



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

MARCH 2024

Coordinator's Message:

Happy Spring, Happy Easter,

Your happiness matters. People who are happy not only enjoy life more and are more resilient, they also tend to have more and better relationships, be physically healthier, and be more engaged.

Janice and Darlene will be exploring happiness with you this year on the first Tuesday of each month. Each Tuesday we will discuss one of the keys to happiness beginning with giving. The Ten Keys are a menu, NOT a prescription. Different things work for different people at different times and personal choice is important. Some actions are things you will want to make a regular habit of; others might inspire you to change your thinking or shift where you focus your attention and energy. Some of the keys will be especially helpful when times are hard or you're feeling low. Many of these approaches don't need money or even take much precious time.

You can make a difference—we all can. Even small actions really can help lead to a happier you, and that contributes to a happier world around you.

In order to be happy, you need to create joyful moments. It is not a matter "I will be happy when..." Wendat offers so many opportunities for you to get involved in the social club and in the community. We are lucky to have Wendat Bullet Vans sponsored by Boston Pizza to provide transportation to the club and to outings. You should really consider jumping on board, connecting and enjoying more happiness. We look forward to hosting Actions for Happiness and putting action to the tips. We hope you will join us,

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

Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~



Hiking is a bit like life:

The journey only requires you to put one foot in front of the other ...again and again and again. And if you allow yourself opportunity to be present throughout the entirety of the trek, you will witness beauty every step of the way, not just at the summit.

- UNKNOWN

@thatgirlshort

Hiking to Health,

Sometimes we look at hiking as a huge endeavor. At Wendat, this is not the case, it is a slow leisurely walk. Yes, it is physical exercise, but a slow pace also burns calories. Hiking/walking can add activity to an otherwise sedentary life style. Even a little time in a natural environment can reduce cortisol levels. Time outdoors means access to fresh air, Vitamin D, and increases white blood cells. Natural environments are so welcoming. Hiking outdoors has restorative benefits and increases mindfulness. Join us every 2nd and 4th Thursday for a day hike. We will plan to leave the club for 10:00 a.m. We will let you know ahead of time where the hike will be. We will provide transportation to and from the destination.

The cost is \$3.00 for a picnic lunch to go.

**YOU ARE
NEVER
TOO OLD
TO PLAY
OUTSIDE.**

 **WYE
MARSH**



take time
to make
your soul
happy♡

We all want to be happy but what does that actually mean and what can we do in our everyday lives to be happier?

Fortunately, psychologist, neuroscientist and other experts now have evidence of what really makes a difference and helps us to be happier and more resilient to life's ups and downs.

Beginning in April, Janice and I are hosting Actions for Happiness. We will host this program the first Tuesday of each month at 12:45 p.m. Some of the program will be held on the screen, some engagement with others discussing the topic of the day. We will leave with actionable steps. If we really want to have happiness, we must create it. It is not going to come looking for us.

This workshop will help you connect with others, nurture your relationships and find purpose. You'll get ideas for taking care of your body, making the most of what's good and finding new ways to stimulate your mind.

Your life
comes down
to your decisions.
If you change
your decisions,
you'll change
your life.
Mel Robbins

When was the last time you experienced Joy? It is okay to be walking around feeling Blah, numb, sometimes, happiness is not a destination, it is a journey. Happiness is not measured by what we have or who we are... It is not, "I will be happy when..." You can be happy now with just some small actions. You cannot attain happiness, but you can feel joy. Happiness is not a state, it is

about increasing the moments of joy. Be happy today, where are your points of Joy? We don't have to teach children how to play, but somewhere along the way, we, as adults have forgotten how to play. It is okay to continue to play all your life. Bring more play into your life, try something new, connect with others, get outdoors. Start bringing some new things into your life. Stop going through the motions each day, same old Groundhog Day. It is okay to name the way you feel. Really, it is okay.

During the Pandemic, we all got very used to being alone, forced to be alone. Now, it seems to be the norm. Isn't it about time we get back on the treadmill and start enJOYing again.

We need to start getting offline and start getting out with others and connecting.

**INCREASE THE POINTS
OF
JOY
TODAY**

10 Keys to Happier Living



Giving

Do kind things for others



Relating

Connect with people



Exercising

Take care of your body



Awareness

Live life mindfully



Trying Out

Keep learning new things



Direction

Have goals to look forward to



Resilience

Find ways to bounce back



Emotions

Look for what's good



Acceptance

Be comfortable with who you are



Meaning

Be part of something bigger



5 TRIED AND TRUE TIPS TO BOOST YOUR CREATIVITY

- GET INTO THE FLOW**

"Flow" induces heightened states of creativity and productivity.
- HAVE NEW EXPERIENCES**

New experiences like traveling helps our brains to form creative connections.
- READ BOOKS**

Reading allows you to travel without leaving your home and stretches your imagination.
- SPEND TIME IN NATURE**

The longer you unplug the greater the benefits, including increased creativity.
- ADOPT CREATIVE HOBBIES**

Creative hobbies like photography, music, painting, cooking, writing, and gardening boost creativity.

3DSUCCESS.ORG



At the Wendat Social Club, we provide many opportunities for you to explore your “creative” side. Some say, well, we don’t have one. We all were born with creativity, we all played with paint in school, but some point along the way, we forgot how to play sadly.

This is your invite to join Darlene, the Clubhouse Coordinator on Fridays and explore art playing again with paints and mixed media. You may ask what is Mixed Media? Simply it is anything you put onto a blank canvas, a piece of paper. You build layers to create unique art.

Join me in Wanderlust 2024 where I share other artists tips and tricks by video. We follow along., or you simply go your own way. This is a learning course. I may also go my own way and provided something I am working on personally. On other days, if you see Junk Journal on the calendar, it is a printed booklet to put together usually based on a theme that you create your way and add quotes and embellishments to the page. This little booklet is usually a two week project as it does take some time to make it what you want. Firstly, you create the backgrounds with acrylic or watercolour and then adorn as you wish. I supply a sample of mine. However, I usually put in 10 hours on each booklet. We will also have open creative days to finish up projects. Come join me on Fridays, can’t wait for you to play again.

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 <p>1st outing is 2nd hand stores Barrie</p>	 <p>Club outing this month is hiking</p>		<p>1</p>  <p>12:45 – 3 p.m.</p>	<p>2</p>  <p>Pancakes and Fruit 11 a.m. – 2 p.m.</p>
3	4	<p>5</p> <p>SECOND HAND STORES BARRIE, LUNCH Len's Mills 10 – 3:30</p>	<p>6</p> <p>11 a.m. – 2 p.m. Hamburger soup and Buns</p> 	<p>7</p> <p>Slow Stitch Embroidery on Clothing, Learn a few more pictures.</p>  <p>12:45</p>	<p>8</p>  <p>SPRING BUNNY JUNK JOURNAL PART 1 12:45 – 3 p.m.</p>	<p>9</p> <p>Hot dogs and Rotini Salad DICE GAME</p>  <p>11 a.m. – 2 p.m.</p>
10	11	<p>12</p> <p>LAUGHTER, How dose it help keep us Healthy? Mental Health Topics 12:45 – 3 p.m.</p>	<p>13</p> <p>11 a.m. – 2 p.m. Rotini Carbonara</p> 	<p>14</p> <p>Slow Stitch, 12:45 Embroidery on Clothing, Learn a few more pictures.</p> 	<p>15</p>  <p>SPRING BUNNY JUNK JOURNAL PART 2 12:45 – 3 p.m.</p>	<p>16</p> <p>Egg and Cheese Sandwiches with Fries, Uno</p>  <p>11 a.m. – 2 p.m.</p>
17	18	<p>19</p> <p>SPRING IT FORWARD, SPRING EQUINOX</p>  <p>12:45 – 3 p.m.</p>	<p>20</p> <p>MEATLOAF DINNER</p>  <p>11 a.m. – 2 p.m.</p>	<p>21</p>  <p>12pm to 3 p.m. Awenda</p>	<p>22</p>  <p>12:45 pm. – 3 pm.</p>	<p>23</p> <p>FRENCH TOAST Qwirkle</p>  <p>11 a.m. – 2 p.m.</p>
24	25	<p>26</p> <p>RAINBOW FLAG, all Welcome 12:45 – 3 p.m.</p>	<p>27</p> <p>BBQ PORK CHOPS, SCALLOPED POTATOES, Veg,Cake</p>  <p>11 am. – 2 pm.</p>	<p>28</p> <p>Slow Stitch, 12:45 Embroidery on Clothing, Learn a few more pictures.</p> 	<p>29</p> <p>CLOSED for GOOD FRIDAY</p> 	<p>30</p> <p>Crepes and Fruit Jenga</p>  <p>11 a.m. – 2 p.m.</p>
<p>“ The best way to cheer yourself up is to try to cheer somebody else up.”</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—2:30pm

Outing hours are different each outing.

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 **Wanderlust**, a time to
create and play with art. and
Tuesday **Mental Health**
Coping Tips are pre register
only. Call to register.

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

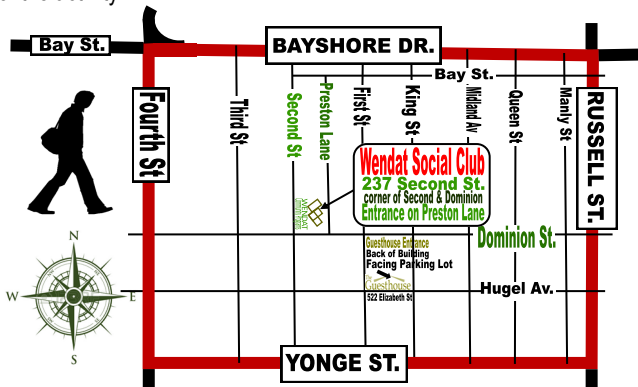
Limit of 2 coffee or tea with meal. "Meals may change without notice, subject to availability."



**We are now hosting a hiking
group beginning in April twice
monthly on Thursdays and
alternating our Slow Stitch
program as well. 10 people
only**

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