



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

JUNE 2025

Coordinator's Message:

Join us over the Summer on our road trips. We have many planned over the Summer. There is a small fee associated with your attendance to secure your spot and pay for your lunch. What's coming up? Bala Hike and Country Store for Ice Cream, Antique Boat Show, Ripley's Aquarium, Beach walks, Themed Parties, Annual Men's BBQ, a Meaford Apple/Scarecrow festival, and the Art Gallery at Alton Mills. Not all activities are in the binder, but many are, Be sure to get you name down and attend the club weekly.

Hannah will be running our new Ladies Group, "Woven Wisdom" bi-weekly on Tuesdays. Come join her in celebrating Women, a social connection to feel heard discussing, pampering, meditating and creating. Janice will continue with Mental Health Wellness on the opposite Tuesday.

Come September, over the Summer, Thursday afternoons will be dedicated to local outings, exploring Small town, just enjoying each other's company and conversation.

Hannah will run the ladies groups on Thursday afternoons.

Darlene will wrap up Ladies Creativity Connections for the Summer and will resume in September if there is a request. Let her know. She will continue Friday afternoon playdates. Looking forward to a fabulous Summer.



Always Re-Creating

DARLENE FORGET
~CLUB COORDINATOR~
705 526 1305, ext 227



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



Have you ever been curious or fascinated about the way our minds and nervous system work? What is that constant chatter in our head? The looping thoughts, the fear, the what-ifs, the stress, the to-do lists, and the need to figure it all out. It's quite interesting. This explains why creativity feels like medicine when you are in "the flow".

Martha Beck (Beyond Anxiety) explains that the human brain has two hemispheres. The left side is what most of us operate from, most of the time. It's the part that's responsible for logic, analysis, linear thinking, language, time management. It's where our primal fear lives: our fight or flight response. It's also the part that tends to be very, very loud.

It's the voice that says,

"What's the plan?"

"Don't get hurt."

"You're behind."

"Figure it out, fix it, make it make sense."

It's also the part that gives us our **anxiety**.

And then, there's the right side of the brain. The right side doesn't speak in words. It speaks in images. In colour. In rhythm and movement. It's the part of the brain that experiences now—not the past or the future. It's where we find emotion, intuition, connection and peace.

It's also the part that gives us our **creativity**.

And here's the most amazing part:

Engaging one hemisphere of the brain works like a toggle switch to the other.

This means that when we create... when we let ourselves draw, hum, dance, daydream, paint without pressure... we actually shift from the left brain to the right. We quiet the anxious loops. We don't just "distract" the mind... we reroute it.

Isn't that wild?

Creativity is actually medicine. A balm.

Yet, how often do we write it off as silly, frivolous, or unimportant?

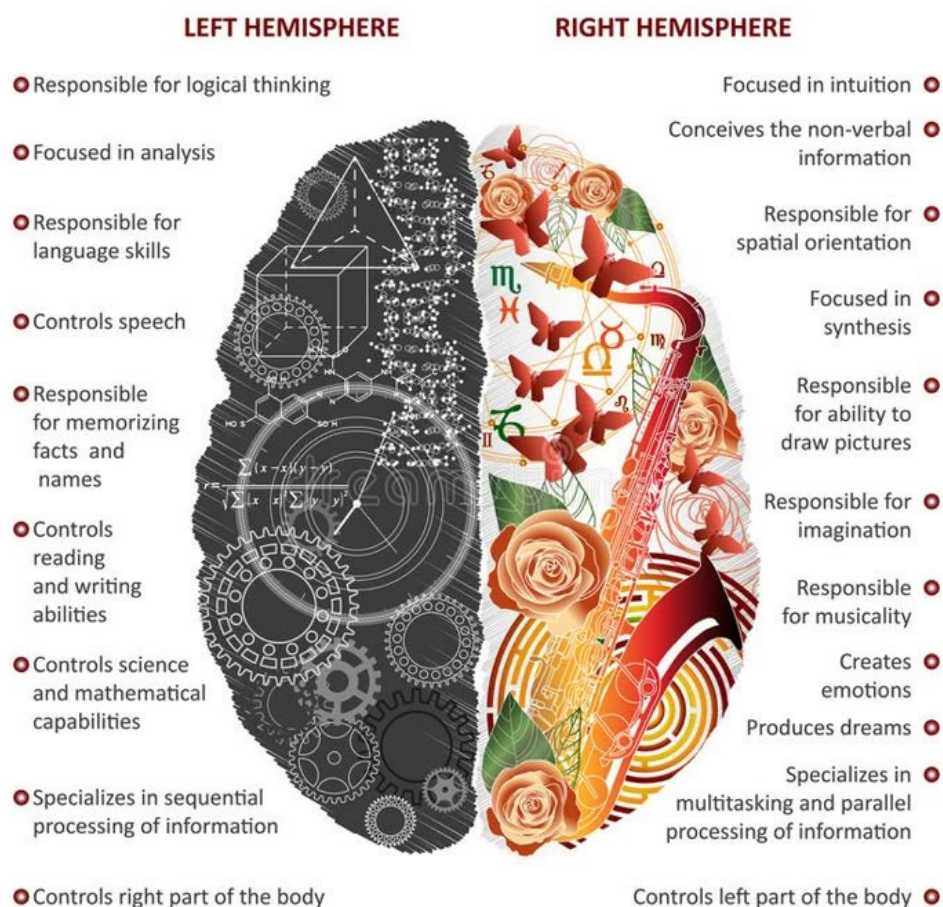
No more! You are WIRED this way—for creativity to heal and help you. The left brain has been tricking us into thinking it's got all the answers because it's the most afraid! Just knowing that makes me breathe a sigh of relief. How about you?

So this week, if your brain feels noisy... if you're in a season of spiraling or stuckness, I want to gently offer you this:

You don't need to solve it all from the left brain. (In fact, I would argue you can't)

Let your hands take the lead, instead of your thoughts. Let your senses envelop you with an air of curiosity, wonder, and play. Let the springtime views light up your heart!

And just like that, you're not running from your anxiety, you're changing the channel. Back to your Joy. Back Home.



A women's circle is a gathering where women connect, share experiences, and support one another in a safe and nurturing environment. It's a space for women to commune, open up, and feel seen and heard. Our new bi-weekly Women's Circle, "Woven Wisdom" will be hosted by Hannah and Victoria beginning **July 8th from 12:45—3 p.m.** We hope to foster emotional support, promote personal growth, create a sense of community and simply have fun connecting.

Our key aspects of our circle are:

Safe and Empowering space: Women feel comfortable sharing their stories, emotions, and experiences without judgement.



Connection and Support: Circles provide a sense of belonging and encourage women to support each other through life's challenges.

Personal Growth and self-discovery:

Circles can offer opportunities for women to explore their inner selves, learn new skills, and live more authentically.

Rituals and Practices:

Some circles incorporate rituals, such as meditation, intention-setting, or storytelling, to deepen connection and enhance the experience.

Women are abandoning the need to just come together and gossip. They are coming together to *heal, grow & prosper.* This is the new sisterhood.



Diverse Formats: Women's circles can be held in person, virtually, or through various online platforms (movies, guest speakers, online experiences, community experiences, etc)

Purpose & Intention: Circles often have a specific purpose, such as celebrating milestones, dress up themed days, luncheons in Community, Goal Setting, Self Discovery, Empowerment.

MY STORY IS MESSY, RAW, AND REAL. IT'S FILLED WITH MOMENTS I WISH I COULD ERASE. BUT IT'S ALSO A STORY OF RESILIENCE, FINDING PEACE IN THE CHAOS, AND DISCOVERING A GRACE THAT SAVED ME.



Her Inner glow up era

She's cleaning up her whole life. Her habits, beliefs, space & circle. She's taking a moment to appreciate how far she's already come. She's showing up as the woman she wants to be until she becomes her. She's prioritizing things that make her feel good and give her energy. She's stepping out of her comfort zone and taking action towards her goals everyday.

@HERINNERGLO



Written by a 90 year old!!

42 lessons life taught me

It is something we should all read at least once a week! Make sure you read to the end!

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio.

"To celebrate growing older, I once wrote the 42 lessons life taught me. It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it..
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first pay check.
9. When it comes to chocolate, resistance is futile.

10. Make peace with your past so it won't screw up the present.

11. It's OK to let your children see you cry.

12. Don't compare your life to others. You have no idea what their journey is all about.

13. If a relationship has to be a secret, you shouldn't be in it...

14 Take a deep breath. It calms the mind.

15. Get rid of anything that isn't useful. Clutter weighs you down in many ways.

16. Whatever doesn't kill you really does make you stronger.

17. It's never too late to be happy. But it's all up to you and no one else.

18. When it comes to going after what you love in life, don't take no for an answer.

19. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion.

20. Over prepare, then go with the flow.

21. Be eccentric now. Don't wait for old age to wear purple.

22. The most important sex organ is the brain.

23. No one is in charge of your happiness but you.

24. Frame every so-called disaster with these words 'In five years, will this matter?'

25. Always choose life.

26. Forgive but don't forget.

27. What other people think of you is none of your business.

28. Time heals almost everything. Give time time.

29. However good or bad a situation is, it will change.

30. Don't take yourself so seriously. No one else does..

Con't next page....

Which is your favourite?

31. Believe in miracles.
32. Don't audit life. Show up and make the most of it now.
33. Growing old beats the alternative -- dying young.
34. Your children get only one childhood.
35. All that truly matters in the end is that you loved.
36. Get outside every day. Miracles are waiting everywhere. (I love this one)
37. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
38. Envy is a waste of time. Accept what you already have not what you need.
39. The best is yet to come...
40. No matter how you feel, get up, dress up and show up.
41. Yield.
42. Life isn't tied with a bow, but it's still a gift.

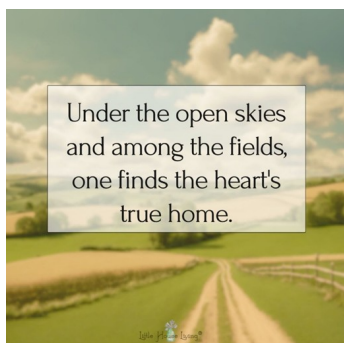


Country living: where every sunrise promises new peace and every sunset brings gratitude

Thank you to Lucy's Farm for our annual farm visit. We had a lovely day. Our knees were never without a farm animal. If you don't want to hold one, don't sit down! We enjoyed a to go lunch in the outdoor dining room. Perfect size for such a large group.

I'm always intrigued by the house Lucy created for the Guinea pigs. The roosters happen to visit here often to peer out the window.

Getting to the country brings such joy every time. Road trips are the best with friends.



June 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 HEALING OUR SOUL  Mental Health Wellness	4  Spaghetti/Caesar Salad 11 – 2 p.m.	5 Birds of Prey, Nature Walk 3 p.m. 	6 CREATIVE PLAYDATE 12:45 – 3:30 p.m.	7 Barrie Airshow 10 – 3:30, bag lunch provided \$3.00 
8 10:30 am 	9	10 BUILDING RELATIONSHIPS  Mental Health Wellness 1-3	11  Song Bird Collage	12 Methodist Point Walk 1-3 p.m. 	13 10 – 4 p.m. Bag lunch \$3.00 Couchiching park Picnic 	14 Pancakes Sausages/Fruit 11 – 2 p.m. Dessert Western Hoe Down, Line Dancing, Circle Dance, Come Enjoy...Wear Plaid 
15	16	17 CASTAWAY Join Janice and Victoria At Hunter & Anglers 1 – 3:30 p.m. 	18  Negative Space Tree Chile, Garlic Bread 11 – 2 p.m.	19 BLUEWATER BEACH WALK 1 – 3 p.m. 	20 ACCEPTANCE ART JOURNAL PLAYDATE 12:45 – 3:30 p.m. CREATIVE PLAYDATE	21 Day away at Bass Lake  Picnic, in club if rains 10 – 3:30 p.m. \$3.00
22 10:30 am 	23	24 LEAVING YOUR PAST BEHIND  Mental Health Wellness 1-3	25  Zentangle Monogram Chicken Stir Fry	26  Pick Up 11 a.m.-2pm Bring own \$\$	27 MENS DAY BBQ & GAMES 11 a.m. – 2 p.m. 	28 CANADA DAY BINGO  11 – 2 p.m. BLT Strawberry Shortcake
29	30	<div> <p>Proud Fundraising Partner with Delta Bingo Penetanguishene</p>  <p>Delta BINGO GAMING</p> </div>				

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!

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*

RESPIRATORY/FLU 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/VAPING ANYWHERE ON WENDAT PROPERTY,**

~Please move off the property, onto the public sidewalk to smoke/vape ~

Come join us for Creativity Playdates on Fridays, Mental Health Wellness seminars on Tuesdays, Slow Stitching on Thursdays 12:45

705 526 1305, ext 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 small fee may be charged for admission or to confirm your spot.



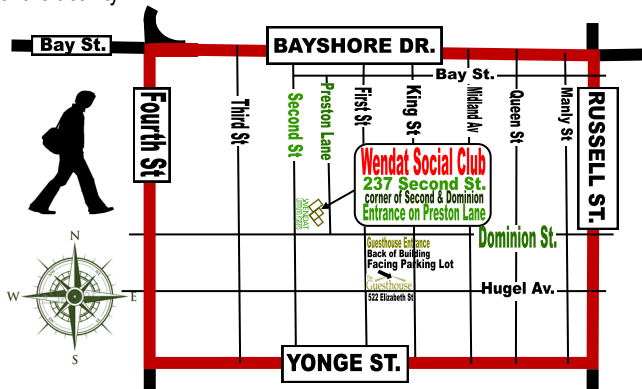
DINNER: Wed's — \$3
you must be signed-up in advance

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.



Good Food Box
Order and pay by 7th of each month, \$20.00 per box

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-



Providing Services for Seniors and Adult Mental Health Services in North Simcoe-Muskoka