



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

JANUARY 2023

INSIDE THIS ISSUE



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



Coordinator's Message:

Are you ready to make this year full of fun, an opportunity to learn, increase your physical wellbeing and broaden your friendships? We will try our hardest to bring you new and exciting opportunities and techniques to improve your mental wellbeing.

There is one change that must be put in place this year. If you want to attend outings, you must be attending the club twice a month. As well, you must be a member in good standing to attend the Christmas and Thanksgiving Dinners. Those spots are reserved for members who are attending regularly.

We welcome back Janice who has been off for the month of December. Thank you team for filling in. She will start Moon Cycles right at the beginning of the year.

Darlene begins Painting a Year of Gold in February on Fridays,... no, we are not just painting Gold, but narrowing down on technique and experimenting. This is an expensive course, but Wendat has purchased it for you to attend for free. You only need your Big Mixed Media journals. The Good Food Box Cooking program is always the last Friday of the month.

Carol, will return to the club to completely relax you again with chair yoga and some mindfulness on Friday, January 20th.

Victoria continues her Wednesday Visuals. They have been a great hit.

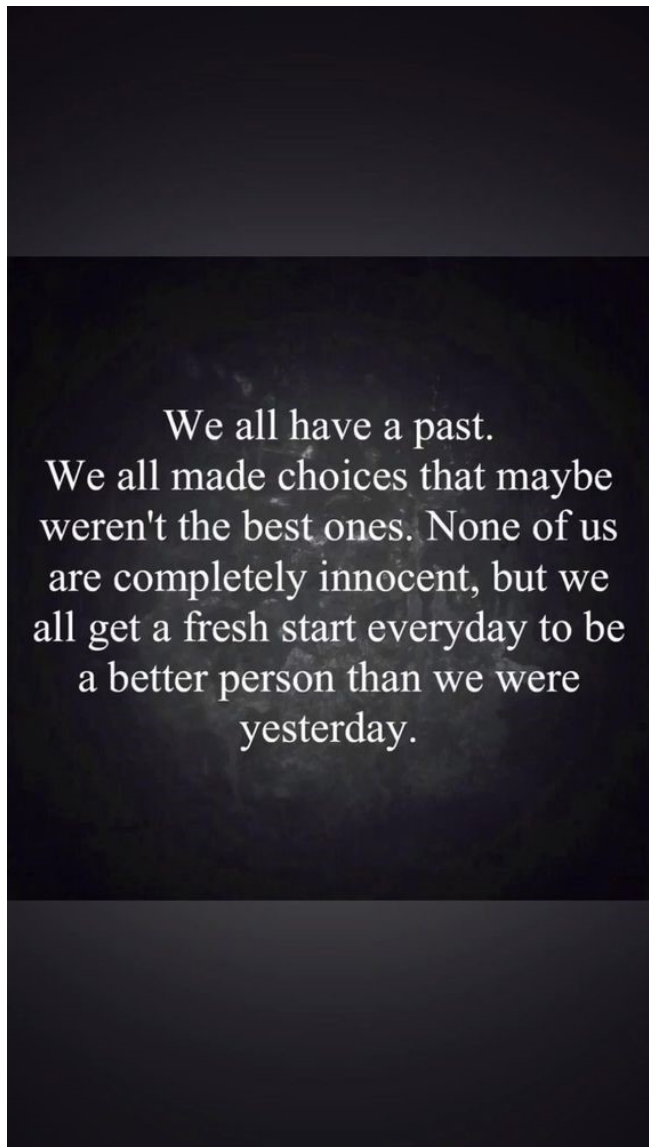
Welcome to a Brand
NEW Year of recreating

Always Re- Creating
DARLENE FORGET
~CLUB COORDINATOR~

HAPPY NEW DREAMS
HAPPY NEW DAYS
HAPPY NEW DESIRES
HAPPY NEW WAYS
HAPPY NEW YEAR
HAPPY NEW YOU

Mental Health Tip of the Month

CHANGE, There are better things ahead than any we leave behind. C.S.Lewis. As the saying goes, the only constant thing in life is change. This month is about accepting change and seeing how much good can come of it. Where do you see change happening in your life right now? Where would you like to see more changes. Join Janice this month as she facilitates "the Moon Cycles". We should all continue to learn throughout our lives.



Some of you have joined Carol in her unique chair yoga practice combined with mindfulness and knowledge. Carol will be joining us on Friday, January 20th. Come share some social time and an opportunity to unwind. She has one of the most gentle voices that just lull you into relaxation. Dress in comfortable attire.

Join Mark in the monthly Good Food Box Cooking



Program. For just **\$5.00** a month, you will take home 3 meals and 2 desserts. Come have a little fun and go home with economical healthy meals. **The last FRIDAY of each month from 12:30—4 p.m.**

Join Darlene at A Year of Painting each Friday beginning in February. . I have already done a few of the samples and finding it very easy to get in the flow of creating. We are not just painting Gold, that is just the title.

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



MENTAL HEALTH MATTERS

Ups and downs are a normal part of life. We all feel a bit stressed out or struggle to cope with a problem from time to time. We all get angry once in a while or find it hard to express our needs assertively. Most of us could use a little help finding balance, getting enough sleep, and getting active. You may notice that these kinds of problems can take a toll on the way you feel. When you feel a lot of stress, it can be hard to feel optimistic about the future. When you feel overwhelmed by a problem, it's easy to feel like nothing ever works out. When you struggle to balance different needs and obligations, it's easy to feel overwhelmed and frustrated.

1: Mental Health Matters Mental Health Matters...for everyone! Mental health is about more than not experiencing an illness. And it's just as important as physical health. Your mental health affects so much: how you feel about yourself, how you relate to others, how you see the world, how you deal with problems, and so much more. Learn about the four dimension of mental health, and take a quiz to check your wellness level.

2: Stress and Well-Being Stress and Well-Being explores different kinds of stress and how it's connected to mental and physical health. We can't just get rid of all stress in our lives, but we can learn to manage stress well! Learn different coping strategies to help you manage stress and learn when you might need a bit of extra support to help you through a difficult time. Take a stress survey to help you identify the different kinds of stress in your life and track your progress as you learn to manage stress well.

3: Social Support Social Support is important! Our support networks can help us cope with problems, look at a situation from a different perspective, learn new skills, and, of course, celebrate successes and have fun. Giving and receiving the right social support can boost mental health and well-being. Different people can offer different kinds of support.

4: Eating and Living Well Eating and Living Well are just as important to mental health as they are to physical health! Good self-esteem, health body image, and balance in the way we understand food and exercise are a big part of our overall mental health and well-being. It's hard to feel good about much when you don't like the way you look, but drastic diets and disordered eating patterns can make us feel worse. Most of us recognize that regular exercise is good for health—and it's a great way to manage low mood, stress, anxiety, and other mental health concerns. But too much or too little exercise can cause problems, too. Learn more about finding good, healthy balance and find tips to help you make changes in your life.

5: Anger Management Anger Management isn't about bottling up your feelings. It's about problem-solving, getting to the cause of anger, and learning skills to control anger. Anger isn't necessarily a bad thing—it's a normal feeling, and it can even be helpful. The problem is that too much anger, very intense anger, anger that doesn't match the situation, and anger that affects other people can be more harmful than helpful. Find strategies to help you manage anger, and learn when you might need to reach out for extra support.

6: Healthy Thinking Healthy Thinking is a tool to help you look at problems or situations in a realistic and balanced way. Do you find yourself thinking about what you "should" do or wonder why things never seem work out? Do you jump to conclusions before you have solid evidence? These common thinking traps can really make us feel down or upset, but you can learn to challenge unhelpful thoughts and look at things from a more balanced perspective. Find a step-by-step guide to help you challenge unhelpful thoughts, and practice your skills in our online worksheet.

7 Finding Balance is about allocating time for things you must do and things you want to do...without changing the number of hours in a day! We all feel pressure to spend more time at work, or feel like we must prioritize chores or other obligations over activities we enjoy. Without good balance, though, it's easy to start to feel overwhelmed, run down, and stressed out. Many people say they feel guilty about spending time on themselves, but you are an important person in your life! Learn why balance matters, find strategies to help you evaluate your own needs and priorities, and take a quiz to see if you've found health balance.

Join Janice on **Tuesdays** for Mental Health Coping Skills for all, and on **Fridays** for LADIES WELLNESS once or twice a month.



JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Moon Cycles 12:45—3 p.m. 	4 Hawaiian Chicken, Rice and Vegetables 11 a.m. Victoria's Visuals 12:30 pm	5 SOCIAL GAME TOURNAMENT 12:45 – 3 PM	6 WORD of the YEAR With Janice and Nancy 12:45—3:00	7  12:30 p.m. PITA POCKETS 11 am
8	9	10 Moon Cycles 12:45—3 	11 PULLED PORK on a Bun, Coleslaw 11 a.m. Victoria's Visuals 12:30 pm	12 12:45—3:00 SOCIAL GAME TOURNAMENT	13 PAINT SCRAP DOODLE With Victoria 12:45 – 3 PM	14 11 AM PIZZA  Dart Tournament 12:30 PM
15	16	17 Moon Cycles 12:45—3 pm 	18 Peameal on a bun, soup 11 a.m. Victoria's Visuals 12:30 pm	19 SOCIAL GAME TOURNAMENT 12:45 – 3 PM	20 Come and join Carol in Chair Yoga. leave so relaxed. 1—3 p.m. 	21 Macaroni Casserole 11 am  Minute to Win it 12:30
22	23	24 Moon Cycles 12:45—3 pm 	25 Spaghetti and Garlic Bread 11 am Victoria's Visuals 12:30 pm	26 12:45—3:00 SOCIAL GAME TOURNAMENT	27 Good Food Box Cooking Group, Take home meals, you come socialize & cook, Pre register \$5.00	28 BREAKFAST CASSEROLE 11 am Make your own ART TOOLS 12:30
29	30	31 12:45 Moon Cycles 				

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

Painting Gold begins in January, come enjoy some social arty time



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

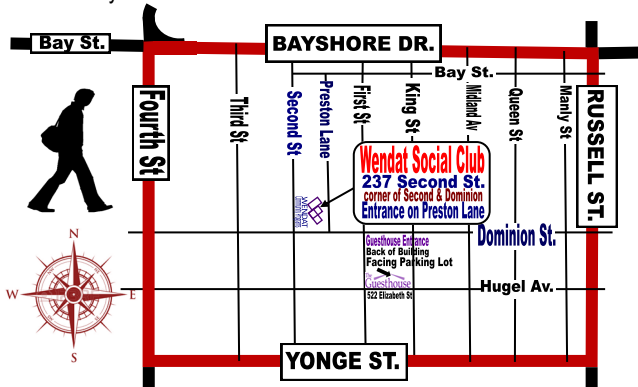
LUNCH: Sat's — \$3

no sign-up necessary

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

VAN RIDES: 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 #108196303RR0001

CanadaHelps.org
Giving made simple.



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