



# 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

DECEMBER 2024

## Coordinator's Message:

I hope that in this year to come, you make mistakes. This is how we learn, we grow, we change.

Don't worry that it isn't good enough, or you're not good enough, it isn't perfect or whatever it is: art, life, work, love, family, whatever. Continue to grow, challenge yourself, try something new. This is my wish for you and myself this coming year, have the courage to try new things.

Join us for a "Ham Christmas luncheon" on December 18th from 11 a.m. followed by an Xmas Bingo, Door Prizes. We are doing a Plaid Traditional Christmas, wear Green/Red or Plaid.

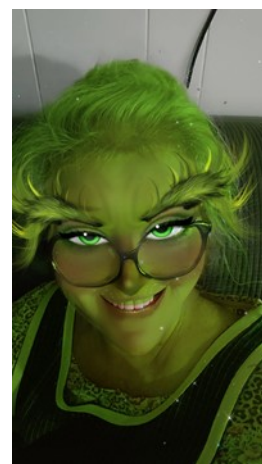
Some of you have been asking for our annual December Georgian Mall day. We will stop in to Sharewear in Elmvalle first, then Talize, then the Georgian Mall for lunch. The sign up is in the book. If we have many, we might possibly borrow the bigger van.

Join us at the Magical Lights in Springwater again this year. This is an evening activity, Friday, December 20th. Bring along money for coffee/hot chocolate on the way home in Elmvalle.

Darlene is hosting the full day art retreat on Friday Dec. 13th, There is a charge of \$5.00. You will also be given a Chile lunch at break time.

Don't forget to join Rev. Glen and Darlene Lucas at Soup for the Soul every 2nd Sunday beginning at 10:30 a.m. and Dec. 24th at 7 p.m. Call for a ride.

Whether you're in a chill season or in a season of brilliant creative chaos or in a season of heartbreak or waiting or uncertainty. Wherever you are, you are doing it just right. Be good to yourself. You. Are. Enough.



*Always Re-Creating*  
**DARLENE FORGET**  
~CLUB COORDINATOR~



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



## LeaRNinG To FoCus on the gOOd

So many—if not all— of us struggle with feelings of discontent much of the time. Why is this restless attitude so prevalent?

There are at least two forces that stir up discontent within us.

On one hand, we live in an economic system that is driven by our discontent. Businesses work hard to fuel within us a desire for more, trendy fashions, newest technology, newest make up, newest diet trend, etc.

They try to give us a feeling that to stay current, we have to upgrade. We cannot keep up with current trends, therefore we are left with a feeling of discontentment. We become focused on what we don't have and lose focus on the good we already do.

Purchases don't bring lasting happiness. We convince ourselves that this latest thing will increase of the world and while the new item may be very fun at first, but before long our happiness fades to where it was before we purchased the item and we repeat the process to get that feeling again.

If we believe a greater level of happiness can be discovered by simply acquiring something new or changing our circumstances, we will always be disappointed. Our internal voice will never be satisfied in this way.

Discontent will be continually stirred up in your mind, mind, and soul.

We quickly lose sight of the good

around us. In fact, that's the very definition of discontentment; a dissatisfaction with one's circumstances.

- ◆ In our bank accounts, we never have enough
- ◆ With our possessions and property, we always desire more.
- ◆ When it comes to our bodies and appearance, we desire to be something different.
- ◆ Within our jobs, we dream of something of something better
- ◆ In our relationships, we focus on the things we'd like to change

Nothing is ever good enough because discontentment is constantly being stirred up inside us. But look around, There are so many good things around you! Your life is full of beautiful blessings and wonderful things. We have so much to be thankful for. Recognizing those good things in your life is the first step toward changing your attitude and discovering contentment in your life. But how?

Let me offer 7 ways...

1. Declare aloud that life is good. I've got it pretty good, Don't just think it say, I've got it pretty good!

Practice Daily Gratitude, Gratitude is best understood as a discipline, not an emotional response to circumstances. When things are good, it is easy to be grateful. But when things are rough, and we need Gratitude the most, that is when it is hardest to find it. Practice it every day with your morning coffee, a prayer, on a walk etc. whenever works for you.

3. Remember what you liked in the first – place. What did you used to love? Seek that feeling again in doing those things, a bush walk, art, etc.

4. Remember the positives. We are quick to judge. There are good things to be found. Remember those. Eg. I wish my partner was more adventurous... vs. I appreciate the stability in our relationships. My car isn't fancy, but it is paid for. I have a roof over my head. Etc.

5. Wage war against if/then thinking. What is this? E.g. If I had a newer phone, then I would be happier. If I had 8 weeks holidays, then I would be happier. There are no winners . It just spurs discontent and regret because we don't really need more .... Appreciate today.

6. Stop comparing yourself to others. Comparison is the thief of joy. People tend to share only the good things online. That is not their whole story. We all have many chapters in our lives and face different challenges. Celebrate what you are good at, be the best you can be.

7. Find purpose in everyday. This gives us a sense of accomplishment and joy in every day activities.

You might be surprised to discover how good you actually have it.



"If you assume that there is no hope, you guarantee that there will be no hope. If you assume that there is an instinct for freedom, that there are opportunities to change things, then there is a possibility that you can contribute to making a better world."

Noam Chomsky It really is the way you look at things, your choice...



How much time are you spending each day on screen time. You know, that Rabbit Hole that leads from one place to the next and before you know it, you've spent five hrs. on screens. 5 hrs. a day. Do you know what that amounts to if you continue this for the next 35 years? If you made zero changes to your screen use and spent the next 35 years, yes I may not see that, but ... I'd be spending 7.29 years of my LIFE on my phone. Isn't that crazy?

It is so easy to get wrapped

up in a seemingly harmless habit, but imagine all of that life you could live in the physical world if we just picked up our phones a little less. Maybe you're not like me spending so much time on our phones. Yes, I use them to learn, but half that time isn't really doing much at all. You then put it down and say why did I waste so much time.... The majority of us with phones spend WAY to much time on our phones.

Perhaps we'd feel way more peaceful if we just put down our phones...

I invite you to slow down and listen to the wisdom of you body and inner voice.

**The world is a noisy place, but you have permission to quiet the noise.**

As we head into the hibernating months, there are so many ways to quiet. Stop hustling, building, striving, yearning, acquiring, and grasping for more. Stop sacrificing sleep for productivity. If you are tired, lay down.

We're conditioned to seek outside ourselves for wellbeing, direction, acceptance, and a sense that we are doing life right. We become disconnected. This is not sustainable. It's harmful and joy-destroying.

Begin by quieting all the noise and turning toward the truth of what we want and need. Choose things in life that bring you peace, are value aligned, and feed your soul. Perhaps you have stopped doing the things that fill your cup. Start putting yourself at the top of the priority list.

You can slow down with us at Wendat on Fridays in the **Creativity Playdates**, a time for you in a quiet space playing once again.

"Blessed are those who do not fear solitude, who are not afraid of their own company, who are not always desperately looking for something to do, to amuse themselves with, something to judge. If you are never alone, you cannot know yourself."



## MONOTONE COLLAGE with ACRYLICS



Join us on Fridays at 12:30 pm. For a few hours of creativity. This is a sample of our participants Monotone Collages. All so unique.



# 8 Steps to Better Express Your Emotions

## 1- NAME IT:

The first step to expressing your feelings is learning to name the basic emotion you're experiencing: joy, love, sadness, fear, anger, surprise, disgust, shame, embarrassment (a feelings wheel can be helpful with this!)

## 2- SELF-REFLECT:

Ask yourself the key float back questions: How did I learn this feeling was unsafe to express? What were the consequences if I expressed this emotion? Who did I learn this from? What would I do with this emotion instead of expressing it when it came up?

## 3-PRACTICE MINDFULNESS:

Make practicing mindfulness through meditation, yoga, or breathing exercises a habit. Staying mindful can allow you to show up in the present moment non-judgmentally toward whatever it is that you're experiencing, and eventually wanting to express.

## 4-TURN INWARD:

It is safe to look inward and to go inside to better understand what you're experiencing. When you're activated, and want to express what you're feeling you must first listen from within and create that sense of safety inside.

## 5- LISTEN AND REFLECT ON YOUR INNER EXPERIENCE:

Take three full and deep breaths, and reflect on your inner experience of the emotion. Listening from within may look like this:  
'When \_\_\_\_\_ happens, I often feel \_\_\_\_\_'

## 6-CHOOSE SOMEONE TO WITNESS:

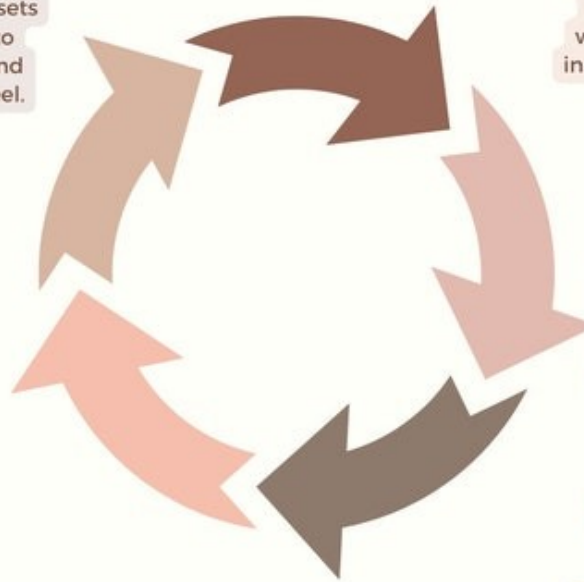
Choose a compassionate witness with discernment. Ask yourself who may be trusted with the vulnerability it may take to initially express this emotion.

## 8-REFLECT ON YOUR EXPERIENCE AND IDENTIFY YOUR TRIGGERS:

Reflect on what this experience was like for you. How was it to allow someone else to witness what you are feeling? What did you learn about yourself? Try to better understand and identify what upsets you and makes you NOT want to express your feelings at times, and how self-expression can really feel.

## 7-ATTUNE TO THE ENVIRONMENT AND PRACTICE SELF-COMPASSION:

Learn to listen and attune to the environment that you're in. Identify what you may need to feel safe in this environment before, during, and after expressing what you're feeling. Practice self-compassion as you notice the courage and vulnerability it takes to voice and express yourself.

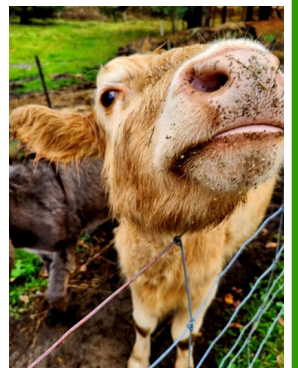
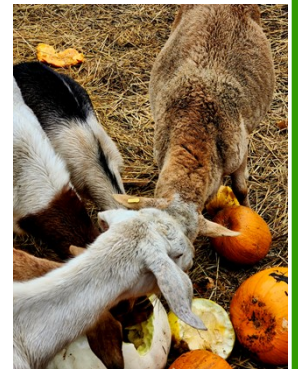




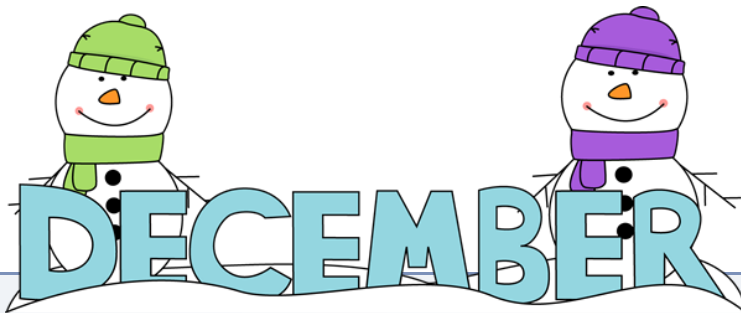
## "RICES PUMPKIN FARM" Oct. 29th

The club visited Rices Pumpkin Farm. It was calling for rain, but we felt it just may hold out. We were wrong. Just as we arrived, it came down in buckets. We all headed as quickly as we could to the lean to, that Farmer Rob has set up for us with hay bales. Here we sat on the bales completing our Annual damp surveys. As it came down quickly, it also stopped quickly leaving many mucky puddles to avoid.

We enjoyed feeding the horses, Highland cows, goats, sheep, donkeys and a Llama. Many cows waiting beyond the electric fence hoping we would make it out that far. We noticed that most of the Gray Donkeys had a cross across their backs. According to legend, before Jesus died all donkeys were just plain gray. Ever since the donkey brought Jesus to Jerusalem, donkeys have a cross on their backs. This story reminds us of Jesus' courage and his love for us all.







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 	<b>2</b> 	<b>3</b> <p>LET'S TALK ABOUT MENTAL HEALTH AND WELLBEING</p> <p>1-3 p.m.</p>	<b>4</b> Chicken Dinner <b>11-2</b> 	<b>5</b> 1-3 p.m. Chair Yoga, Conversation Connections	<b>6</b> Farm Scrapbook 1-3 p.m. 	<b>7</b> SHAREWEAR, Elmvale Community Church, Talize, Georgian Mall 
<b>8</b> SOUP for the SOUL Service <p>10:30 a.m.</p>	<b>9</b> 	<b>10</b> <p>LET'S TALK ABOUT MENTAL HEALTH AND WELLBEING</p> <p>1-3 p.m.</p>	<b>11</b> Paper Bag Snowflakes Doily Snowflakes, Decorate your home for Winter <p>Spaghetti Caesar Salad            11- 2 p.m.</p>	<b>12</b> Christmas Wreath Making 1-3 p.m. 	<b>13</b> ART of FLOW Workshop <p>Chile Lunch \$5.00            10 – 3 p.m.</p>	<b>14</b> CHILE LUNCH And GARLIC BREAD <p>House Tour            11-2 p.m.</p>
<b>15</b> 	<b>16</b> 	<b>17</b> <p>LET'S TALK ABOUT MENTAL HEALTH AND WELLBEING</p> <p>1 – 3 p.m.</p>	<b>18</b> <p>CHRISTMAS LUNCHEON            followed by            BINGO            HAM DINNER            11-2 p.m.</p>	<b>19</b> 12 – 3 p.m. <p>\$3.00            Vintage Neutrals JJ</p>	<b>20</b> Magic OF lights BARRIE evening Event, then Tim's for Hot Chocolate <p>5 – 9 p.m.</p>	<b>21</b> Wraps and Soup, <p>Bring along something you are            proud of and want to share,            Show &amp; Tell            11-2 p.m.</p>
<b>22</b> SOUP for the SOUL SERVICE <p>10:30 a.m.</p>	<b>23</b> 	<b>24</b> 11-2 p.m. Soup and Sandwich \$3.00 Yahtzee/Crazy 8's <p><b>EVENING CHRISTMAS            SERVICE 7 p.m.</b></p>	<b>25</b> 	<b>26</b> <p>CLOSED</p>	<b>27</b> Come enjoy some creativity 1 – 3 p.m. 	<b>28</b> Chicken Finger, Fries, Plum Sauce 11-2 p.m. <p>Duct Tape Wallets</p>
<b>29</b> 	<b>30</b> 	<b>31</b> Drop In for a soup and Sandwich, <p>11-2 p.m.</p>	Reverends Glen and Darlene Lucas are providing a Christmas service for those who want to attend on Tuesday, December 24 <sup>th</sup> at 7 p.m. They will also host Soup for the Soul on December 8 <sup>th</sup> and 22 <sup>nd</sup> . The luncheon will be during the day at noon, soup and sandwich and games.			

## Wendat Social Club Hours

Club is OPEN:

Tues/Thurs./Fri 12:45 pm—3 p.m.

Wednesday: 11 am—2 p.m. pm

Saturday: 11 am—2:30 p.m.

Sunday: 10:30 a.m. Soup for the Soul\*

Club is CLOSED: Mondays

\*Non Denominational

Service, every 2nd Sunday

## 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*

*~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 Painting class may be  
mixed media, or watercolour/  
acrylics or create a Junk  
Journal, Come give it a try.  
**BE IN THE FLOW, 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*

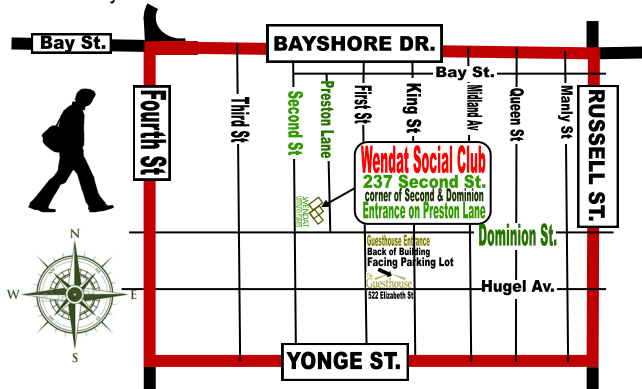
**LUNCH: Sat's — \$3**

*no sign-up necessary*

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

## 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.



**FYI**  
**December GFB must be  
ordered NO LATER THAN**  
**December 6th and pick up will  
be DECEMBER 19th. This way  
you have it for the holidays**

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