



FULL CIRCLE BULLETIN

MAY 2024

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

Coordinator's Message:

Well, we had the April showers. If only we could keep showers off our outing days. Some of you don't mind the odd shower, but others, not so much. Let's hope May brings May flowers and not more showers as we do have a few outings planned for this month.

Thursday, May 9th, we will be heading to Utopia for Lucy's Farm, an escape to the country. There is a \$5.00 charge for this outing. We will provide a picnic lunch to share while at the farm. This outing is full, but you are welcome to add your name to the waitlist. Cancellations often happen. The raindate is Friday, May 10th.

On May 28th, we are visiting the little Western Set up in Penetanguishene for a fun photo opportunity. They have costumes and props there. Come enjoy some laughter. Perhaps we will head to Red Dock for a walkabout as well.

We have been doing a little fundraising to offset the cost of our FULL day trip to Niagara Falls. Those attending will be announced soon. Please know this is a long day, you must be physically well and able to walk for a full day. There will be many trips in and out of the van. We don't want to hold others back due to our limitations.

Saturday, May 25th, we are going to SheLeads, a women's information seminar. Rose has more information about this. We are registered.

Hikes continue twice monthly. This is mosquito season, so we will choose a place that hopefully has less.

Don't forget to sign up for the Personal Portrait Art Project. The sample is in the club. This is a full day project and perhaps another half. We will provide your lunch on this date, Friday, May 3rd. \$10.00 for supplies/lunch.

Actions for Happiness continues on May 2nd, we are exploring Awareness and Mindfulness. We are also presenting, Make It Happen, come join, clarify and share what you want your life to look like over the next six months. This should be a fun, motivating day.

Thank you for supporting the Wendat Social Club. We appreciate your attendance and opportunities we continue to offer to improve your social, emotional, cognitive and physical interactions with others.

Hannah, Rose, Janice, Nancy, Paulette, JP, Victoria, and Randy

Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~

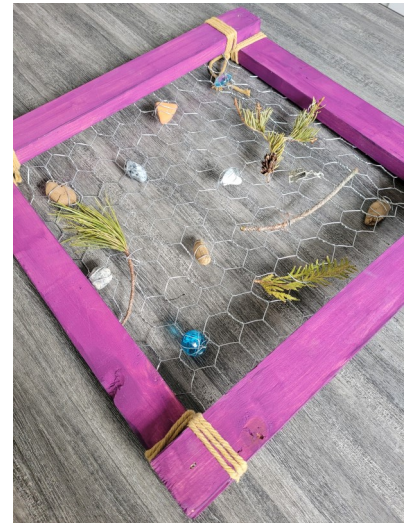


The WENDAT SOCIAL CLUB promotes a **SAFE & POSITIVE** place based on **RESPECT FOR ALL**



WENDAT Community Programs

CHICKEN WIRE NATURE FRAME CREATIONS



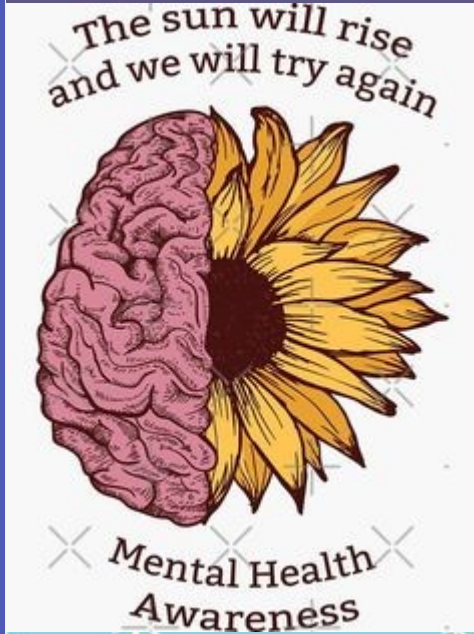
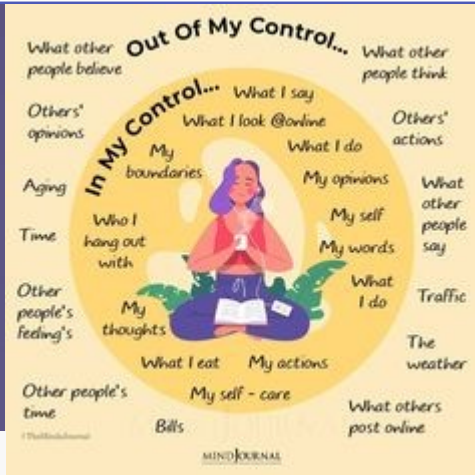
On Tuesday, April 9th, we had a full group of members in the club creating Nature Frames. We learned some measurements, and played with staple guns and wire. Members could stain or paint their frames. We completed 12 frames in the two hour period. From here, our intention is to provide hiking twice monthly, No, you do not have to have a frame to attend our hikes, but for those who do, you would gather interested nature items. The following time you are at the club, you would

Attach them to the frame using wire. By the end of the hiking season, October or so, you would have a fabulous frame filled with items that stirred your souls on the hikes.

Join us on our hike at Rosemount Road near Waubauskene. They have art in the bush. It is worth a lovely day walk. The Second outing and hike will be at Lucy's Farm. Some will hike further, some will sit back. Let's hope for a gorgeous day on May 9th.

**Do Something today that
Your FUTURE Self will
Thank you for.....**

Awareness is all about restoring your freedom to choose what you want instead of what your past imposes on you.
 Deepak Chopra



- How to increase self-awareness:**
1. Pay attention to what bothers you about others
 2. Practice mindfulness meditation
 3. Pay attention to which negative feeling you dislike and avoid the most
 4. Draw a timeline of your life
 5. Seek out feedback about yourself
 6. Identify unhelpful thoughts and beliefs you have
 7. Make time to clarify your values

SELF-AWARENESS GOALS

@healingwithincsw

EMOTIONAL

- Know which emotions you are feeling and why
- Realize the links between your feelings and what you think, do, and say
- Recognize how feelings impact performance
- Have a guiding awareness of your values and goals

SELF-ASSESSMENT

- Aware of strengths and challenges
- Reflective, learn from experience
- Open to feedback, new perspectives, continuous learning, and self-development
- Able to show a sense of humor and perspective

CONFIDENCE

- Present with self-assurance and feel present
- Can voice views that are unpopular and go out on a limb for what is right
- Are decisive and able to make sound decisions despite uncertainties and pressures

Benefits of Self-Awareness

Personal Growth

Better emotion regulation & control

Improved communication & social skills

More meaningful relationships

Healthier, happier life

HOPEFULPANDA.COM

MAKE IT HAPPEN

Here we are, going into the 5th month of the year already?

What has changed for you in the past 5 months. Are you working towards your goals you set in January? Do you even remember them. We did the Wellness Wheel. Have any of your categories moved from your January number to a higher number. What could you do to move that number?

I really enjoy listening to Mel Robbins. I do feel you too would think she was worth a listen. She is very down to earth and a motivating speaker.

Join Janice, Darlene, Roseanne and Nancy as we sit with you and work through the work book.

The workbook is big, but we will go through it page by page. Go slow with us, think about what you want in each category. You can change your mind if what you thought you wanted isn't working.

We want to complete this activity together and share with others. Perhaps we simply don't know what we want in our lives the next six months. Maybe someone else's ideas just might enhance your life as well. Accountability and Community are vital in deepening your experience.

We will be doing check ins in July, 2 months later to see how we are really doing with our Make It Happen Goals. Hoping you will join us.

If they want to leave... **let them.**
If they choose someone else... **let them.**
If they don't support you... **let them.**
If they don't invite you... **let them.**

Stop wasting your energy trying to control or change other people.

Let them show who they really are.
And then YOU can choose what you do next.

“

**Your past is a lesson...
Not a life sentence.
Forgive yourself and focus on the future.**
-Mel Robbins

“Your life comes down to your decisions. If you change your decisions, you'll change everything.”

MEL ROBBINS

INSPIRINGLIFETIPS.COM

“The day you became ok with not being liked, is the moment you became the real you.”

MEL ROBBINS

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“You do not have to settle for anything less than a life that you're obsessed with. You deserve to wake up every day thinking you're dreaming.”

MEL ROBBINS

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YOU ARE GOOD ENOUGH. YOU ARE SMART ENOUGH. YOU CAN DO THIS.



MELROBBINS.COM



Proud Fundraising Partner with
Delta Bingo Penetanguishene

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11 – 2 p.m. Lasagna and Garlic Bread  Rainbow Colour Collage, Part 1	2 SLOW STITCH, HOPE Dreamcatcher 12:45 ART CATCH UP DATE	3 PERSONAL PORTRAITS WORKSHOP  Full Day Art, Lunch Incl. \$10 10 – 3:30 p.m.	4 Tuna Sandwiches And Fruit 11a.m. 
5	6	7 ACTIONS FOR HAPPINESS, AWARENESS MAKE IT HAPPEN 12:45 p.m.	8 11 – 2 p.m. Burgers, Potatoes Salad Rainbow Colour Collage, Part 1 	9 LUCY'S FARM  Leave club at 10-4	10 Rain date Farm, if not, we are doing PLAYDATES with ART, Completing Personal Portraits We will be doing something this day for sure 12:45 unless Lucy's Rain date	11 Brunch Sausage Casserole 11 a.m. Gawley Park Walk After Lunch
12	13	14 Mental Health Wellness Our Body Part 1 What is our hardware? 12:45 p.m.	15 11 – 2 p.m. Rainbow Colour Collage, Part 3 	16 SLOWSTITCH BROOCHES  ART CATCH UP DATE 12:45	17 12:45 p.m.  Mixed Media	18 Waffles and Fruit, Whipped Cream, 11am Wyevale Ice Cream
19	20	21 MENTAL HEALTH WELLNESS Our Body Part 2 Yes, just like a computer we have software! 12:45 p.m.	22 11 – 2 p.m. SOUVALAKI, GREEK SALAD  Your Life in Rings, Grow Like a Tree	23 BELLS FALLS, ROSEMOUNT RD., Waubaushene 12:30 p.m.	24 12:45 p.m.  Mixed Media	25 Ladies Outing to SHE LEADS 9 – 4 p.m.
26	27	28 WESTERN PHOTO SHOOT, COME HAVE SOME FUN 12:45 p.m.	29 11 – 2 p.m. Baked Cheese Tortellini Garlic Bread THANK YOU CARDS, FREE PLAY 	30 SLOWSTITCH BROOCHES 12:45 Art catch Up Date	31 Mixed Media 12:45 p.m. 	

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!



Vans-BP Bullets

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.

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.



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."

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-

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.

