues to run the **Fill Your Cup** group, check calendar, we do not meet as often, Café flow is a mixed art group on Thursdays as well.

## Victoria's Visuals

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



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!**



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