



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

NOVEMBER 2023

Coordinator's Message:

The Christmas Dinner will be held on Wednesday, December 20th this year, Reserve your spot. It will be followed by a Christmas Bingo with an array of prizes. Come join in the fun.

As we continue into the Fall season, be wary of the Flu Bug and Covid. If you are exhibiting two or more symptoms, you need to test. We have test kits available at the club. Stay home until you are feeling better. If you are on antibiotics, please stay home and get better. Thank you for your cooperation.

Just a reminder that we provide free transportation to the club. The driver picks up and determines where people sit. We do our best to seat in the best place possible for you. If another member is older or has higher needs, they will take precedence. This is why we prefer to take only 10 people on outings. The back seat is very tight with three people. Do not add your name to the list if all the numbered slots are taken. We also appreciate you calling for outings to say you are cancelling so we can move someone into the spot from the waitlist. Thank you for sharing the outing spots. We cannot take the same people each time. If you have attended one outing, let others have a chance. Put your name on the waitlisted area.

You DO NOT need to call in to cancel a regular inhouse day at the club including meals.

Always remember that not everyone has great days, be supportive, be a lighthouse for someone. You never know what a person is going through. We are all unique.

... and Your Recreation Team, Janice, Victoria, Paulette, Nancy, Tiffany, Rose L, Randy, Gary, Hannah, Rose Q., Mark, Dan, JP

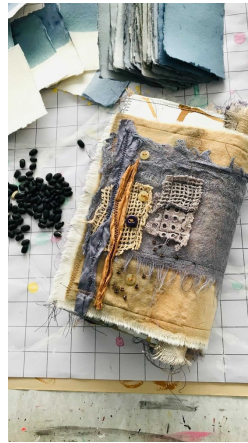
Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~

Appreciate where you are in
your journey, even if it's not
where you want to be.
Every season serves a purpose.

homebody club.

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





SLOW STITCHING

We are heading into Winter, a time of hibernation, coziness, and Hygge, Remember that word, "The meaning of HYGGE is a cozy quality that makes a person feel content and comfortable".

Slow stitching can be a way to process emotions and feelings. It can provide a sense of community and connection with others who also enjoy the practice. Slow stitching can be a form of meditation and can promote inner peace. It can be a way to connect with nature and the natural world .

What is Slow Stitching? Definition & History

So, what is slow stitching? In a busy and chaotic world, sometimes it's just nice to...well...slow down, relax, take a few deep breaths and not worry about creating a product, but enjoying a process. Slow stitching is one of those creative arts perfect for this!

The slow stitch movement was originally created by Mark Lipinksi, a well-known figure in the quilting industry. After some health issues he realized the need for slowing down – and the many benefits that can come from a mindful stitching practice. The intention is to enjoy the process one stitch at a time, to relax, and to not stress about all the things we might worry about if we were trying to make a perfect quilt or sewing project.

The best part about slow stitching? You don't necessarily need any expensive tools to get started. Some fabric scraps, a needle, and thread is all that's really necessary – although there's plenty of beautiful trims & embellishments that can be used to finish off a piece.

For me, the art of slow stitching is all about just intuitively letting the creative process flow...I don't worry about following a pattern, or having perfectly cut pieces, I even let raw unfinished edges hang loose.

Most of the time I just hum right along, being happy to just be in the moment without worrying or stressing about stuff going on in my life. And when I am stressed, needlework can definitely reduce that amount of stress, it's a lot like mark making with fabric! Slow stitching is similar to mark making in an art journal or abstract collage, no perfectness here, one stitch at a time and uniquely YOU, If you can glue it on, you can sew it on, machine or hand stitch. Nancy will be teaching you a few embroidery techniques to add to your creations.

Come join us most often held on a Thursday, or if you are already working on something of your own, bring it along. Gather, sip tea/coffee, socialize and stitch.



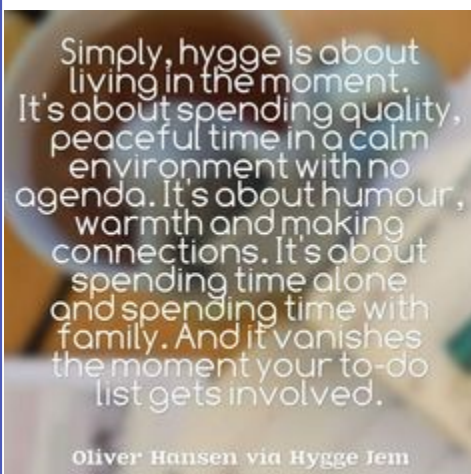
We are reserving a few days this month to explore more with Gelli Printing. We did a brief day you the Gelli Printer. This time we have a few more Gelli Print Plates. Join Paulette and Victoria. We are limiting the days to six participants so you are not waiting. Sign up for either the Thursday or the Friday.

Our monthly lunches out have been successful. This month we are going to the Rendezvous Bistro in Penetanguishene. Be sure to sign up. We will then go to the Dollar Store afterwards.

Just because Winter is on it's way, does not mean we need to totally hibernate. Dress warm and join Rose Q at the Wye Marsh for a fabulous outdoor walk. We will do this twice over the Winter. 10 people only. Look for this on December 14th.



Join Mark again this month for our **FREE Food for Thought Cooking Group**. He will be making warm, apple crumble and a few other items, Come warm up, play a game or two and go home with a few food items. Spaces limited to 12 members.



FIKA [FEE - KA]
(N.) A MOMENT TO
SLOW DOWN AND APPRECIATE THE
GOOD THINGS IN LIFE.

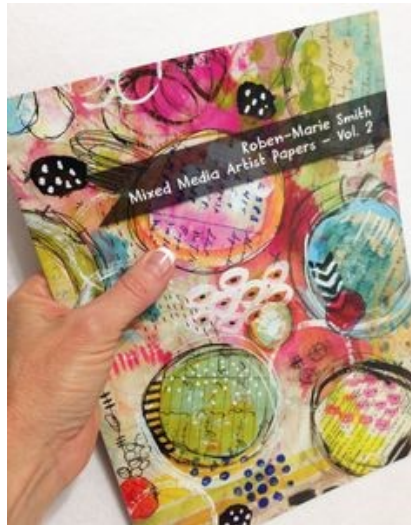
We are more
powerful when we
empower each other.



We are closing in on our Year of Painting Gold. We have had a wonderful turnout over the year on our Friday creativity days. We will continue, but begin exploring other artists as well. Continue to bring your watercolours. The club most often supplies all the rest of the items needed weekly. Don't forget we continue to supply your watercolour materials at a 50% decrease so you can keep your items contained in one book. I will change the name to Creativity Play Dates. I will also be added some other crafting experiences along the way. Rose Q. will continue Mindful Art and Yoga once monthly.

The Mental Health Groups on Tuesdays have also had great attendance. We all can use a Mental Health tune up. Often we forget that we must take care of our spirit, not just our bodies. We will begin again in January. Janice will finish up this year with Self Compassion. Some of you were very successful in accomplishing goals this past year. Way to GO. It is never too late to begin again. Janice will be exploring more of Taking Action, the Wheel of Life and where you may have changed since last year, a little self inventory. Perhaps you want to focus on a different area this year. She will look deeper at Values and Needs, Volunteering and Purpose, your Vision and Goals, your Beliefs, Emotions, Habits/Routines and Relationships. Join her each Tuesday beginning again in January. Food for Thought, but this time we are feeding our brains positivity. Be the change you wish to see in the WORLD... Share your love and joy.

Our meals are \$3.00, super reasonable. If we do not have dessert donations, we will not be providing desserts. Dessert is a bonus.



If you have any ideas you would like to see incorporated into the upcoming calendar months, let a staff know, and we will do our best. Spread the word, invite someone to the club that could benefit.

As for outings, I will be keeping the sign up lists for the outings in my office. I am noticing members are adding their names even if the list is full. I don't like to crowd you in the vans for longer trips. If you attend one out a month, do not sign up for the 2nd outing. I can add you to the waitlist. We cannot continue to take the same people. I like the outings to be full and if there is room, you would be invited to the 2nd outing if there is one.



Art by Tracy Verdugo, Roben-Marie Smith and
Laura Horn

How different could things be if you just allowed it to be easy?

Wendat Social Club

NOVEMBER 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  Meatloaf Dinner 11 a.m.  12:30 p.m.	2  Slow Stitching, Come create, bring along your craft Learn something new, it's portable which means you can continue at home. 12:45	3 12:45 p.m. CREATIVE PLAYDATE Continuation of Painting Gold, with little arting extras... 	4 TURKEY SHEPARDS PIE 11 a.m. – 3 p.m. 
5	6	7 Self Compassion  Wk one 12:45 – 3 p.m.	8 Chile and Garlic Bread 11 a.m.  12:30 p.m.	9  12:45 Gelli Print Making, Come learn a new technique 6 only	10  12:45 Gelli Print Making, Come learn a new technique 6 only	11 CLOSED 
12	13	14 Self Compassion  Wk Two 12:45 – 3 p.m.	15 Chicken Dinner 11 a.m.  12:30 p.m.	16 CREATIVE PLAYDATE  12:45 p.m.	17 12:45 p.m. Dream Catcher  \$3.00	18 11:00 a.m. PIZZA and Card Games 
19	20	21 Self Compassion  Wk Three 12:45 – 3 p.m.	22 Pork Chops, Rice, Veg 11 a.m..  12:30 p.m.	23 Food for Thought Cooking group, take home a few items 11 a.m. – 3 p.m.	24  Chair Yoga, Mindful Art 12:45 – 3 p.m.	25 Breakfast Casserole Minute to Win It games with Mark 11:00 am. 
26	27	28 Rendezvous Bistro, Penetang Lunch 12 -2:30 	29 Spaghetti Dinner 11am  12:30 p.m. 	30  12 only Bayshore lanes 12:45, Meet at club, \$3.00	 Fundraising Partner with Delta Bingo Penetanguishene	

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.



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



DINNER: Wed's — \$3

you must be signed-up in advance

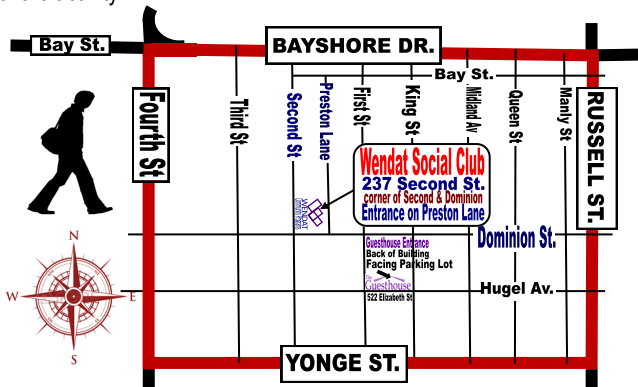
LUNCH: Sat's — \$3

no sign-up necessary

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

TRANSPORTATION

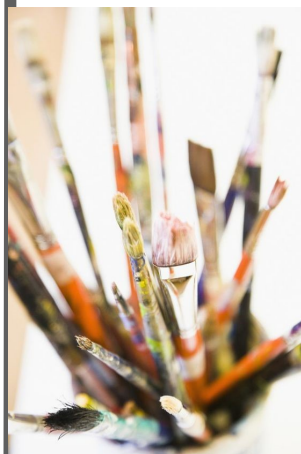
- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 228 for pickup by 10am, on the day of the activity.



Come for lunch—\$3 on 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