



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

MARCH 2023

INSIDE
THIS
ISSUE

*A little progress
each days adds up
to big results*

www.LaurenGleisberg.com

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



Coordinator's Message:

Phew, Goal Setting is not easy, is it? Understanding the importance of the "Why" is most important than the "How". Accountability, however to yourself is the most important. We will do regular check-ins to see how you are doing. Be proud of yourselves for showing up, facing fears, being vulnerable and wanting more in your life. You Got This! We will check in periodically in casual conversation to see how accountable you are to yourself.

In March, Soul Care is focusing on Postivity and Mindset. We are asking for a \$5.00 commitment fee to cover the resources. It is limited to 14 people.

Enjoy your art work displayed in the hallway. We love for you to participate. Wendat does offer supplies at a reduced rate for you to participate and keep all your materials contained in a book. Our journals are \$15.00 each. The watercolour sets are also \$15.00 for the smaller set. These are great quality. These are for those that intend to do art at home as a hobby, practice, better understand techniques and grow. Often a doodle will add more to your art. Not always... However, time is required to let your art dry. Doodle pens are ruined if you use them on wet materials. Therefore if you wish to doodle it will be done in the club the following week or done at your own home. You can purchase a Black and White acrylic pen set for \$6.00.

The Friday Painting Gold is a technique course. We will be teaching and you are coming to learn about watercolours and building upon your skill each week. The group is now full. You can put your name on the waitlist if you choose.

If you have any ideas for outings this Summer, provide them on the list on the bulletin board.

Thank you,

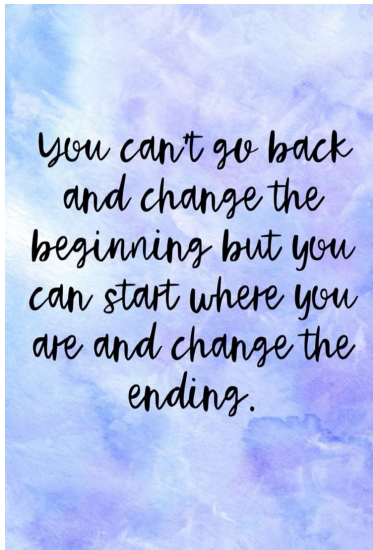
Always Re- Creating
DARLENE FORGET
~CLUB COORDINATOR~

*Setting goals is the
first step in turning
the invisible into the
visible.*

-TONY ROBBINS-

cherish365.com

Mental Health Tip of the Month



Club Updates

The club definitely has grown since January. Transportation may take a little longer as we are picking up and dropping off more people. More members are using walkers; therefore only two walkers can fit in the van. If you have called and left a message; we have your name down. Do not call back, this just slows us down further. If you are cancelling, yes call back. We cannot tell you what time we will at your address; simply wait, it is a free service to you. The drivers leave here one hour before the club opens, so, it could be any time within that hour. Keep an eye out. Secondly, when transporting home, you need to be watching for the van. The driver's should not have to come back in and get you. They will honk the horn, so be watching and ready with all you are taking home. Otherwise, everything gets slowed down. Our numbers will only increase from here. Some of the drivers are concentrating on the road, please do not talk to them. We want to move everyone safely. If the driver is comfortable they will have a conversation.

The groups are big and we enjoy everyone participating. Patience is required in waiting for the facilitator to address the group and get the activity started. We try to be prepared. This is why we need to see your name in the book ahead of time for all activities. Thursday is currently the only day we take drop ins. We open 15 minutes early for you to get your coffee and use the washroom. The activities begin at 1 p.m. or 12:30 p.m. On lunch days, we try to serve for 11:30 a.m.

We have some exciting activities coming this month and next month, but you must sign up as we need to purchase materials. Programs start on time, if you are late, as your friend to catch you up. The facilitator cannot go back and do her/his part over and over. We love that the numbers are increasing, let's respect everyone in the club and follow our simple system that works,

Thank you

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.**





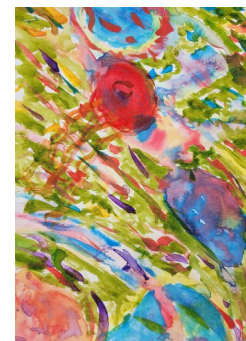
Creativity has so many benefits. Ask yourself, why you create? Write a little journal piece on it. You may say, I am not an artist. What we share in the art programs at Wendat are not for artists. They are simple time set aside for you explore, socialize, and play.

Lately, we have been doing many projects in creativity, balloon moon making, collage, watercolours, acrylics, and stamp making.

The Wednesday and Friday programs are booming. Below, I share some your projects, keep coming, enjoying and blossoming.

It is wonderful to have the freedom to create. This is your time to explore. It is also important you listen to the instructions and not rush ahead. The facilitators have spent hours planning your activities in a way that will produce your best ideas. In February, we created collages. Each of you had the same materials, a lot of materials. You all listened very attentively on this day, and created some beautiful pieces. You would have grasped that the bigger pieces go on the collage first, then the next biggest. You would have learned that it

takes many layers to create a collage that is attractive to the eye. The lightest materials, tissue paper, napkins and heavier smaller textured pieces (lace) go on last. Stamping is often done last so you can see the imprints. Your base paint layer is first and created best by using colours that go together. Inking the edges should have been last. Open space, a place to rest your eye, is left in most paintings. We used just a smidge of white paint to highlight a few areas and give a plaster look in some areas. Black was used for contrast. We all learn. We all grow. If you remember just a few of these tips, your art will become stronger. We are always just warming up and playing. Get in the flow and enjoy.



N.S.K.

S.L.

T.S.

Creating your own stamping tools...



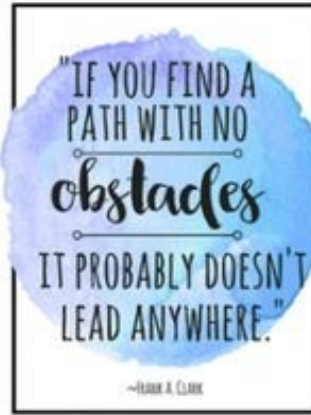
"Overcome" E.W.

"Flower" T.L.

"A Romantic Dinner" J.D.

"Birds of Paradise" A.O.

MINDSET IS EVERYTHING



Wendat Social Club

March 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  Paint Collage Whimsy Wk1 12:30 Chicken Kebabs 11:00am	2  12:45 p.m.	3  Full 12:45	4  Clay Birds Wk 1 And a Game of Crazy 8's 11 a.m. Fruit Topped Waffles
5	6	7 Closed Group  Speed Conversations, 12:45	8  Paint Collage Whimsy Wk2 Spaghetti 11 a.m.	9  12:45 p.m.	10 Carol's Chair Yoga  1 p.m.	11  Clay Birds Wk 2 BLT's 11 a.m.
12	13	14 Closed Group  Mindset, 12:45	15  Potae Ham Leek Soup And Garlic Bread 11 a.m.	16  12:45 p.m.	17  FULL 12:45	18 Scrap Art Doodle Soup & Sandwiches 11 am
19	20	21 Closed Group  Mindset, 12:45	22  Chicken Thighs, Rice and Veggies 11 a.m.	23  12:45 p.m.	24  Full 12:45	25  Silly Saturdays Pancakes & Sausages 11 a.m.
26	27	28 Closed Group  Mindset , 12:45	29  Lasagna, Caesar Salad 11 a.m.	30  11:30a.m.	31 12:45 	The Friday art class is completely full. Thank you for the wonderful response.

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.

Please move off the property, onto the public sidewalk to smoke ~



UPCOMING EVENTS

Painting Gold begins in February, 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



DINNER: Wed's — \$3

you must be signed-up in advance

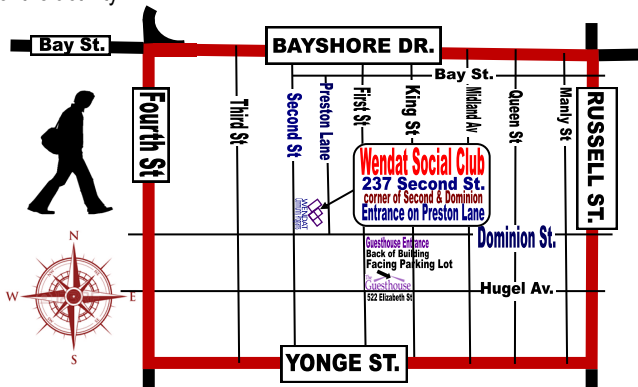
LUNCH: Sat's — \$3

no sign-up necessary

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

TRANSPORTATION

- 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.



Mental Health Coping Skills beginning in February
Soul Care, Mental Health Coping Strategies and Goal Setting

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-



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