



Transportation: Ext 228
www.wendatprograms.com

DECEMBER 2022

Coordinator's Message:

Zippity doo, and another year gone. We have been lucky this year to be back in the club although limited in numbers. This has given us an opportunity to introduce different programs. Most of them have been well received. Art seems to be a huge component of what our members love most.

Our ladies groups were popular, but it is now time to merge the programs and let everyone attend. We did try a men's group, but attendance was low. By merging the groups, everyone will benefit from facilitation that include mental health coping skills.

We were also able to start doing outings again. This month's outing is to the Georgian Mall on December 3rd. We will also visit a 2nd hand store.

Perhaps next year, we will also be able to do the Ladies/Men's getaways.

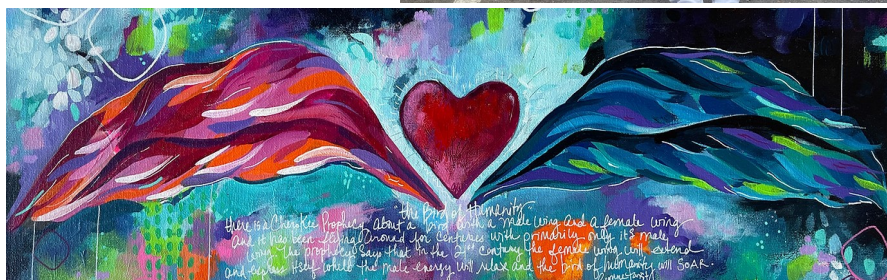
New this December for two days, muffin and cooking baking. For \$3.00, you will take home a variety pack each day. Bring your containers.

Mark and recreation staff are introducing a new Good Food Box program for those who struggle with healthy meal choices, budget, and Food Insecurity. We will host 12 people monthly .

We continue to welcome back members and look forward to making new connections with more people.

Happy Holidays to All from your
Wendat Recreation Team.

Always Re-Creating
DARLENE FORGET
 ~CLUB COORDINATOR~



**INSIDE
THIS
ISSUE**



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



Mental Health Tip of the Month

Try this: Close your eyes and take a few deep breaths. Picture something that you want to achieve this week and focus on it for a few moments. Visualize all the ways you can help yourself reach this goal by the time the end of the month rolls around.

Think on this: What makes you feel powerful? If you're not feeling like the force of nature that you are, how can you change that to step into your power more authentically?

Remember this: Someone else's happiness is NOT your responsibility.

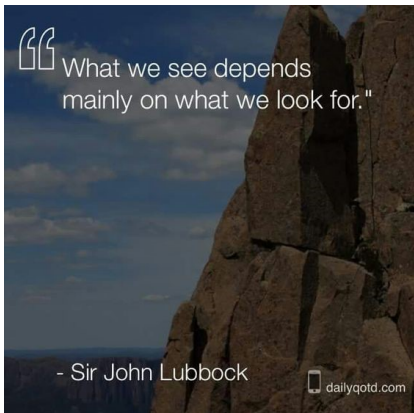


Join Darlene on December 15th and 22nd for a little Andrea Garvey art. We will be working with abstracts.

Enjoy this art class created from my love of layering and mark-making, including a review of my favorite mixed media art

supplies! Learn some tips and tricks as you make a gorgeous abstract painting. The perfect way to spend an afternoon, give yourself a couple of hours to just let go, play and create some beautiful art.

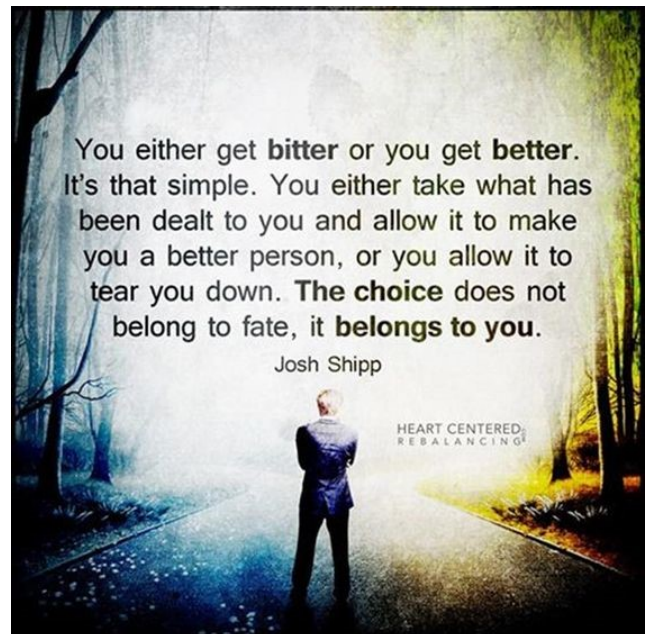
We will be following a video, pause and create....



The word of the month is "OBSERVE". How often have you sat back and just watched the world go by? How often have you responded without observing?

Do you tend to see the positive in life or constantly focus on the negative? Do you observe yourself?

This month, use your powers of observation. Turn your attention outward. What do you see? Do you see the good? The bad? Everything in between? What haven't you noticed before?



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. \$14.00



Victoria's Visuals, our Wednesday programs,

Come join us for lunch each Wednesday for \$3.00. See the calendar on page 4 for menu. Following the lunch at approximately 12:30, join Victoria for some fun art. Her program looks a little different this month. December 8th, she will host A Trio of Christmas Cards. Come create with watercolours. On December 7th, a friendly, bowling social outing. Prizes for highest score.



On December 9th, Victoria will be hosting a "create your own art apron". We provide so many art opportunities, it is about time we have our own aprons. \$3.00

We celebrate Christmas on December 14th with a Ham, Scalloped Potatoes, veggie and dessert. \$3.00. Gifts will be provided for those not in our Case Management program. Case Management will provide a gift to those in that program. We will have two seatings, 11 a.m. and 12:30 p.m. Door Prize draws.

Victoria will guide you in a Word of the Year Art project on Wednesday, December 28th. Some of you participated last year with Janice.

Are you feeling the need for a change, or wanting to improve on something in 2023?

There is no doubting that 2020 and 2021 were tough years. Some would argue that 2022 hasn't been that great either...

Even more reason to focus on the inspiring, the good, the positive and the possibility of the next year ahead!

Choosing a guiding word (no matter what time of the year it is) is so important.

As you begin to consider choosing your guiding word, or your own word of the year, I want you to compile a list:

What is your #1 priority? (If you need help with this, check out this post & the free worksheet with it!)

What do you love/what are you passionate about?

You have been gifted and have one or more talents. What are they?

What do you have time for?

There's something (or multiple somethings) you can let go of. Identify those things.

When you get to the end of this next year... How do you want to feel about those 365 days?

What is something you loved about last year?

What is something you would change about last year?

Think deeply about those questions. Don't allow your mind to wander. Be honest with yourself, and don't hold back.

Victoria will have worksheets for you to assist you in discovering what "word of the year", would guide you in the right direction. Come join her December 21st.



* Boundaries 101 *

Boundaries are limits we set for ourselves. Everyone's boundaries are different, and they are based on what is personally important to us. Boundaries can be set in several aspects of life, such as work, relationships, family, and in conflict. Boundaries can be physical or emotional limits and help to determine a person's comfort level, needs, and preferences. Essentially, boundaries dictate how we want/ allow ourselves to be treated, and how we treat others. Healthy boundaries allow for accountability, respect, and open communication.

If you grew up in a home where no boundaries were set or where people violated your boundaries, setting and maintaining boundaries may be difficult. It is okay if it is hard. Setting clear boundaries is not selfish, it sets the tone for healthy relationships and is an important part of one's own well being. If you ever notice you feel resentful or drained by a person/place/situation, it may be time to look at the boundaries. Remember, boundaries are not threats or ultimatums. Sometimes it is hard for other's to respect our boundaries, but this is not a reflection of you.

* Healthy boundaries look like... *

- valuing your own opinion
- respecting limits set by you/ others
- not compromising own values for someone else
- sharing information appropriately
- effectively communicating needs/wants
- accepting "no" from others
- being able to say "no"
- being able to identify when a boundary has been broken

* How to set boundaries *

- Setting boundaries may take time and practice. Don't get down on yourself if it feels hard.
1. Identify what behaviors from others is acceptable for you, and what might cause discomfort
 2. Clearly communicate your boundaries with others. Learn to say no and be assertive.
 - a. You can choose to explain yourself, or not. Remain confident, respectful and assertive either way.
 3. Decide what to do if someone breaks your boundaries. This may mean a tough discussion, taking time away, or ending a relationship.

Ex: Please don't do that. (Please don't take my food without my permission)

Ex: I'm not comfortable with this. (I'm not comfortable going to that person's house)

Ex: I need some time alone when I get home.

Ex: I want you to tell me how you feel, but it is not okay for you to yell at me or slam things.

Ex: I want to hangout this weekend, but is not okay to bring alcohol or drugs. If you do, I will leave

Ex:

* What are your boundaries? *

- What is important to me?
- What are some of my boundaries?
- How do these boundaries protect my values?
- What boundaries do I need to set?
- How can I effectively communicate my boundaries?
- How can I set & maintain these boundaries?
- Why are my boundaries important to maintain?
- How do my boundaries vary depending on the person/ setting?

DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		A Year of Painting Gold begins in January on-Thursdays... Something new...		1 CAFÉ FLOW Build a Christmas City Scape.... 12:45 – 3 PM	2 PAINT SCRAP DOODLE Christmas Memories 12:45 – 3 PM	3 PRE CHRISTMAS BARRIE OUTING, BAYFIELD MALL, SECOND HAND STORES Leaving club at eleven, \$3.00 Sandwiches to go
4	7	6 Muffin Baking with Tiffany and Nancy, \$3.00, Take home a dozen. 12:45 pm	7 11AM Macaroni & Cheese And Hot dogs Bayshore Lanes \$3.00 p.p. 12:30 PM	8 Victoria's Visuals Trio of Christmas Card Art 12:45 – 3 PM	9 PAINTED APRONS with VICTORIA Abstract Chaos, come create. 12:45	10 11 AM  12:30 PM
11	12	13 MENDING DAY, Bring your items, and play Crazy 8's as well,.... 12:45	14 11AM/12:30 p.m. Christmas Dinner Social Ham, Scalloped Potatoes, Veggies Dessert	15 CAFÉ FLOW Artist Andrea Garvey Part 1 12:45 – 3 PM	16 Good Food Box Cooking Group, Take home meals, you come socialize & cook, Pre register \$5.00	17 11 AM Pierogi Breakfast Casserole An afternoon of games, Crazy 8's, Yahtzee, Mexican Train Dominoes 12:30 PM
18	19	20 Cookie baking, take home a dozen of mixed cookies, Come socialize and bake \$3.00	21 11AM CHILE/GARLIC BREAD 12:30 PM Victoria's Visuals	22 CAFÉ FLOW Artist, Andrea Garvey part 2 12:45 – 3 PM	23 PAINT SCRAP DOODLE 12:45 – 3 PM	24 11 AM CHRISTMAS BRUNCH Cheesy Spinach Strata and Sausages Toast and Egg Nog
25	26	27 A fun social afternoon, Games , Coffee and Treats 12:45	28 11 a.m. SHEPARD'S PIE Victoria's Visuals	29 CAFÉ FLOW 12:45 p.m.	30 PAINT SCRAP DOODLE 12:45 – 3 PM	31 Egg Nog, French Toast Bake, bowl of fruit, 11:00 a.m. Afternoon GAMES

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

**Dec 3rd,
Barrie Outing (Full)**



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

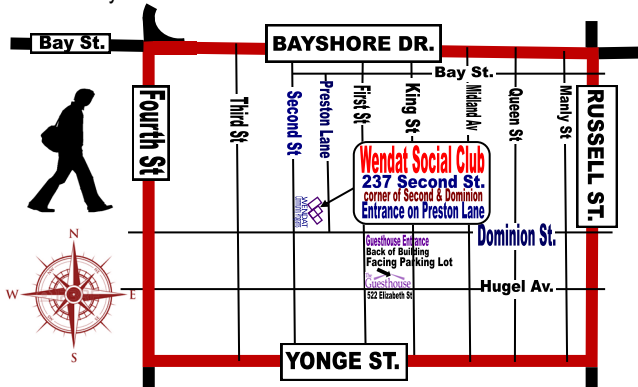
LUNCH: Sat's — \$3

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!

Janice will begin learning about the Moon Phases and Mental Health Coping Skills beginning in January... Social, Cognitive, and Artsy

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.



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