



FULL CIRCLE BULLETIN

CLUB ENTRANCE AT REAR OF BLDG.

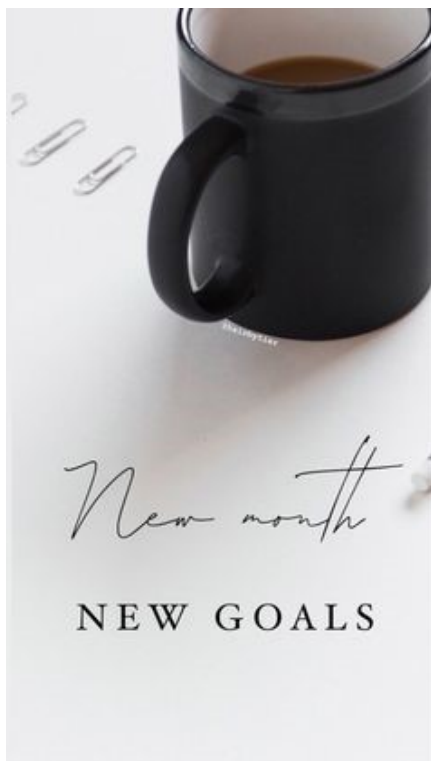
Enter from Dominion Street
onto Preston Lane.

237 Second Street, PO Box 832,
Midland, ON L4R 4P4
705-526-1305

Transportation: Ext 228
www.wendatprograms.com

May 2023

Your Daily Habits have the
power to change your life.



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



WENDAT
Community Programs

Coordinator's Message:

Soul Care continues this month on Tuesdays at 12:45. We are also doing a few outings this month. See coordinator if you are interested in attending. The Nottawasaga hike is a longer one, so if you have any walking problems, it is best you stay home for this one.

Beginning next month, Soul Care will be bi-weekly rather than weekly. On these other weeks, we are beginning a Fragments, handmade art journal to contain all your bits and bobs of leftover art in one place. It should be a feast of Eye Candy... Come play along and enjoy matching and coordinating your pages.

On May 2nd, check out the Coldwater Clothing Closet and a short walk Coldwater walk about. Some of you may choose to eat lunch in Coldwater or just go out for coffee. Others may choose to walk along the pretty waterfront and behind the Mill.

Our fav' Ice Cream shop will also be opening. We will park at the firehall and walk down or there abouts. Getting our steps in.

We welcome
Hannah back this
month to our team,
yeah!!

The coordinator will
be on holiday the first
two weeks of May.
Enjoy your activities

Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~

What is Wellness?

Wellness is the act of
practicing healthy habits
on a daily basis to attain
better physical and mental
health outcomes, so that
instead of just surviving,
you're thriving.

www.imperfectpathways.com

Mental Health Tip of the Month



Daily Self Reflection

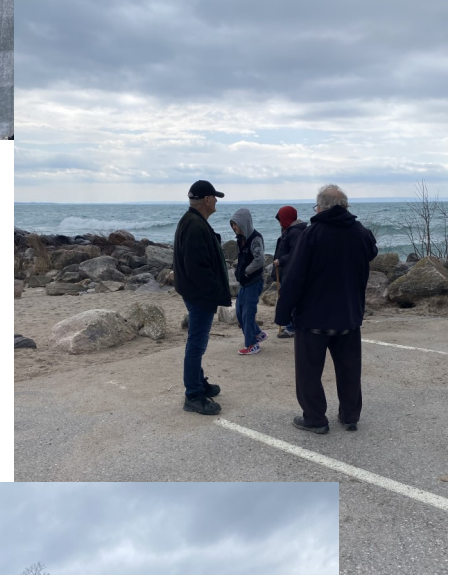
JOURNAL PROMPTS

- #1 WHAT WAS YOUR FAVORITE THING ABOUT TODAY?
- #2 TODAY, WHAT ARE THE TOP THREE THINGS YOU ARE MOST GRATEFUL FOR?
- #3 WHAT DO YOU VALUE MOST ABOUT TODAY?
- #4 HOW DID YOU STAY TRUE TO YOURSELF TODAY?
- #5 IF YOU DID NOT STAY TRUE TO YOURSELF, HOW CAN YOU DO BETTER NEXT TIME?
- #6 WHO DID YOUR DAY BETTER?
- #7 CURRENTLY, WHO ARE THE PEOPLE THAT MEAN THE MOST TO YOU?
- #8 HOW MUCH QUALITY TIME DID YOU SPEND WITH THESE PEOPLE TODAY?
- #9 TOMORROW, HOW CAN YOU BE INTENTIONAL ABOUT SPENDING QUALITY TIME WITH THEM?
- #10 CURRENTLY, WHAT ARE YOUR THREE BIGGEST GOALS?
- #11 WHAT DID YOU DO TODAY TO BE ONE STEP CLOSER TO ACHIEVING THEM?
- #12 WHAT CHANGE CAN YOU MAKE TOMORROW TO BE ONE STEP CLOSER TO THOSE GOALS?
- #13 WHAT IS CURRENTLY NOT HELPING YOU AND NEEDS TO BE REMOVED FROM YOUR TO-DO LIST?
- #14 ARE YOU LIVING IN A WAY THAT REFLECTS THE PERSON YOU WANT TO BE?
- #15 IF YOU KEEP LIVING LIFE THIS WAY, WOULD YOU BECOME THE PERSON YOU WANT TO BE?
- #16 TOMORROW, WHAT CAN YOU ADJUST YOUR BEHAVIOR AND PERSPECTIVE TO BE MORE ALIGNED TO THE PERSON YOU WANT TO BE?
- #17 HOW CAN YOU MAKE TOMORROW BETTER?

GET ALL THE PROMPTS AT WWW.ISABELLEDIAS.COM

It's HIKING Season, Short or long?

Our first hike of the season, short turned into an icy expedition and needed to be aborted... off to Balm Beach for some wave hunting, & a thrift store stop.



ARE YOU GIVING YOURSELF SELF CARE?

IF NOT, TAKE CARE OF YOU FIRST....

Have you ever wondered-what does it take to not only start an effective self-care routine, but actually keep it going, for months and years to come? Enjoying the peace, calm, and happiness that it will provide, regardless of what's going on in the world?

There is a solution and it is quite simple really. Today I'm here with incredible research and tools on how to stress-proof 2023 with a thriving self-care routine and scientifically proven ways to make it stick!

A regular self-care routine can help to:

Reduce anxiety and stress - Self-care activities calm our mind and nervous system and help us develop better responses to triggers.

Improve resilience - As self-care allows you to fill up your cup before doing things for others, you are less reactive to stressors.

Improve self-image and self-worth - As we prioritize ourselves, we discover our worth and importance.

Prevent burnout and exhaustion - Self-care activities trigger the "rest and digest mode" (the parasympathetic nervous system), allowing our body to rest, repair, and recover.

Prevent illness - The lower stress levels and regulation of the nervous system give our immune system a much-needed boost.

Increase happiness - Self-care prompts us to slow down and connect more with ourselves and the world, resulting in increased joy and fulfillment.

1. Start Small

One of the most common reasons we give up on a new habit so quickly is that we lose motivation. Motivation is fleeting, it is something that comes and goes, and thus, it's natural for us to have days where we don't feel like doing our self-care practice.

When we lack motivation, we want to do the thing that requires the least effort. This is why you should always start small when creating a self-care routine. For example, rather than setting yourself the goal of doing one hour-long self-care routine each day, try just 5 minutes.

Think about this, you wake up one morning and don't feel like doing anything. If you've set yourself the goal to do one hour of self-care, there is a high chance you'll skip it. However, if you know you only have to do 5 minutes, you are much more likely to muster the inner discipline to get up and do it.

Of course, 5 minutes should be seen as the minimum. On good days you'll likely want to continue for longer - and you should. But, having the rule of a minimum of 5 minutes will help you stick to your self-care routine and turn it into something you do without thinking about it.

2. Make It Consistent

Our existing habits became habits because we did them consistently until they became second nature. Therefore, consistency is the only way to make a new habit.

It takes time to build a new habit because our bodies and minds are used to our old ones. Thus, when we introduce something new, our mind rebels and tries to resist it. To break through this and ingrain that new habit into your brain and muscle memory, you must repeat it consistently over a long period.

The more regular you are with a new habit, the quicker it will become a routine. This is why it's essential to start a daily self-care practice rather than just setting aside time for it a couple of times a week.

So, schedule time every day to practice self-care identifying a point in your day when you are free. If possible, schedule it for the same time each day, as this will help your mind associate that activity with that specific time. The Ultimate Self-Care Starter Kit contains a self-care planner with templates to help you with scheduling your new self-care activities.

3. Celebrate Achievements

Usually, when we start a new habit, we have a big goal relating to it. Having goals is essential for personal development, but when creating and maintaining a new habit, it's better to set multiple smaller goals than bigger ones.

There are two main reasons for this. Firstly, big goals always seem so far off and unattainable, making it challenging to remain focused. Secondly, the more "tiny goals" you set, the more you can celebrate. Celebrating your achievements is essential as it is part of the "reward step" in the habit formation process.

Our brains are wired to respond to rewards, just like dogs! Every reward triggers pride, happiness, and encouragement, which has been scientifically proven by Harvard Business School. A study found that people who celebrate small achievements see increased motivation to reach their big goals.

So set many small milestones for your new self-care routine, and celebrate each one. You can do this by establishing "streaks." Many habit-formation apps use "streaks" to track and celebrate the user's process. For example, the app will notify you when you have completed 7 days, 10 days, 14 days, and so on of your new practice. Use the same concept in your self-care practice and celebrate your milestones!



WELLNESS 101

Wellness is about moving towards a healthy lifestyle that has a positive impact on your physical health; both inside and out

NOTESBYTHALIA.COM

Wendat Social Club

May 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Come with us for a COLDWATER walk, rejuvenate your Spring wardrobe, coffee or lunch out, or just a walkabout, that's up to you...  10-2 p.m.	3 Bacon Ranch Potatoes, Pineapple Chicken 11-2:30 Victoria's Visuals Journal Clusters for upcoming Journal	4  12:45 – 3 p.m.	5 Chair Yoga, Join Carol for some Zen, relaxing moments, 1 – 2:30 p.m.	6 CHILE DOGS Silly Saturdays 11 - 3 
7	8	9  12:45 – 3 p.m.	10 Hamburger BBQ and Pasta Salad 11 – 2:30  Journal Pockets	11  12:45 – 3 p.m.	12 Homemade Journal Making Covers with Victoria and Paulette 12:45 -3:30	13 Panini Sandwiches  11 - 3
14 Mother's Day	15	16  12:45 – 3 p.m.	17 Mexican Tater Tot Casserole 11-2:30  Background techniques for Junk Visual Journals	18  10 - 4 p.m. NOTTAWASAGA HIKING EXCURSION, This trip is for avid hikers, it is not the easiest of ones.	19 PAINTING GOLD 12:45 	20 11 - 3 SPINACH Egg McMuffins Ice Cream Outing Wyevale  Short hike on the 2 nd line of Tay
21	22	23  12:45 – 3 p.m.	24 Victoria's Visuals 1230 Perogies/Greek Salad 11-2:30 	25 GOOD FOOD BOX COOKING GROUP \$5.00 take home meals 11 – 3:30 p.m. 	26 PAINTING GOLD 12:45 	27 Vegetable Pasta, Goulash 11 - 3 Wood crafts with Victoria/ Mark
28		30  PRETTY IN PINK 11 – 3 p.m. LADIES ONLY	31 Victoria's Visuals 12:30 Impossible Cheeseburger Pie 2/1 11-2:30 	<div> <p>Focus on where you want to go, not on what you fear.</p> <p>-Tony Robbins</p> </div> <p>Homemade Journal covers will be an ongoing activity beginning in June. Come make your covers on May 12th with Victoria and Paulette</p>		

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

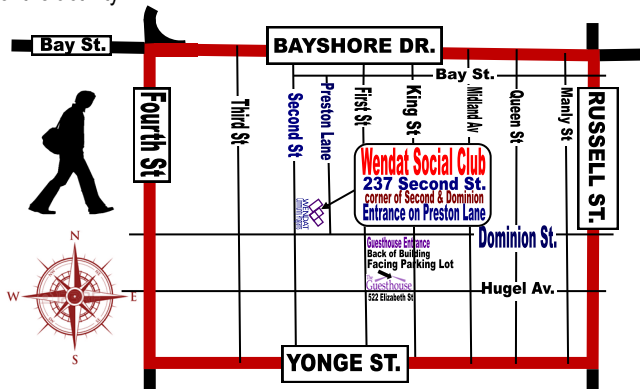
LUNCH: Sat's — \$3

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