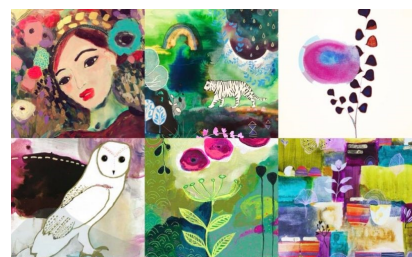




Transportation: Ext 228
www.wendatprograms.com



Connecting with Nature

The benefits of connecting with nature

Connecting with nature has many benefits for our health and our physical, mental, emotional and spiritual well-being. Nature offers impressions for all our senses with its colours, textures, sounds and smells.

Physical benefits

We oxygenate our body and reduce cortisol, the so-called stress hormone. With this we strengthen our immune system and reduce all stress-related conditions.

We prevent cardiovascular diseases by controlling the blood pressure. We also improve our endocrine system. This is a cellular communication network that regulates, for example, our metabolism and digestive system. We reduce headaches and muscle tension. We even reduce the risk of asthma, arthritis, diabetes, skin or weight problems for example.

Also, exposure to nature and natural light helps us to regulate our biological cycles and improve the quality of our sleep. With this we reduce related pathologies such as chronic fatigue or hyperactivity.

Mental benefits

Connecting with nature and reducing stress also helps relieve anxiety, discomfort, sadness, and depression. It also improves our memory and our breadth of vision. Did you know that green is the colour we can distinguish more shades from? Our ancestors needed it to survive and orient themselves.

Immersing ourselves in nature allows us to preserve that ability. It also allows us to look beyond the next block of cement. Looking far to the horizon or along a pathway trains our vision. And that also helps us look beyond figuratively. That is why connecting with nature also improves our creativity and artistic ability.

Emotional benefits

Enjoying nature improves our mood. It makes us feel calm and in peace. It also gives us a feeling of freedom, strength and health that positively affects our self-esteem.

Spiritual benefits

At the beginning I mentioned biophilia as the affinity with nature. Connecting with nature allows us to better appreciate our surroundings. Marvelling at the sky, the sun, the stars, the plants and the animals nourishes us on a spiritual level. It makes us more grateful to our mother Earth.

Walk through nature

This is obviously the classic. Taking a walk through the countryside, a forest, the mountains, the beach or a park allows you to connect with nature. Try to park your thoughts and pay attention to your surroundings. Contemplate the different shades of the earth, the plants and trees. As in the previous point, observe all the flora and fauna and open your senses to the sensations, smells and sounds.



A SINGLE WORD CAN CHANGE EVERYTHING

With a single word—and a single intention—you have the power to change your life. Each month, you will see a wonderful opportunity in the Full Circle to do just that.

Each word has been chosen to inspire you to look at your life in new ways. What will you discover? What will be revealed to you?

With helpful prompts, uplifting questions, and a different word to focus on each month. Focus on the word for the entire month. This is an opportunity to discover, learn, and grow—and to create incredible possibilities for yourself, every moment of the year.

Adventure does not have to be a trip to Italy, and it does not have to mean spending a lot of money. It can be a simple sit in the park, a trip to a coffee shop, sitting by the bay, etc. When is the last time you went on an adventure?

Adventure can be whatever you want it to be! Is there something that excites you—big or small—that you could start planning this week? Set a small goal each week and GO EXPLORE ADVENTURE.

Week One:

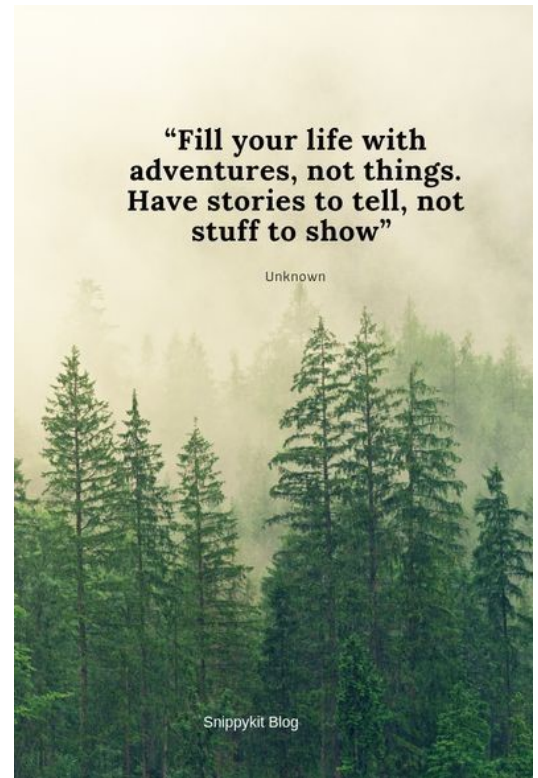
Week Two:

Week Three:

Week Four:

What about this personal adventure is so exciting to YOU?

If you journal, put this in your journal... it holds you more accountable. List your adventures this month... and the ones you are looking forward to...



adventures



Oh, that intimidating, what shall I paint, that staring at a blank page feeling, intimidation.

I'm here to tell you this is all normal but also that you can avoid the blanking by doing these 2 things:

1. the first thing you need to do is to tell that perfectionist to back off. Yes, that negative internal voice is a part of you that doesn't care about you.

You'll find him in I can't draw, I'm not an artist, This isn't perfect kind of talk. Choose not to listen. This is a big reason you can't start. He won't go away forever, but steal a moment or two away from the voice, and you'll have fresh eyes to simply lay down paint.

2. After kicking that dude out, then take some action. Real action. And do something.

THE LIST OF CREATIVE ART JOURNAL IDEAS

Use photos

Write a poem

Create pockets

Make a themed art journal

Make an art journal as a gift

Use positive affirmations

Make a gratitude page

Make windows and doors

Make a small vision board

Shape your pages

Make an unusual collage

Make contrast pages

Make symmetrical pages

Make a collage city



Join Darlene at Café Flow each Thursday. In January, we will begin A year of Painting Gold with Alena Hennessey. Will we continue a whole year? I don't know. You know how I tend to get bored and jump to a new idea. Oh well, it keeps us fresh.

I do feel this will be an amazing course to grow our art skills building techniques each week.

Be sure to sign up and join me. It is best you purchase an art media binder to keep your paintings organized. \$15.00

Wendat Social Club

NOVEMBER 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Grandfather Teaching Courage 12:45 Bring your Mixed Media Journal weekly You may purchase one if you like...	2 11AM Sausage on a bun Sauerkraut, diced home fries Victoria's Visuals 12:30 PM	3 CAFÉ FLOW 12:45 – 3 PM 	4 PAINT SCRAP DOODLE 12:45 – 3 PM 	5 Scrambled Eggs and Baked French Onion Rice 11 a.m. Dart Tournament, Staff play as well, teams 12:30 p.m.
6	7	8 Grandfather's Teaching Honesty 12:45 	9 11AM Spaghetti/Garlic Bread Bayshore Lanes \$3.00 p.p. 	10 CAFÉ FLOW 12:45 – 3 PM 	11 Club is Closed Today 	12 11 AM Grandma Paris' Bambinis, mini Quiche 
13	14	15 Grandfather's Teaching Humility 12:45 	16 11AM Miner's Stew/Bun Victoria's Visuals 12:30 PM	17 CAFÉ FLOW 12:45 – 3 PM 	18 PAINT SCRAP DOODLE 12:45 – 3 PM 	19 11 AM Cheesy Hash browns & Sausage Patties 1 PM Minute to Win It
20	21	22 Grandfather's Teaching Wisdom 12:45 	23 11AM Italian Wedding Soup & Cornbread Casserole Victoria's Visuals 12:30 PM	24 CAFÉ FLOW 12:45 – 3 PM 	25 PAINT SCRAP DOODLE 12:45 – 3 PM 	26 11 AM Potatoe Beef Casserole 1230 PM Art Inspiration
27	28	29 CARING CLOSET OUTING 10 a.m. Out for Coffee Bring Money	We have so many members that LOVE to ART. Join Victoria in December to CreAte your own UNIQUE Apron. We have some Fabric Paints to play with, Smear and blend... they will be amazing, \$3.00 each			

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

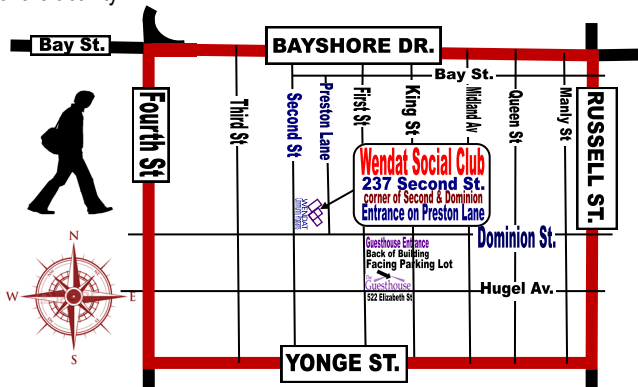
LUNCH: Sat's — \$3

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