



# 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

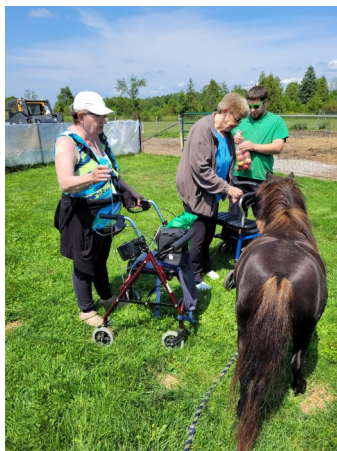
SEPTEMBER 2023

## INSIDE THIS ISSUE

**Page 2 LIMITING BELIEFS**

**Page 3 CREATIVITY**

**Page 4 T.H.R.I.V.E.**



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



## Coordinator's Message:

The club has enjoyed the outings this past month to the Collingwood Lavender Farm and an Alpaca Farm in Coldwater. As well, we hosted our first all day Art Retreat. Victoria is our inhouse artist (seen at right). She hosts Victoria's Visuals on Wednesday following our \$3.00 lunch.



Our members really enjoyed our monthly dinner out to Boston Pizza. We will do it again this month but heading to Mom's Restaurant.

Janice is back on her regular schedule and will introduce Self Esteem Bootcamp on Tuesdays. Come and learn how to better express yourself and BE YOU, and not worry about what other's think of you.



I have really enjoyed hosting The ROADTRIP with Mathew McConaughey. Your dedication over the past three months will prove to take you further in creating the life you desire. Make each day joyful . Put yourself first and reach for MORE. Catch those Greenlights, step back for the Yellows, and realize Red lights always turn Green at some point. You take control of the wheel, Make it a wonderful ride.



*Always Re-Creating*  
**DARLENE FORGET**  
~CLUB COORDINATOR~

## LIMITING BELIEFS

Have you ever wondered why you sometimes fall short of reaching your true potential, no matter how hard you try?

- The answer lies in something we all carry within us: limiting beliefs.

Limiting beliefs are the thoughts that hold us back from embracing our full potential and living our dream life. They are the stories we tell ourselves based on past experiences or what society has taught us. These beliefs convince us that we're not capable, deserving, or worthy of success, happiness, or fulfillment.

Imagine a bird with strong wings that can soar high in the sky. However, if the bird believes it cannot fly, it remains trapped in a cage and never experiences the freedom of the open sky.

- Similarly, limiting beliefs confine us, restrict our actions, and prevent us from embracing our true potential.

These beliefs can show up in different ways:

1. Self-Doubt: Thinking we're not skilled or talented enough to pursue our dreams.
2. Fear of Failure: Believing that failure is devastating and defines our worth, so we avoid taking risks or seizing opportunities.
3. Comparison: Constantly comparing ourselves to others and feeling like we'll never measure up, which lowers our self-esteem and hinders our progress.
4. Scarcity Mindset: Thinking there's not enough success, love, or abundance to go around, leading to fear and an inability to embrace abundance in our lives.

These limiting beliefs create a fixed mindset that keeps us in our comfort zone, preventing growth and stifling our true potential.

- But here's the empowering truth: these beliefs are not permanent, and they don't define you.

Limiting beliefs are like invisible barriers that hold us back from living the life we truly desire. They often stem from past experiences, societal conditioning, or self-doubt. But the empowering truth is that by becoming aware of these beliefs, we can begin to dismantle them and create a new narrative that aligns with our highest potential.

To start identifying your limiting beliefs, I encourage you to engage in the following practices:

1. Self-Reflection: Take a moment to quiet your mind and reflect on areas of your life where you feel stuck, unfulfilled, or held back. What recurring thoughts or beliefs come to mind? Notice any patterns or self-imposed limitations that surface.
2. Journaling: Grab your journal and write down these beliefs. Be honest with yourself and delve into the root causes and triggers behind them. Explore how they have influenced your actions, decisions, and overall outlook on life.
3. Questioning: Challenge these beliefs by asking yourself: Are they true? Where did they come from? Are they serving me or holding me back? By questioning the validity of these beliefs, you gain a fresh perspective and open the door to new possibilities.
4. Visualization: Close your eyes and envision a life where these limiting beliefs no longer exist. How does it feel? What opportunities and experiences become available to you? Embrace this vision and let it fuel your motivation to release those beliefs.

## A Gentle Reminder of ENERGY GIVERS

- Sunlight
- Movement
- Laughter
- Gratitude
- Meditation
- Laughter
- Self-care
- Journaling
- Nature
- Nourishing Foods
- Creativity
- Boundaries
- Sleep



Flow state is highly desirable and healthy for humans.

It's a combination of peak performance, relaxation, happiness and emotional calm. I feel euphoric and transcendent when it happens. It's an absolute natural and super healthy high!

When we are engaged in pleasurable activity that is just a little bit out of our comfort zone, but not too much as to cause us anxiety or stress, that's when flow state kicks in. That's when all of the amazing brain chemicals get released.

Steven Kotler explains the neurochemical changes during flow states that strengthen motivation, creativity and learning. "The brain produces a giant cascade of neurochemistry. You get norepinephrine, dopamine, anandamide, serotonin and endorphins."

Creativity is different for everyone. We all go through states of being In Creativity and states of being out of it. Sometimes we go on a roll of creativity, and sometimes we have to check out, to check back in at a later date.

Often I ask myself what will I do with all these creative items? Well, it really is not about that, it is simply about creating and being in the flow, enjoying time slipping away. You can tell when you are in the state of flow as time will pass much more quickly. This article is from the WillyWanders blog. The items shown are from some of her courses. She creates easy, simple things that are pretty and look great on tags, cards, and in junk journals or added into collage.



**"Anxiety is thought without control.  
Flow is control without thought."**



## **THRIVE**

**Thanks: (Show Gratitude).** I'm not talking about showing the same gratitude day after day. This is truly easy.... Dig a little deeper, find the small things that you are grateful for. Make it harder, you cannot pick the same things. Choose four different ones each day.

Studies show that feeling thankful can:

- Enhance dopamine and serotonin– the neurotransmitters for happiness. It improves your sleep, mood and immunity.
- Decrease depression, anxiety, difficulties with chronic pain disease, stress hormone and fear.

### **HAPPY: Make yourself laugh out loud**

Benefits:

- |                           |  |
|---------------------------|--|
| • Lowers Blood Pressure   | Boosts T Cells                         |
| • Reduces Stress Hormone  | Triggers the release of endorphins     |
| • Improved Cardiac Health | Produces a general sense of well being |

### **RESOURCEFUL You have everything you need to create the life you want**

“Whether you think you can, or you think your can't, you're right. Henry Ford

### **IMMEDIATE: Take immediate action**

One of the success habits of highly successful people is being decisive in nature. Making decisions quickly.

### **VISUALIZE: See it as if you already have it because you DO!**

Using your imagination alone strengthens the neural pathways involved in whatever activity you are visualizing.

### **EXPECT: Be enthusiastic about it. Tell yourself you have the energy!**

1. **Expect it**
2. **Act as if it is already happening**
3. **Have energy around it!**
4. **Be enthusiastic**

**HIGH ENERGY = SATISFACTION = HAPPY LIFE**

**(ACCOMPLISHMENT)**

What is the one task that, if completed, will make today a success? What can you do to make it as easy as possible to get started?

September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					 PAINTING GOLD 12:45- 3:30	 Wyevale for Ice Cream Salvation Army Outing Hot dogs and Fries 11 a.m.
3	4	 12:45	 Spaghetti Dinner 11:00 am VICTORIA'S VISUALS 12:30	 Join us for our monthly meal outing at Mom's restaurant 12 noon	 PAINTING GOLD 12:45- 3:30	 BLT's 11 a.m.
10	11	 12:45	 Hamburger BBQ 11 a.m. VICTORIA'S VISUALS 12:30	CARING CLOSET, FIND SOME NEW FALL CLOTHING Out for Ice Cream Waubauskene 10 - 2	 PAINTING GOLD 12:45- 3:30	PORT SEVERN PICNIC SHORT HIKE, See the locks, browse the town, Coffee Cabin 3\$ 11- 3
17	18	 12:45	 Lasagna, Caesar Salad 11 a.m. VICTORIA'S VISUALS 12:30	 Come Hike Matchdash 12-4	22 <b>Chair Yoga Mindful Art</b> 12:45 	23 Egg McMuffins 11 a.m. 
24	25	 12:45	 Chicken Stir Fry 11 a.m. VICTORIA'S VISUALS 12:30	 11 - 3	29 12:45 	30  Truth Reconciliation Day

## 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:

*~Do Not Attend If You Feel Unwell~*

*We do have the right to ask you to mask or leave. Thank you.*

### 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 ~*

Fridays **Watercolour Painting** Gold class and our Tuesday **Mental Health Coping Skills** are pre register only. Call to see if space is available. 12:45

705 526 1305, ex 227



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*

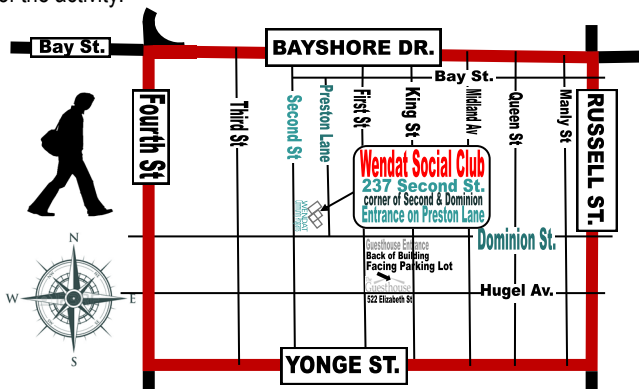
*Limit of 2 coffee or tea with meal. "Meals may change without notice, subject to availability."*



On the last Thursday of the month, join Mark in the kitchen to learn simple meals created from the Good Food Box items. 3 Take home meals and a dessert for \$5.00

### TRANSPORTATION

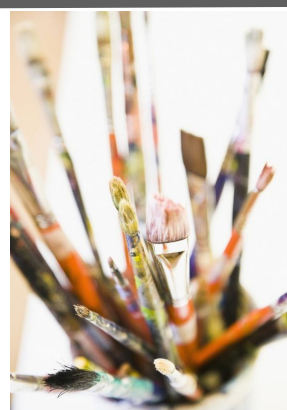
- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 228 for pickup by 10am, on the day of the activity.



Come for lunch \$3 on a Wednesday and stay for a new, art experience weekly @ 11 am



Please observe our **CODE OF CONDUCT** while attending.  
*-Thank you-*



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