



# 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](http://www.wendatprograms.com)

FEBRUARY 2024

## Coordinator's Message:

Remember to **LOVE** yourself. This is the no.1 person you should be loving.

I am looking for ideas that you would enjoy exploring, hiking; adventuring, picnicking, and simply enjoying solitude this year? Let me know your thoughts and reasons, and I will look into booking some going forward through the year. We are open to new ideas. We do try to include ideas for you to expand your communication and friendship as well.

...

Janice, Hannah,  
Dan, Rose, Rose,  
Randy, Tiffany,  
Victoria, Mark,  
Nancy J.P., Gary,  
Paulette & Darlene

## WAYS TO PRACTICE Self-Love

1. Learn to say no to things that don't serve you
2. Make time for the things you love
3. Distance yourself or let go of negative relationships
4. Talk to yourself only with love and respect
5. Declutter your home and workspace
6. Let go of the past
7. Have a healthy sleep routine
8. Love your body
9. Schedule self-love days to pamper yourself
10. Try a new healthy recipe
11. Practice self-love affirmations
12. Celebrate the little wins
13. Take a walk outside
14. Practice gratitude and appreciate the little things in life
15. Plan a day or weekend getaway
16. Clean up your social media accounts
17. Learn or try something new
18. Set goals for yourself
19. Don't compare yourself to others
20. Practice meditation
21. Be aware of your posture
22. Start journaling every day
23. Drink a cup of tea and watch the sunset
24. Get a massage or reflexology
25. Read a book
26. Exercise and/or practice yoga
27. Learn to stop people-pleasing
28. Limit your phone usage
29. Make a list of things you love about yourself
30. Stay hydrated and drink lots of water



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



WENDAT  
Community Programs

### A note to yourself;

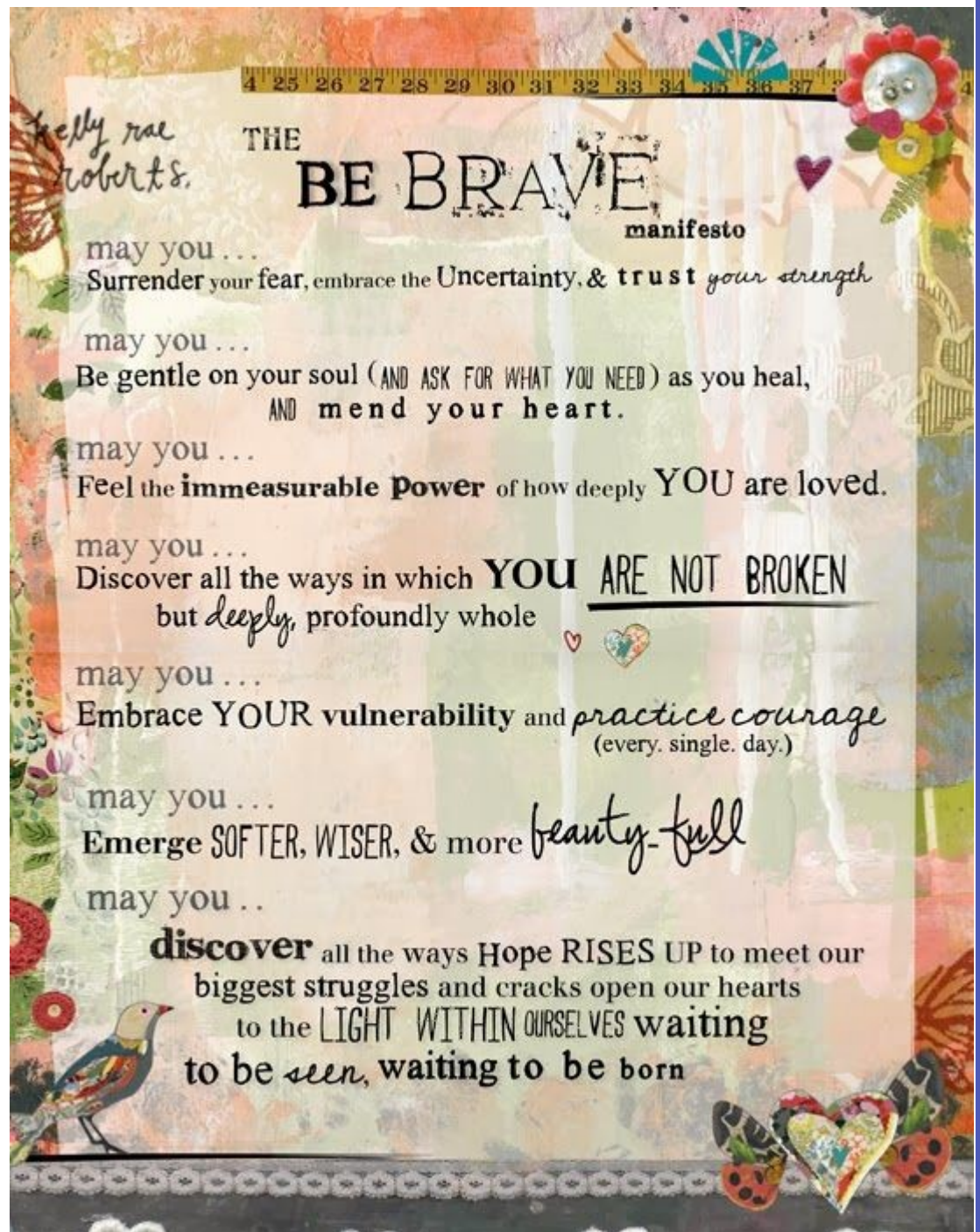
It is never too late to learn life lessons. Lessons continue to come back to you until you truly learn them. Sometimes, we have to teach ourselves these lessons or learn from someone other than your parent. We have control over our attitudes. We can not let anger consume us. We can set down negativity and act in kindness. We can accept that others make their own choices. This does not mean we accept their choices, as this is their choice. Learn to love yourself as you go through each chapter of life. Be gentle with yourself. You can recreate yourself over and over again. Change is good. Adventure awaits in the wings, but only you can open the door to explore. The same day over and over again can get very routine. Get involved, connect with others. Wendat does offer outings most months, an opportunity to get out of town, hike, socialize somewhere different, have lunch out, and enjoy the outdoors. Maybe you have let your creativity hibernate too long. Come water it and let it bloom again. What is it you really want to do this year? How could you make it a little different? When we ask you

next year, what were your highlights of 2023, we hope you can include some new, joyful moments where smiles burst upon your faces. Be curious about new adventures, new hobbies, new connections, and new goals. Get some sunshine on your face daily...Take a risk, step out of your comfort zone. Social connection is so important for everyone. Yes, we may be introverts, but sharing a tea and a few laughs or learning something new is always rewarding.

There is never a better time to be kind. Remind yourself of how far you've come.

It is time to create an unbreakable love for yourself.

What are you hoping for this year? It does take more than hope, ... make it happen.

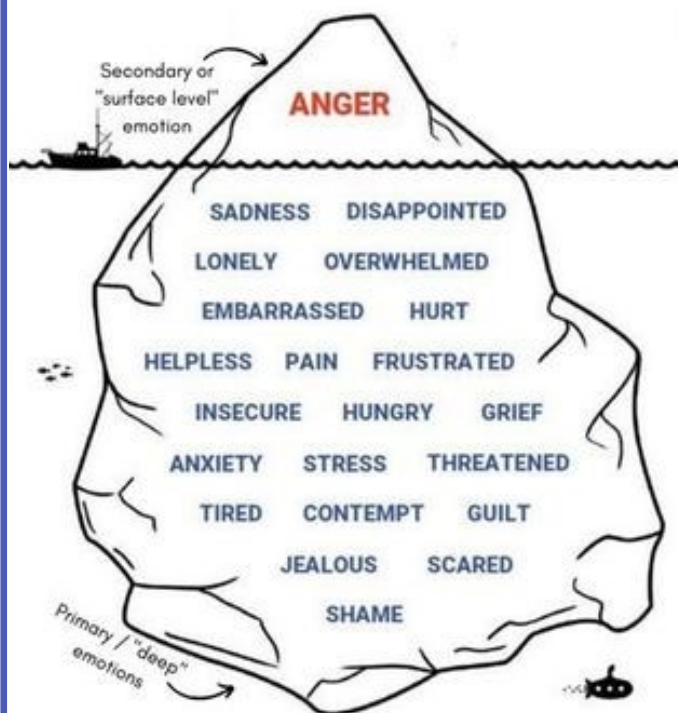




# UNDERNEATH ANGER

Anger is often a difficult emotion to experience. It is also a normal, natural emotion. Everyone gets angry at times! Did you know that anger is often referred to as a secondary emotion? This is because people tend to resort to anger in order to protect ourselves or cover up other vulnerable feelings. This means that anger is often easier to display & feel, as it is a more socially acceptable emotion. Some emotions beneath anger may be more difficult to identify, admit, or discuss. Sometimes we are just plain angry (that's valid!), but often we are actually experiencing a complicated mix of emotions. Taking a deeper look to identify feelings beneath anger can help to manage our anger, emotions, and behavior.

Anger has many triggers, such as people, places, or situations. It is important to be aware of anger. Though it can be a healthy, natural emotion, excessive anger can also lead to consequences such as: increased stress levels & blood pressure, increased risk of heart attacks & substance misuse, legal problems, & strained relationships. Read below to learn more about exploring your anger & ways to cope. (Therapist Aid)



## QUESTIONS TO EXPLORE

What is your anger often triggered by?  
 How do you currently deal with anger?  
 Has your anger ever affected other people?  
 How?  
 What emotions were acceptable for you display growing up?  
 How do you show difficult emotions- such as sadness, hurt, or guilt?  
 Can you think of a time you expressed anger in order to conceal another emotion you were feeling?  
 How do you feel about the concept of anger being a "surface" emotion?  
 When is anger healthy? When does it become unhealthy?  
 Do you know anyone who manages their anger well? What do they do?  
 How could exploring emotions "beneath the surface" help you deal with anger?

## COPING WITH ANGER

Although more socially acceptable, anger is still a difficult emotion to cope with. When angry, a person may display regrettable, unacceptable, or even dangerous behaviors. How do you cope with anger?

- Identify & avoid triggers if possible
- Identify 'underneath' emotions
- talk through emotions w/ a support
- track who, what, when, where makes you angry
- notice how anger shows up in your body
- journal about your anger
- listen to music
- exercise
- walk away/ get out of situation



What are you really feeling?

# What are your underlying needs?

www.mosaiceyeunfolding.com

## PHYSICAL WELL-BEING

air  
water  
food  
shelter  
safety  
rest/sleep  
touch  
comfort  
warmth  
movement

## CARE + LOVE

friendliness  
compassion  
attention  
acceptance  
kindness  
appreciation  
reassurance  
affection  
trust  
respect  
support  
intimacy  
tenderness  
sensitivity

## BELONGING + COMMUNITY

connection  
collaboration  
communication  
continuity  
companionship  
to give  
to receive  
to see  
to be seen  
to hear  
to be heard  
to understand  
to be understood

## PEACE + HARMONY

ease  
relaxation  
tranquility  
order  
predictability  
stability  
balance  
comfort  
completion  
to grieve  
to mourn

## PLEASURE + ADVENTURE

celebration  
humor  
creativity  
stimulation  
challenge  
flow  
joy  
play  
discovery  
passion  
spontaneity  
beauty  
exploration  
unpredictability  
curiosity

## POWER + AUTONOMY

self-esteem  
confidence  
dignity  
empowerment  
competence  
effectiveness  
to have impact  
to influence  
to inspire  
choice  
freedom  
time  
space  
independence  
honesty  
integrity  
transparency  
openness  
self-expression

## PURPOSE + MEANING

to learn  
to grow  
hope  
clarity  
awareness  
liberation  
transformation  
presence  
simplicity  
justice  
equity

Where could you grow? Which area is lacking?



| February 2024 |           |   |   |   |  |   |
|---------------|-----------|---|---|---|--|---|
| Sun           | Mon       | Tue   | Wed   | Thu   | Fri  | Sat   |
|               |           |   |   | <b>1</b><br>WYE MARSH, Let's hope the Swans are ready to eat...<br>12:45 p.m. – 3:30 p.m.<br> | <b>2</b><br><br><b>CREATIVE PLAYDATE</b><br>12:45 p.m. - 3                  | <b>3</b><br>Chicken Strips<br>And Waffles,<br><br>11 – 2 p.m.  |
| <b>4</b>      | <b>5</b>  | <b>6</b><br>MENTAL HEALTH<br>WELLNESS<br><br>12:45 – 3 p.m.  | <b>7</b><br>Vegetarian Casserole<br>Bake<br>11 a.m. – 2 p.m.<br>Valentine Watercolour<br>cards<br> | <b>8</b><br><br>Slow Stitch<br>12:45 – 3 p.m.  | <b>9</b><br><b>Junk Jour-<br/>nals</b><br>12:45 – 3 p.m.<br>                | <b>10</b> Ravioli Lunch<br>Cards 11 a.m.- 1:30 p.m<br>Chuck's Roadhouse<br>Dinner 5:30p.m., will be<br>picking up at 4:30 p.m. or<br>meet at club house<br><br>Game 7:30 p.m.. |
| <b>11</b>     | <b>12</b> | <b>13</b><br>MENTAL HEALTH,<br>LOVING YOURSELF<br><br>Always fill your<br>own cup first<br><small>AND ALLOW THE WORLD TO BENEFIT FROM<br/>THE OVERFLOW</small><br>12:45 – 3 p.m. | <b>14</b><br>SPAGHETTI DINNER<br>11 a.m. – 2 p.m.<br><br>Inspiration Cards<br>Part 1             | <b>15</b><br><b>Slow Stitching<br/>Catch Up<br/>Week</b><br>12:45 – 3 p.m.  | <b>16</b><br><br><b>CREATIVE PLAYDATE</b><br>12:45 p.m. – 3 p.m.          | <b>17</b><br>HOT DOGS and<br>WEDGES<br><br>11 – 2 p.m.<br>2 game average for Winner  |
| <b>18</b>     | <b>19</b> | <b>20</b><br>Mental Health Wellness<br><br>12:45 – 3 p.m.  | <b>21</b> Mexican Beef & Cheese<br>Casserole 11 a.m.<br><br>Inspiration Cards<br>Part 2          | <b>22</b><br>Slow Stitching Forest<br><br>12:45 – 3 p.m.                                    | <b>23</b><br><b>Junk Journals</b><br>12:45 – 3 p.m.<br>                   | <b>24</b><br>GRILLED CHEESE<br>And FRIES<br>11 – 2 p.m.   |
| <b>25</b>     | <b>26</b> | <b>27</b><br>Mental Health Wellness<br><br>12:45 – 3 p.m.  | <b>28</b><br><b>Shepard's Pie</b> 11am<br>– 2 p.m.<br>Victoria's Visuals<br>Magazine Page,<br>"My World Needs More"<br>12:00 – 1:30   | <b>29</b><br>Slow Stitching Forest<br><br>12:45 – 3 p.m.                                    | <b>Tuesday Wellness Topics</b><br>Wk.1 Emotional Regulation<br>Wk 2 Physical Movement<br>Wk 3 Turning down Anxiety<br>Wk 4 Winter Blues & Depression<br>Cycles |   |

## Wendat Social Club Hours

Club is OPEN:

Tues/Thurs./Fri 12:45 pm—3:00 pm

Wednesday: 11 am—2:00 pm

Saturday: 11 am—3:00 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 ~*

Come join us for Creativity  
Playdates on Fridays, Mental  
Health Wellness seminars on  
Tuesdays, Slow Stitching on  
Thursdays 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*

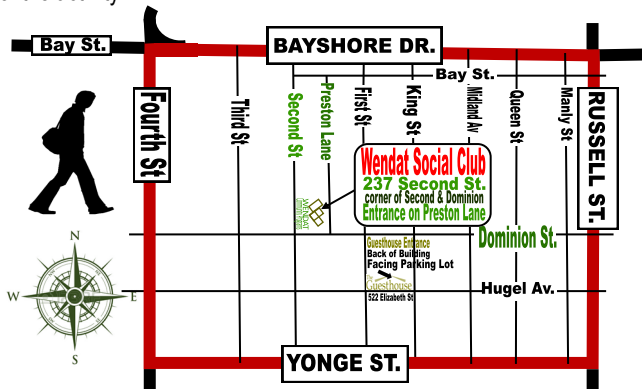
*Limit of 2 coffee or tea with meal. "Meals may change without notice, subject to availability."*



**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-*



Providing Services for Seniors and Adult  
Mental Health Services in North Simcoe-Muskoka