



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

APRIL 2024

Coordinator's Message:

Our Vocational Program is going through some changes. Change is not always a bad thing. Sometimes, change moves us forward on to other chapters in our lives, something new, more challenging. The Social Club staff are really not meant to stay with us forever, it is kind of a kick start to other careers. This month we are saying Goodbye to Rose Ladouceur, Tiffany Rawlins, Gary Ladouceur, and Mark Moffatt. All four have been a wonderful asset to Wendat. We have been lucky to have such dedicated staff. Join us on March 27th, for our farewell luncheon. Of course, they are welcome back to the club to visit with us and enjoy what the club has to offer.

Spring is here and we can begin more outings in the community. March 22nd and April 5th, we are closed at the club, but open to outings in the community. We do not have power in the building on these days due to an upgrade.

Don't forget you have to be an active in-house member to qualify for our outings. We have two vans and like to take five people in each van on outings so you are overcrowded.

We are hoping to provide a Niagara Falls one day outing in August. Yes, this is a very Full Day. Presently, we are creating a wishlist for those who would like to attend. We would leave at 7 a.m. and return at 10 p.m. A very full day of activity. Please do not sign up if you are not capable of a steady pace in walking. Our plan thus far is to go to the Falls and the Butterfly Conservatory.

We hope to hike twice monthly in Spring, Summer and Fall. Check out all our exciting upcoming activity programs. Get involved. Bring a little more happiness into your lives,

Janice, Roseanne, Nancy, Paulette, Hannah, Randy and Darlene

"Give every day the chance to become the most beautiful day of your life."

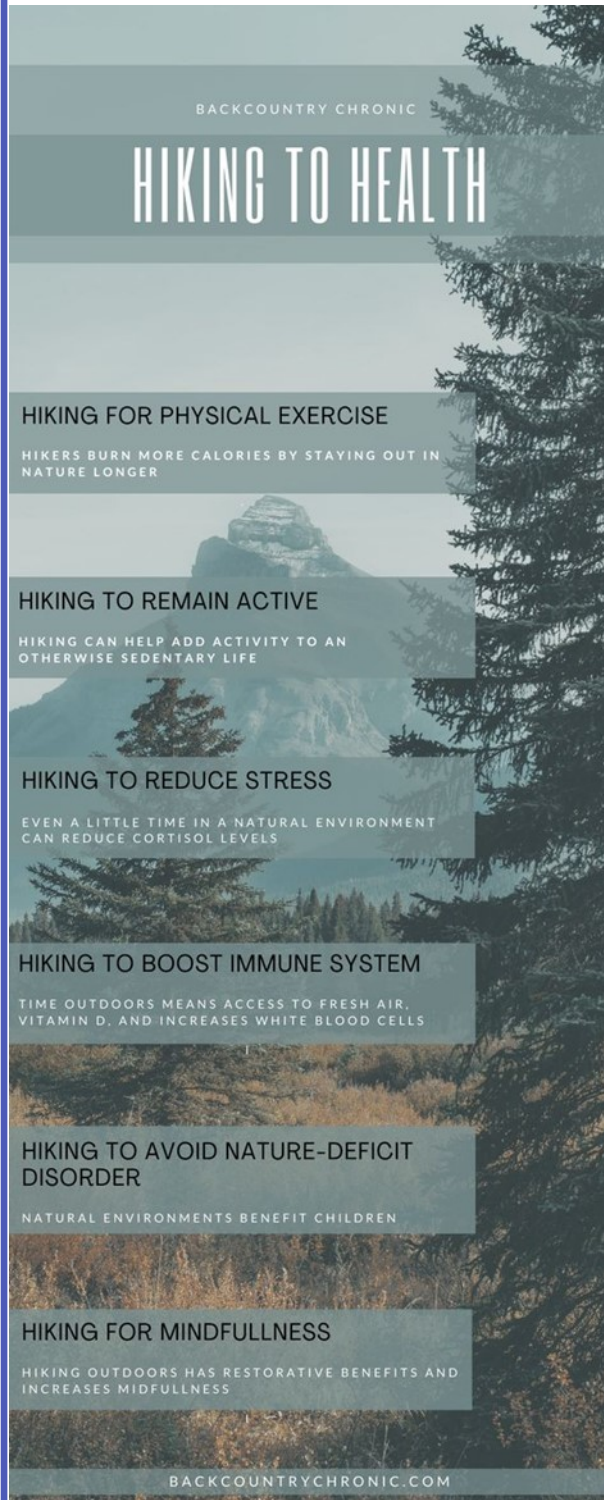
-Mark Twain

twinsandcoffee.com

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



Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~



Nurture your connection with nature

Being outside, in the daylight, in or near greenery or water - spaces that we find pleasing - can help us feel happier, reduce stress and boost our sense of vitality. Exercising outdoors in urban or natural settings each had positive benefits for mood and stress levels, but natural environments were associated with greater mental restoration.. Other studies have shown that we generally feel happier in natural environments than indoors or in those that are built up.

Daylight, especially in the morning, helps to regulate our body clock which in turn helps us sleep. Sunlight on our skin produces vitamin D – important for both physical health and happiness.

Visible greenery, both indoors and out, has been shown to reduce stress and increase our concentration and productivity. Even if we live in a town or city, there are lots of different ways we can nurture our connection with nature.

Go for a nature walk – even if you are in a city. Take time to notice different shades of green, the beauty of a bare branch or spot birds and other wildlife.

Notice the resilience of nature – the flower or blades of grass poking up through a crack in the ground; trees that have withstood the wild weather; insects that help pollinate our plants.

Cultivate greenery wherever you are – grow herbs in your kitchen, plant a window box or a cultivate greenery in a patch of earth outside.

Pause by a pond – find some pleasant water to sit or stand by and notice the reflections on its surface.

Take care of the natural world – pick up litter, join a gardening group, or volunteer for a conservation project nearby.

Join us on April 9th to design your own Nature Chicken Wire Frame. Each time we hike, look for something special lying on the ground, a feather, a piece of driftwood, a rock, etc., then bring it back and attach it to our Nature Frame.

Roseanne will be leading two hikes month beginning in April, Join us.

Sometimes escaping to Nature can be the most soothing refresher. We only take ten people each hike, be sure to sign up and reserve your spot.



Come Get Crafty



Our little Slow Stitch group on Thursday continues to evolve. We have now learned some basic stitches and are taking our skills to embroidery on clothing. While some of our members enjoy this new found hobby, others enjoy finishing off art projects or getting ahead on a new project. Stop by and see how you can broaden your creativity.

Soon, we will be painting on fabric and creating embroidered flower gardens/meadows on the fabric and framing them.

What a wonderful way to hop into Spring,



Traditional Rug Hooking

We are having an in-house guest artist this month. Our Executive Director, Andrea will be joining us in the club on Thursday, April 21st to do a demo on traditional rug hooking. Come learn this new to us, but primitive art technique. She will bring samples of what she has created with her hobby. She does attend some Textile shows. We too will be going to the Textile craft show this year in September. Our Stitchers will get first chance to sign up to attend this event.



Personal Portrait Mixed Media Art

Darlene is back again with a Full Day Art Retreat to be held on Thursday, May 3rd. We will be creating a Self Portrait using many Mixed Media supplies. This will be on a 11 x14 inch canvas. Your theme is created by you. I will be taking your photo and copying it for the portrait

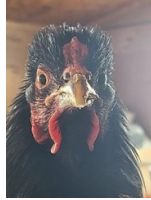
portion. From there, you are creating with all the other tools. Lunch is included for the \$10.00 fee. Come enjoy the day. We will complete the project on Friday afternoon after allowing it to dry. There is a minimum of 12 participants.



Lucy's Farm, Utopia

Come enjoy a day away in Utopia visiting Lucy's Farm this August. We will be bringing a picnic lunch for us to enjoy and visiting the farm animals for two hours. Bring your cameras and be entertained by the animals at the farm. We will be leaving here at 9:30 a.m., returning back at 4 p.m. \$5.00 per person. You must be an active member in

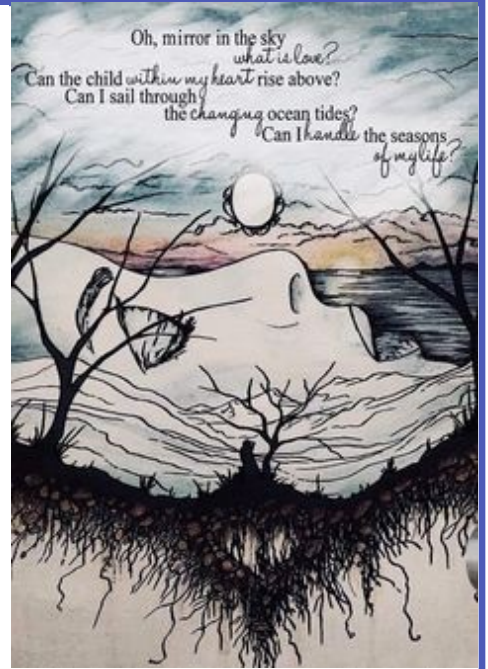
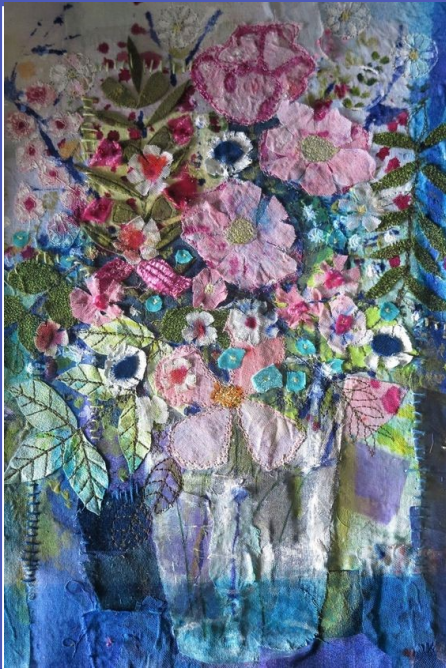
the club to attend any outings. This means you need to attend the club weekly to attend outings.



Be sure to check out all the fun outings we have planned for you this month. Remember, you have to be an active member participating at club activities. This is how you get to join in on our Community outings.



AWENDA PARK, SCOUT'S VALLEY, MARIPOSA MARKET, CARING CLOSET, and SALVATION ARMY,



The Wendat Social Club serves a hot lunch every Wednesday at 11:30 a.m.. We open at 11 a.m. At 12 p.m., Victoria begins her art project of the day. This is usually 1—1.5 hours long. If you require transportation to the club, give us a call at our transportation line at 705 526 1305, ext 228. This is a voicemail. Leave your address, telephone number and name. We pick you up 30—60 minutes before the club opens. Our hours are on the back of this newsletter. Victoria is hosting the following crafts, We do supply the mixed media journal here for a cost of \$15.00. It is great to keep all your creativity in your own book. However, we will also supply a sheet of paper for you.

April 3

Reverse Colouring. Please bring your mixed media journal and water colour paints.

April 10

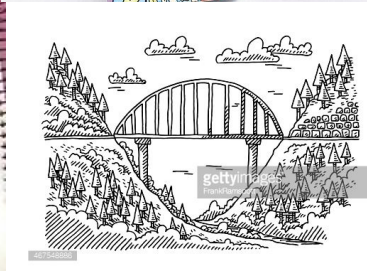
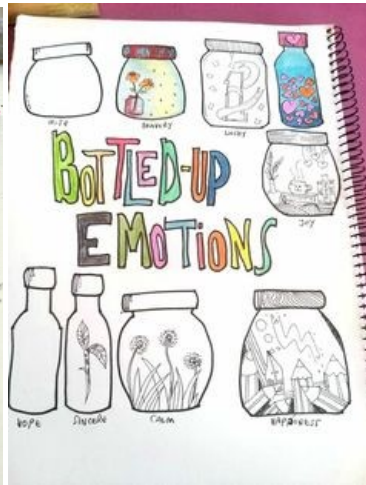
Bottled Emotions. Please bring your mixed media journal and water colour paints.

April 17

Mountains and Valleys: Symbolic landscape painting. Please bring your mixed media journal and water colour paints.

April 24

Pop up butterfly cards.



9 INGREDIENTS FOR CAPTIVATING VISUAL DEPTH IN YOUR ART

01 THE IMPORTANCE of PLAY

Kasia Clark

"The creation of something new is not accomplished by the intellect but by the play instinct.Carl Jung

I never feel apprehensive about a blank canvas because I know that the lower layers are just the catalyst for the next ones.

At this stage, I allow myself total freedom to play, try out marks, decide I don't like them, paint over them. It's full-on unbridled expression.

It may turn out that some of those early marks are just about visible in the final painting. But if not, doesn't matter.

They have served a purpose even in they are not ultimately visible. They can even remain purely by the virtue of their textural presence This is the stage where you can really let go.

INGREDIENT 02

Don't fall in love too soon
"Art is never finished, only abandoned."Leonardo da Vinci

What you'll find amongst the creative explosion in your early layers is that sometimes really cool things happen?

But there is a danger of falling in love too soon and having what is essentially a "thin" painting with a really cool bit in a corner.

Or, worse still, carrying on but avoiding that pretty area which totally wrecks your ability to create a cohesive painting.

One solution is to be brutal and

appreciate the beautiful mark you have just made but realize that you can always make more beautiful marks at a later stage. But, a less drastic option is to leave traces of your beautiful section beneath further transparent layers. Don't let go entirely, but send these layers towards the back. You will create a sense of endless depth in your work.

03 TOLERANCE of UGLY

"Art doesn't have to be pretty. It has to be meaningful." Duane Hanson

Why are they Ugly? Usually because of lack of clarity and simply having an all-out mess on canvas. Many artists get cold feet at this stage and paint over their painting to start again OR worse still, decide that they are inadequate and get really disheartened about their prospects of success as a creator. This is one of those moments where you train your mindset and your self-belief. Accept where you are and keep going.

04 EXPERIMENT RIGHT ON THE CANVAS

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep." Scott Adams

Try it, it is just an experiment. It is all part of the process. You allowed to change your mind, put on accidental paint splashes, spill your tea on your page, change your colours, turn your painting upside down, etc. This is how we learn what we like.

05 KEEP AN OPEN MIND

"The mind that opens to a new idea never returns to it's original size."

...Albert Einstein

Keep an open mind and be prepared to change course if your painting tells you to... This is your collaboration between you and your medium, not you controlling it. Listen to your soul, what does it want?

06 DELETE

"You must be willing to sacrifice your darling for the sake of your art."

.....Stephen King

There will come a point when something interesting begins to happen on the canvas as well as some things that you are not keen upon. Now is the time to ask yourself, What do I love?, What is important? Then, you have to clear some space and delete what you don't need and what doesn't serve the painting. This creates calm and contrast, and clarity, transparent and opaque layers.

07 USE TRANSPARENCY

"Art evokes the mystery without which the world would not exist."

Rene Magritte

Transparency creates visual depth. This is lightly covering up a layer, making it see through. It creates delicacy in the painting.

08 UNDERSTAND THE PRINCIPALS

Every once in a while, come out of play mode and assess your work, take stock of what you have whether it needs adjusting. Colour theory is important, focal points, etc.

09 TAKE RISKS

Risks reveals an artist soul and that's what needs to come through in our work. Stay alert to that little voice that is saying, just try it, no fear, no judgement. This is how we grow as an artist.

Wendat Social Club



Proud Fundraising Partner with Delta Bingo Penetanguishene

March		April 2024						May
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	1	2  Key#1, Body Wellness 12:45 p.m.	3 Cheesy Tex-Mex Orzo Skillet  11:00 a.m.	4 SLOW STITCH ART CATCH UP or Move ahead DAY..... or you will start backgrounds for next theme 12:45 p.m.	5 Michaels, Mariposa Luncheon, and Value Village Orillia Outing, Join us at 10 a.m. to 3 p.m.	6 11 a.m. Salvation Army Outing,  THRIFT STORE DONATION CENTER Midland Veggie Pasta Dish		
7	8	9 NATURE FRAME BUILDING Come create a frame for you hike collections. Mindful Memory 12:45	10 Chicken Burgers and Caesar Salad  11:00 a.m.	11  Tiny beaches 12:45 p.m.	12  WIRE ART with BRANDEN, Come create feathers and mushrooms, ... 12:45 p.m.	13 5 Second Rule, The person that can gets 20 chips first, wins a free meal. Come play  Brunch 11 a.m.		
14	15	16 Our Brain and Movement, Come learn the facts and some simple moves that will keep it fun. 12:45 p.m.	17 Chicken and Dumpling Soup 11:00 a.m. 	18 SLOW STITCH ART CATCH UP or Move ahead DAY..... or you will start backgrounds for next theme 12:45 p.m.	19  Bass Lake, Meet at the club at noon	20 Brunch 11 a.m. 		
21	22	23 Respecting Boundaries Unravel the values that are important to you and learn the practice to ensure others respect your needs. 12:45 p.m.	24 Sausage on a Bun, Coleslaw 11:00 a.m.  Pop Up Cards	25 Andrea's Rug Hooking Demonstration 12:45 p.m.	26  ART PLAYDATES with DARLENE 12:45 p.m.	27 Minestrone Soup, Buns  11 am Yahtzee		
28	29	30 Clothing closet, a social get together, and a to go picnic lunch, Come enjoy the day, Come refresh your Spring wardrobe for free, lunch in Nature Leave club at 10 a.m.						

Wendat Social Club Hours

Club is OPEN:

Tues/Thurs./Fri 12:45 pm—3:30 pm

Wednesday: 11 am— 3:00 pm

Saturday: 11 am—3pm

Outing hours are posted on calendar

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.



Join us Twice a
month for a
wonderful nature
hike. Please check
our calendar for
dates / times and the
locations.

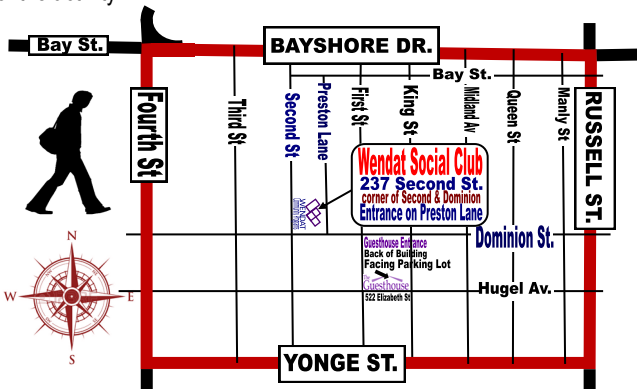


DINNER: Wed's — \$3
you must be signed-up in advance
LUNCH: Sat's — \$3
no sign-up necessary

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

TRANSPORTATION

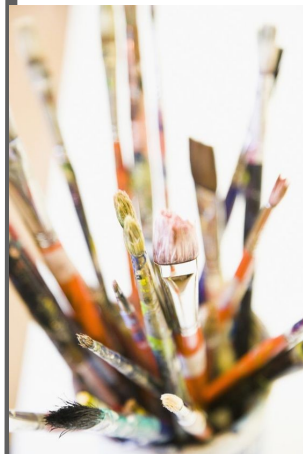
- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 228 for pickup by 10am, on the day of the activity.



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