



FULL CIRCLE BULLETIN

CLUB ENTRANCE AT REAR OF BLDG.

MARCH 2025

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

Coordinator's Message:

Happy Spring, Happy St. Patrick's Day,
May you always have luck on your side,

“
Never underestimate
the power you have
to take your life
in a new direction.”

Germany Kent

www.thewendat.com



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



It seems Winter is still playing Havoc with our lives. We have noticed we are not having many attendees on Thursday afternoons; therefore we will be closed Thursday p.m.'s until May. It is our hope that once the nicer weather begins, members will want to get out and enjoy nature, coffee outings in small towns, short walks and a few hikes.

Trying something new can be good for your health. New experiences stimulate the brain to release dopamine, which activates pleasure-and-reward pathways. This can improve mood and motivation. Stepping outside your comfort zone may also help you feel braver, which increases confidence and feelings of self-worth.

Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile. Nature can generate many positive emotions, such as calmness, joy, and creativity and can facilitate concentration.

Getting to a forest, a beach, a new town is not always easy for those without transportation. Luckily, Wendat will pick you up and get you into the environment so you can reap the benefits.

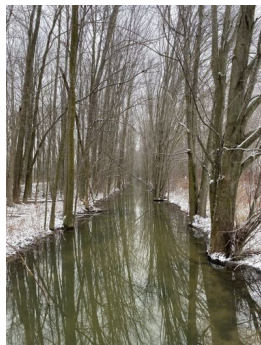
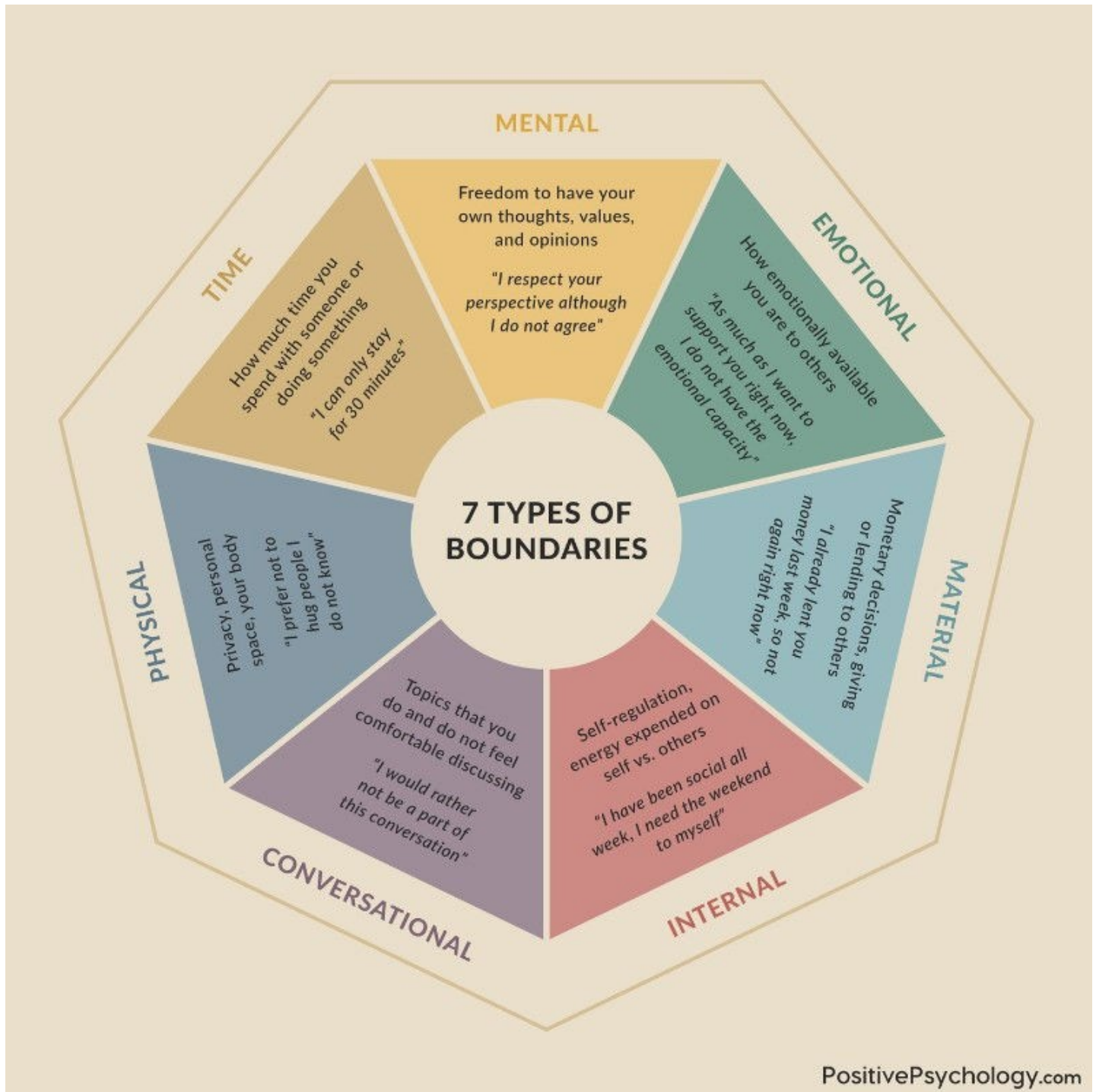
We will be asking for a small non-refundable commitment fee to reserve your spot on an outing; if you are not attending, please contact the club, so we can move people from the waitlist onto the outing. You must be signed up in the activity binder,

Every single one of us wants to be loved and supported in this world. We all need it and we all deserve it. Pursue positivity, consistency, and vulnerability to help you establish relationships that can leave you feeling seen in safe and satisfying ways. See the long friendship article this month written by Shasta Nelson. Janice will be exploring more on Friendship this month. Be gentle with yourself, set and respect your boundaries, and don't get taken advantage of.

We are wishing you a beautiful Spring,
Janice, Hannah, Rose, Randy, Victoria, Nancy,
Paul, J.P., Jon and Paulette.



Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~



Get out and enjoy the outdoors with Rose and Paul with a Pizza lunch followed by a walkabout at the Tiny Marsh. Saturday, March 15th, 11—3 p.m.



March 11th Boundary Building

Finding what is important to you and how to strengthen the boundaries that are required to keep others and yourself true to your needs.

Wear green today to be entered into a St. Patrick's Day draw!!!!

Positivity. Consistency. Vulnerability. Every healthy relationship you have ever experienced has had these three requirements present. Conversely, if any relationship doesn't feel meaningful, or isn't working, it's because at least one of these three requirements is lacking. When we look at the social research on what makes for a successful team, a fulfilling marriage, or a close friendship, these three factors are always the foundation.

1. Positivity

When we practice positivity, we feel satisfied.

Positivity is when we feel pleasant emotions about our time together. None of us is waking up on any given day hoping for more people to whine and complain to us, hoping we're going to be left feeling insecure and wondering what others think of us or boring us to death without humor, curiosity, or interest. Instead, we all want more moments filled with laughter, joy, pride, and affirmation.

These pleasant emotions are not only why we go looking for friendships, but they determine who we will end up bonding with and how fulfilling those friendships turn out to be. In new friendships that means there are enough positive feelings (produced perhaps from how they looked us in the eye, smiled, complimented something about us, showed curiosity in us, and generally left us feeling good)

that we want to lean in, repeat the experience, or get to know them better. Without feeling pleasant emotions after an interaction, we'll be less likely to gravitate back to them.

As our friendships grow over time, positivity will normally become more obvious. It might look like homemade soup when we're sick, a fun weekend away with tons of photos, a heartfelt toast at a milestone event, the most thoughtful affirmation, and knowing exactly what present to buy for their birthday. The closer our friendship, the more we know how to communicate our love to each other in meaningful ways.

And to be clear, positivity doesn't mean always being positive in the sense of being happy, thrilled, and excited. (That's toxic positivity!) It's more about how we both feel during and after our interactions: Do we feel prioritized? Accepted? Supported? Did we enjoy the time? Was it fun or meaningful? Indeed, often positivity is more about empathy, validation, and lack of judgment when we're going through something hard. Positivity, then, isn't about us both feeling happy but about us both feeling satisfied with what we received from each other.

While positive feelings are necessary in all healthy relationships, they are paramount in our friendships

and the relationships we enter by choice.

And these good feelings are the engine for the other two requirements. Without feeling pleasant emotions, we won't be motivated to do what it takes to build a relationship. We gravitate, often unconsciously, to the people, places, and experiences that leave us feeling rewarded.

As you think about bringing greater positivity to your relationships, consider these questions for yourself:

- In what ways do I bring positive emotions to my friendships?
- How do I leave people feeling after they've met me?
- How do I make sure my friends know I love and value them?
- How do I add joy to the moments when I'm with friends?

At the end of the day, a friendship needs to feel satisfying, which means it needs to feel good, leaving us feeling positive. But by itself positivity is not enough.

2. Consistency

When we practice consistency, we feel safe.

There are a lot of moments in life when we'll hopefully feel positivity with someone—at an event, on an airplane, or when we're networking—

..... See the next page

but for a friendship to develop, the interaction must be repeated. Being in relationship with someone implies an ongoing connection, a thread that keeps us joined, a belief that we'll interact again.

Consistency is the action of replicating time together. As we add up the hours, stir in memories, and practice connecting in a variety of ways, we compound the opportunities for two people to feel known and seen. Time—the prioritizing of it in the present, the eventual building up of it that creates a history, and the belief that there's a shared future—is the vehicle that drives us to greater bonding.

Childhood interactions, high school, and college are the top three places we made our friends growing up. But as we move into adulthood, where are we most likely to make friends? Our jobs top the list. Why? Because those are the places where we experience the most consistency.

It's not so much that friendships happened automatically when we were kids as that consistency happened automatically when we were kids. We had to go to school with the same kids every day—we didn't wait to be invited. We had to show up at our extra-curricular activities, whether band practice, swimming meets, or soccer games—they were scheduled into our lives repeatedly. We had to have a roommate in college—proximity was not optional.

The more consistency we have, the more we feel like we can anticipate how a person will behave in different situations. That leads to us trusting someone as a result of our experience with them. And the more we can anticipate, or predict, someone's response, the safer we feel. Lack of consistency breeds feelings like “walking on eggshells” or “worrying about how they'll respond.”

With people we don't know well, the expectation of consistency might only be “I trust them to show up at this lunch we scheduled together.” With a boss who has mentored us, it might look more like “I trust him to advocate on my behalf in that meeting.” And with our sister it might be “I trust that if I need her she'll be on the next plane.”

To probe how trustworthy you are as a friend, ask yourself these questions:

- In what ways do I encourage consistency in my friendships?
 - What events do I attend regularly?
 - Do my friends feel that I prioritize them?
 - Do I frequently check in with my friends?
 - How do I enjoy spending time with my friends?

Yet if the third requirement is missing, these relationships will lack depth.

3. Vulnerability

When we practice vulnerability, we feel seen.

Vulnerability is about being seen for who we are. It involves sharing our opinions, our ideas, our preferences. It's incrementally telling parts of our stories to each other. It's eventually building the relationships where “they know everything about me and love me anyway.”

What we're craving when we seek out relationships is some degree of feeling connected. We want to be admired, respected, and appreciated, and not because we're broken and needy but because we have an awesome capacity to give and receive love in this world. We're made for it. We thrive on it. Our survival has been dependent on it. Our longevity is linked to it. Our happiness is correlated with it.

To be clear, vulnerability is not about everyone telling everyone everything. On the contrary, it's more authenticity, empathy, curiosity, and courage.

Gauge your vulnerability in relationships with these questions:

- In what ways do I bring vulnerability to my friendships?
- Do I pay attention to ensure that both of us have ample opportunities to share about our lives?
- Do I listen well and strive to leave the other feeling good about what they share?
- Do I open up about my own life and reveal pieces of who I am?

To feel accepted, we must feel known. To feel known, we must reveal ourselves.



Proud Fundraising Partner with Delta Bingo Penetanguishene



Delta
BINGO GAMING

March 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 MEXICAN TATOR TOT CASSEROLE, Beach Drive and Walk 11 – 2:30 p.m.
2 SOUP For The Soul 10:30am	3	4 Coldwater Outing, Lunch out if you wish, town tour 10-2 pm 	5 Spaghetti/ Garlic Bread 11-2 p.m. Magazine Word Collage	6 CLOSED	7 CREATIVITY PLAYDATES Art Journal Will You Fly... 1:00 – 3:00 p.m.	8 BUSY DAY SOUP GRILLED CHEESE 11 – 2 p.m.
9	10	11 Boundary Building 1-3 p.m. Wear Green Today 	12 11 - 2 Roasted Potatoes Vegetables, Chicken Watercolour Rainbows	13 CLOSED	14 CREATIVITY PLAYDATES Intuitive Collage 1:00 p.m. -3:00 p.m.	15 PIZZA & Trail Walk TAY TOWNSHIP 11- 3 p.m.
16 SOUP For The Soul 10:30am	17	18 Empathy for others, but remembering to put ourselves first. 1-3 p.m. 	19 Breakfast Casserole 11 - 2 Watercolour & Doodle Illustration	20 CLOSED	21 CREATIVITY PLAYDATES Colour Palette Creations Landscapes 1:00 – 3 p.m.	22 SPINACH & CHEESE EGG MUFFINS, Hashbrowns 11 – 2 p.m.
23	24	25 Getting To Know You, Conversation Starters 1-3 p.m. 	26 Who Will You Bee? Sloppy Joes 11-2	27 CLOSED	28 CREATIVITY PLAYDATES ART RECIPES 1:00 – 3 p.m.	29 IMPOSSIBLE CHEESEBURGER PIE Slow Stitch, Crafting Catch up 11 – 2 p.m.
30 SOUP For The Soul 1030am	31	We are no longer open Thursday afternoons for the month of March and April. In May, we will resume with Community Outings. We have tried many activities in the time slot. We cannot continue to staff for such low attendance. If attendance does not increase May/June, we will not open on Thursdays.				

Wendat Social Club Hours

Club is OPEN:

Tues & 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 9am 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

Be Courteous to Others,

*~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 ~*

“
If you don't make time for
your wellness
you will be forced to
make time for
your illness”

UNKNOWN

@tangiblewellbeing



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.**



**Health Begins with Self Care
Mental Wellness Groups
Tuesdays 1—3 p.m.**



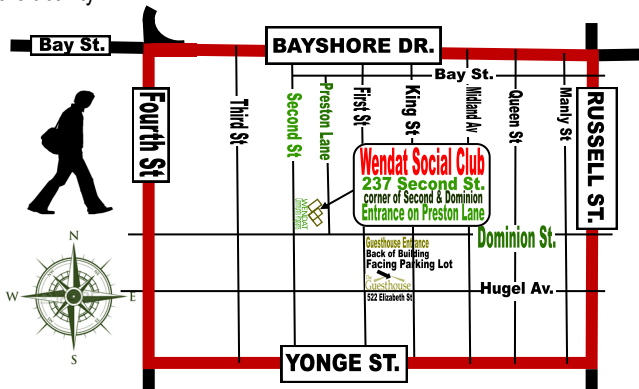
DINNER: Wed's — \$3
you must be signed-up in advance

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 9am, 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