



# 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 2024

## NEW YEAR PLAN QUESTIONS

1. What will be my theme for the year?
2. What two qualities do I want to cultivate in me this year?
3. What are my intentions for the new year?
4. What are three habits I am letting go of this year?
5. How do I plan to take care of myself and my energy this year?
6. What areas of my life needs my immediate focus?
7. What are my yearly goals for each area of my life? What are the action steps to reach them?
8. What is one thing I want to focus on for each quarter of the year?
9. How do I plan to live my true self this year?
10. What is the one thing I would want to thank myself for doing at the end of this year?

VISHAKABLONE.COM

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



## Coordinator's Message:

Welcome to a whole New Year, 365 days of opportunities just waiting them to be filled with joy. Joy is small things in life,. They don't have to be massive, a simple walk, a good book, a great sleep, a coffee with a friend. Take the time to connect with others this year and be appreciative of all that is given to you.

We are thrilled to see new faces in the club. Wendat does offer superb recreational programs. Share them with your friends. Our mental health is just as important as our physical health. Join Janice on Tuesdays for Mental Health Tune Up days. Join Rose Q for physical health, hiking, light stretching, some light yoga and chair exercises.

We will continue outings out of town once the snow disappears, but for the Winter, we try to keep our outings close to home. As well, if it snows, we don't go to Lafontaine to pick up. We make the decision around 9 a.m. as to whether the vans will be on the road at all. Sometimes, the snow is heavy first thing in the morning, but it clears and we can transport. If we cannot, we will open, but not transport. We do not want to take the risk so will always use safety first. Look forward to a fabulous New Year.

... 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~



HealthyPlace.com

## SETTING GOALS

Whether you realize it or not, you've had goals your entire life. When we set goals, we need to brainstorm and take them seriously. They need to be attainable and achievable. But most importantly, we need to learn how to put in the work to achieve our realistic goals and why we're devoting our focus to them in the first place. Let's begin .

Goals are something that we put our effort toward achieving. They're whatever we're aiming to accomplish. Goals motivate us to work on our mental, financial, emotional, and physical well-being. They help us focus our actions on something specific and organize a plan.

### Short-term vs. long-term goals

An important part of setting realistic goals is determining their scope. Some of our goals might carry a sense of urgency, like buying concert tickets before they sell out, whereas others are something we want to achieve down the road. Devoting our efforts toward long-term goals that don't offer instant gratification helps pave the way for a more meaningful life.

But short-term goals aren't bad, and we need smaller goals to make our dreams come true. We can't expect to be hired as a senior employee right out of college. Instead, we must take the smaller steps required to reach our end goal.

Having your goals in mind, if you're struggling to set long-term goals right now, take a step back and think about realistic goals you can accomplish in the meantime that can help you get there.

Review these 11 tips that will help you learn how to set achievable goals for yourself:

- ◆ Figure out an organizational template that works best for you
- ◆ Brainstorm how your goals can be measurable
- ◆ Believe in yourself and your abilities
- ◆ Make sure you're setting SMART goals
- ◆ Work your goals into your future plans
- ◆ Gather the resources and supplies you need to succeed
- ◆ Don't be afraid to readjust your goals if need be
- ◆ Keep your goals aligned with your values in life
- ◆ Mark when you'll want to check in with your progress
- ◆ Establish a time frame for your goals that's also realistic
- ◆ Create a vision board or visualize your dream future to make sure you're moving forward

5 questions you should ask yourself before setting goals

Before setting your goals, find a comfortable place and sit down with yourself. Figure out your vision for your goals and think about any obstacles you foresee. This thinking will help you develop a plan and prepare for the work required to achieve your goals.

To help you find some clarity, here are five questions that follow the SMART goal structure:

**Specific:** What is it that you'd exactly like to do?

**Measurable:** How will you know that you've accomplished your goals and you're satisfied?

**Achievable:** Is this a realistic goal or not?

**Relevant:** How relevant is this goal to your values, future plans, and what's important in your life?

**Timely:** When do you want to achieve this goal? What time frame will you give yourself?

Here are the five values to remember as you work toward learning how to set realistic goals:

**Commitment:** You have to be committed to your goal, or else why put in all this hard work and effort? When your commitment wavers, remind yourself of why you set this goal in the first place.

**Clarity:** Your goal needs to be crystal clear. If you're confused, you won't be able to chart a path that will make your effort worth it. Take your time identifying your goals initially, and make sure you have plenty of clarity.

**Challenge:** Facing challenges isn't the end of the world. Overcoming them can be a great learning opportunity, but understanding when a challenge is too big for you at the moment can help you save your energy and efforts for a better time.

**Complexity:** Think about how complex your goal is. Do you need to go back to school for more certifications? Do you need to take time away from work or change your lifestyle? Your goal can be realistic but complex at the same time.

**Feedback:** Don't be afraid to ask for feedback. Your friends, loved ones, or professional network could offer some great advice that could help steer you in a better direction.



## Wye Marsh hiking, come join in next time around...

Some of you enjoyed a beautiful day at the Wye Marsh in December. We would love to go back again once the swans are in for the Winter. We will book a date in February to feed the swans. Let's hope for another gorgeous day.



## CHRISTMAS PARTY HIGHLIGHTS, see our hallway for more pictures.

Our 2023 Christmas Luncheon was a super special time in the club. We were so thrilled to be able to host a lunch for such a wonderful crowd of energetic members. The room was buzzing the entire time. Welcome to our

newest members, Sam & Branden, Tracy and Samantha, and Amanda, and welcome back Tylenea.

Hope 2024 brings you lots of love, creativity and curiosity.



## December photos...



Join us FOR ALL THE FUN!



## Our Meal days

You can purchase lunches for \$3.00 on Wednesdays and Saturdays. You do not need to be signed up, however we do appreciate knowing how many to prepare for in advance. The sign up book is available to you at the front desk. We always serve a hot lunch. It is truly economical. Often we have leftovers that you may choose to purchase to take

home. We do keep some frozen meals in the fridge available to you for \$3.00 as well. Speak to a rec staff to purchase. The club opens at 11 a.m. on both Wednesdays and Saturdays and closes at 2:30 p.m., unless we are on an outing. See the monthly calendar in the newsletter, online, or posted at the back door of Wendat.



**If it is too snowy and roads are poor, we do not provide transportation.**

## Victoria's Visuals

Victoria hosts her activity on Wednesdays. Often she will work in a mixed media book. We offer them at the club for \$15.00, this is a 50% discount. She normally provides a step by step craft activity with some learning techniques.

Her activity begins at noon or whenever the luncheon is completed. She co host her program with Paulette most of the time. Both staff have a quiet demeanor and are very supportive allowing you to create your way or by guiding

you in the steps.

**VICTORIA'S  
VISUALS Every  
Wednesday**

## Slow Stitch and Creative Playdates

Slow Stitch is embroidery. Nancy, one of newer facilitator is hosting this activity on Thursdays. She is teaching the stitches weekly and incorporating them into a project.

Nancy will go back and teach stitches because we all know

our memories can hold every stitch. She also supplies the patterns to you to put into a duotang. This is a quiet, meditative process and a hobby you can also do at home. We do charge \$5.00 for the hoop and needle to get started. Darlene, club coordinator offers art playdate most often

on Fridays. We explore different artists each month or do some junk journaling. We supply the materials except the mixed media binder, the same one Victoria uses. We also have water colour paints at a 50% discount.

# What is Your ONE WORD?

Believe	Momentum	Desire
Adventure	Challenge	Might
Focus	Truth	Encourage
Create	Begin	Surrender
Joy	Decide	Smart
Cultivate	Commit	Magic
Bless	Action	Creative
Fearless	Effort	Courage
Confidence	Results	Opportunity
Success	Work	Start
Trust	Wisdom	Accept
Progress	Try	Present
Faith	Motivation	Educate
Connect	Breathe	Protect
Grow	Imagine	Kindness
Give	Brave	Comfort
Thankful	Inspire	Protect
Grateful	Strength	Remember
Intent	Bold	Best
Expand	Reach	Change
Learn	Positive	Sacrifice
Persevere	Dream	Attitude
Abundance	Goals	Meaningful
Connect	Energy	Capture
Family	Hope	Charity
Love	Push	Warrior
Humble	Will	Live



## WORD of the YEAR 2024

I don't know about you but I love the idea of choosing a Word of the Year vs. New Year's Resolution because it helps bring intention, focus, and clarity to what we want to create in our lives.

### 5 STEPS TO HELP YOU CHOOSE YOUR WORD OF THE YEAR (WOTY)

This isn't about crossing another goal off your list. It's about creating a word or mantra to help guide your daily actions and grow mentally, physically, or spiritually (maybe even all of the above!). It's about giving your soul what it needs. Here are a few easy steps to help guide you in choosing your 2024 word of the year.

#### STEP 1: REFLECT

The first thing I want you to do is to reflect on this past year and ask yourself these questions. Jot down whatever pops into your head without self-editing.

What could I use more of in my life?

What could I use less of in my life?

What characteristics would I like to have?

By the end of the day, I feel (fill in the blank).

How do I want to feel?

Once you review your responses you'll have a better sense of the direction you'd like to go, or what you feel may be lacking in your life.

#### STEP 2: VISUALIZE

Visualize what the perfect day would feel like, the emphasis here is "Feel". Think about how you want your morning routine to feel, how you want to feel at work or throughout the day, and how you want to feel right before you go to bed.

I also recommend meditating or sitting in silence for a couple of minutes and asking yourself "What word do I want to focus on in 2024?". This is simple but effective.

I think this exercise works best when you're in a relaxed state. If you're having trouble maybe try it before you go to sleep or first thing in the morning. You could also turn on an aromatherapy diffuser, light a candle, smudge the space first, or put some calming music on in the background. You'd be amazed how being still can help your intuition shine through, and bring your word to the forefront.

#### STEP 3: CREATE A LIST

Spend 10 minutes creating a list of the words that come to mind. You can use the following list of words as inspiration.

#### STEP 4: REVIEW & REFINE

Review your list and narrow down your favorites. I'd circle or highlight 3 words.

Chances are you'll see a theme going on between the words you wrote down.

Do any of the words jump out at you, make you feel excited, nervous, scared, uncomfortable, or at ease? Sometimes the words that scare us most can mean we're on the right track because change isn't always easy.

Think about the words, try them on, and see what feels right. Gently review your list and let the words pick you, we're on the right track. At the same time, I think finding your word can also bring peace and empowerment.

#### STEP 5: ASK YOURSELF THIS VERY IMPORTANT QUESTION

Now that you narrowed down your list to three words, there's just one more question to ask"

So tell me, are you interested in your word, or are you committed?

If you're merely "interested" then chances are you'll make excuses as to why you're not putting forth the effort to actually make changes. But if you're "Committed" to your word, you'll do whatever it takes to implement that word and bring more of it into your life.

If necessary, allow yourself a day or two, even a week to really think about this.

#### WHAT'S YOUR 2024 WORD OF THE YEAR?

Which word can you say you're 100% committed to? Choose that one.

# Wendat Social Club



Proud Fundraising Partner with  
Delta Bingo Penetanguishene

January 2024							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 <b>KICK START your Mental Health 2024</b> 12:45 – 3 p.m.	3 Macaroni and Cheese  11:00 a.m. 3\$  12 p.m.	4 Slow Stitch for the Soul 12:45 	5 12:45 – 3 p.m. 	6 Soup and Sandwich 11 am – 2:30 3\$	
7	8	9 <b>KICK START your Mental Health 2024</b> 12:45 – 3 p.m.	10 CHILE and GARLIC BREAD  11a.m. 3\$  12 p.m.	11 Slow Stitch for the Soul 12:45 	12 12:45 – 3 p.m. 	13 Bacon, Lettuce Tomato Sandwiches and Soup 11 am – 2:30 3\$	
14	15	16 <b>KICK START your Mental Health 2024</b> 12:45 – 3 p.m.	17 Hot Hamburger Gravy and Mashed Potatoes 11 am 3\$  12 p.m.	18 Soul Stitch for the Soul 12:45 	19 12:45 – 3 p.m. 	20 Omelets and Toast, Juice 11 am – 2:30 3\$	
21	22	23 <b>KICK START your Mental Health 2024</b> 12:45 – 3 p.m.	24 Greek Salad and Chicken Souvlaki with Rice 11 am 3\$  12 p.m.	25 Soul Stitch for the Soul 12:45 	26 12:45 – 3 p.m.  Chair Yoga followed by Mindful Art	27 French Toast and Fruit 11 am – 2:30 3\$	
28	29	30 Join us on a little trip to Coldwater Leaving club at 10 a.m. Bring Lunch money. 	31 Sausage and Taters 3\$  11a.m.  12 p.m.	<p>The Wendat social club does try to keep our programs to two hours. We provide 15 mins in advance of the program for you to get a coffee and settle in. We try hard to start on time but if many are attending, we wait for transportation to arrive..</p> <p>Thank you for co-operating.</p> <p><b>Be sure to call the club before 10 a.m. daily for your pick up, Midland, Penetang and in town Lafontaine</b> 705 526 1305 ext 228</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:

*~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 attend-  
ance.



**DINNER: Wed's — \$3**  
*you must be signed-up in advance*

**LUNCH: Sat's — \$3**  
*no sign-up necessary*

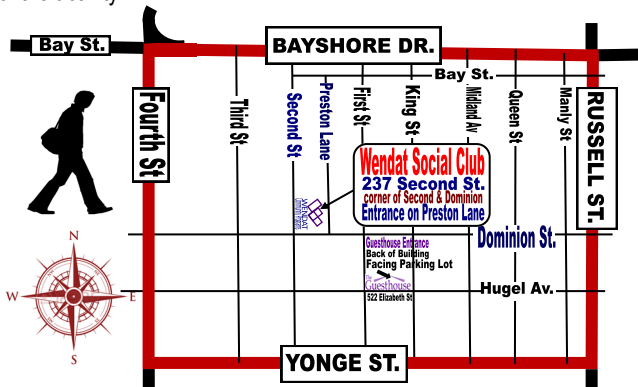
*Limit of 2 coffee or tea with meal. "Meals may change without notice, subject to availability."*



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

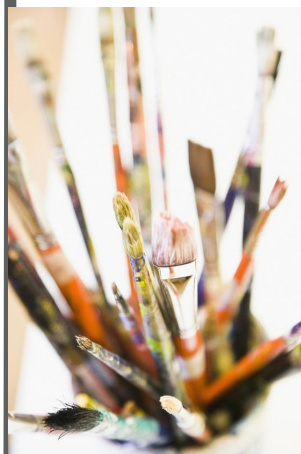
- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 228 for pickup by 10am, on the day of the activity.



Come for lunch—\$3 on  
Wednesday and stay  
for a new, art experience  
weekly at 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