



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

MAY 2025

Coordinator's Message:

I am in the midst of planning the yearly outings for 2025. Many of them are already in the Activity Binder. Remember, spots are only held for those who pay and confirm. It is lining up to be a very fun Spring/Summer and Fall. You must be an active member in the club to attend the outings. This means you attend the club monthly for our regular activities. You cannot just sign up for outings.

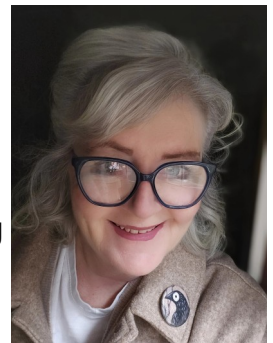
We will also be offering many local walks in the our Simcoe Forests and along our beaches. We live in such a beautiful area, we should take advantage of it. The are not excruciating hikes. Wendat has purchased 12 camp chairs. We hope to host a few sketching, watercolour seminars in the forest by rivers. Doesn't that sound beautiful.

Darlene will be introducing Soft Pastels as medium in Creative Connections. We will also be building our skills in watercolour, landscape painting. It is important you take your time, follow the video, don't be hard on yourself and simple look at it as an experiment with paint and paper. We are beginners, not experts. If you continue to paint, you will continue to progress. If you are not interested in taking your time, and enjoying the moment, it is best you not sit with those that do. It is difficult to concentrate and listen. Thank you. The facilitators will be asking those interested to gather in a crafting area so they do not have to run all over the room facilitating. If you are participating, please move to the designated area. This reserved area is in front of the television.

Roseanne is hosting a Hawaiian day on May 22nd with Tye Dyeing and a luncheon.

Janice will be hosting Pretty in Pink for a Ladies Social on Tuesday May 6th. Be sure you are signed up for these luncheon events. Paul will host a Men's Club Day in June.

There are still a few spots left for our trip to Toronto to see Ripley's Aquarium and have dinner at the Old Spaghetti Factory. There is walking involved. We are taking the transit system from Vaughan, walking to Ripley's, then a 20 minutes walk to dinner, Subway back to Vaughan, Call Darlene to register. You must be attending the club as a regular member. Come in and check out our activity binder for upcoming events over the Spring/Summer Season.



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**





Painting isn't just a creative activity—it's a reset for your mind and body.

As you paint, you engage your senses in a way that **shifts your body out of fight-or-flight mode** and into relaxation. The rhythmic motion of the brush helps **calm the nervous system**, while the act of creating brings clarity and **peace**.

It's like pressing pause on stress and letting your energy realign.



That's why painting can feel like a *deep exhale* — like releasing what's heavy, *returning home* to yourself, and sinking into the present moment with *ease*.



Art is Medicine.

Every brushstroke is a signal to your nervous system that you are safe, present, and free to express.

Let *art* be a source of healing, grounding, and peace.



Whatever this time of the year is bringing you, I hope you meet it with ease. I hope you know that you don't have it all figured out. I hope you remember—nature is never rushed, and yet, everything unfolds exactly as it should.

Whatever season you're in, may it be filled with grace. Always.

Art Journaling, yikes...journaling? Don't stress, they are just Creativity Playdates.

Why is it that when one mentions the word "Journaling", everyone runs?

One often thinks that they must pull out a diary and record everything. It becomes very intimidating, very worrisome for some, a worry that this intimate information may be found by others. This is not the case in Art Journaling, as you are the only one that really understands why you have created the art journal page the way you have.

Secondly, I often hear that I do not have a creative bone in my body. Art Journaling is not about creating a work of art ready for a museum. It is to remain in your art journal. It is an expression of yourself however YOU decide to create it.

It can be anything your heart desires using collage, paint, colouring pencils or even all of them. This is your journal, your way, no expectations, just enjoy the process, the creating, the flow within. It is not a time to judge yourself. Release the inner critic and stay in the process.

Each month on Fridays, the coordinator provides inspiration through themed Etsy kits. You decide how to put them together YOUR way. We used to do Junk Journal formats, but they do take loads of glue. The following year, we will do Art Journal Creative Playdates with a theme kit. I will also provide quotes for you to use. The key to creating a great page is to do the fussy cutting around the provided paper pieces. This helps the papers become immersed into the background without edges.

Last Friday, we created a Forest themed Art Journal Page. First, decide how you want your background to be. What mood are you creating? It is a dark Forest Walk, a bright Forest Walk, daytime/night time etc. Now, using your chosen paints, lightly blend the paint in round circles until they are all blended together, but you can still see different colours, just not distinct lines. Before you glue anything down, cut and begin building the page piece by piece with your chosen pieces. The last part is the details, the quotes, the spatters, the dots, the embellishing.

Let the page echo your inner emotions, thoughts, and dreams. You do not have to complete the process in one sitting, complete it later, think on it, or for some, you really do want to just finish the page and start something new. Do it YOUR way. Build from the bottom up.

Many creators start a page by writing all their thoughts across the page, followed by collage and paint sealing your words underneath. Be mindful and listen to your inner voice.

Studies suggest that just 20 minutes of daily art-making can significantly boost well-being. Expressing yourself through art can be especially beneficial to those dealing with depression, stress, and anxiety.

Art and creativity have also been tied to improved memory and a longer lifespan?

The impact of art on us is incredible when we allow ourselves to immerse in it. Stress is a formidable challenge in today's world, but even simple activities like colouring, doodling, or drawing for 20 minutes can lower cortisol levels, reducing stress.

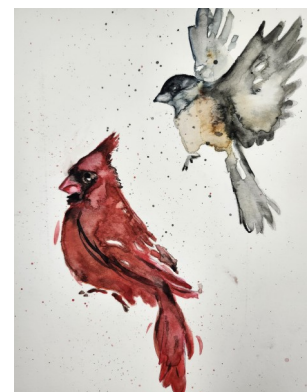
Creativity uplifts our self-esteem, and the amazing part is, you don't need any prior experience to enjoy these benefits.



Creativity Playdates with Darlene are every Friday. Art Journaling is one component of them. The Friday class will also be just beginning watercolours with more technique teaching.

My plan is also to run a texture class in the near future.

On Thursday mornings, the Wendat Social Club hosts a ladies Creativity Class. We are just delving into landscapes at this point working in watercolour. We did do four birds. This activity is also a playdate, time to get together, designated creativity time. You do art your way with some techniques taught through video.



UPCOMING ACTIVITIES 2025, Sign and Pay to confirm your spot

For members who attend the club regularly, we are offering some daytrips over the next six



months. There is a small charge to many of them as we do include a bag or picnic lunch. These outings do fill very fast. The members who have paid first are the ones that attend.

On Friday, July 18th, we will be visiting the Badlands in the Caledon area, the Alton Mills Art Studio, and a sweet Old Crow Coffee Shoppe. \$10.00. Some of you may choose to sketch and paint the Badlands while others enjoy a leisurely stroll.

On Thursday, July 3rd, we are visiting Ripley's Aquarium in Toronto followed by an early dinner



at the Old Spaghetti Factory. Parking is not easy in this area. Therefore, we will be using the Transit system from Vaughan. Be sure you are capable of this before signing up. We have a 20 minute walk from one venue to the next.

You will need to bring your own dollars for dinner. The cost of the trip is \$20.00 per person.

On Saturday, July 12th. We will provide a Picnic lunch for an outing to Huntsville to the Antique Boat Show, Cost is \$5.00.



Saturday, June 7th, Join us for a day in Barrie at the Airshow. We have lawn chairs to bring. 10—3:30 p.m. You may want to purchase earplugs at the Dollar Store in advance. We will be packing a bag lunch for \$3.00.



George Langman Sanctuary at Bass Lake, Orillia

Saturday, June 21st, 10 –3:30 \$3 Picnic Lunch

The sanctuary property is blessed with many varieties of wildflowers which can be seen as you walk along the trails. In the late 1960's, the OFGCC constructed a bird building which houses a variety of rare upland game birds for public viewing. Currently, it is the home to a variety of pheasants, peafowl, and wild turkeys which can be seen as you enter the sanctuary property.



Meaford Scarecrow Invasion and Thornbury Apple Orchard. \$10

Friday, October 3rd, 10 am to 8 p.m.,

We will provide a bag lunch. You will require spending money for supper.



Annual Six Mile Lake Relax and walk Picnic

10.00 per person, leaving club at 9:30 a.m.

Thursday, October 9th

Relax in Nature



Hardy Lake Trail and Bala Ice Cream

We'll Supply a bag lunch, **Aug 14th 9-4, \$10**

We all have dreams.

Dreams that bring insight, dreams that bring comfort, dreams that scare us and dreams that make us think. Some of these dreams need to be chased.

Set up a sacred spot. Find yourself a nice little corner, that sun filled couch in the morning sun or that cozy nook in the garden, on a deck, on a comfy couch.

Clean out the energy with some sage or palo santo, light a candle, burn some incense, gather some crystals, whatever you require to set your tone. Perhaps it is relaxing music?

Get yourself a cup of tea, coffee or a refreshing beverage and just relax for a couple of minutes.

Close your eyes and take a few breaths. Give yourself the time to get into a calm and clear state of mind before you continue. Now check in with yourself. Your feelings, Your emotions, Your thoughts.

This is not an exercise to clear your mind, be fully aware of all your thought patterns and emotions.

WRITING SESSION

How has your day been?

How is your energy?

Are you happy, or ecstatic during the day? (You deserve to be!)

Looking back seven days, do

you see a pattern when you analyze your energy? Do you feel more happy, energetic or inspired during certain times of the day? Inhale, Exhale.

CLEAN OUT

Now that you have been feeling into where you are right now, we're going to take a look at what is holding you back and needs to be cleaned out.

Get yourself into a calm state of mind again and breathe deeply before you continue. Inhale, Exhale, Here we go.

WRITING SESSION

Are you still chasing old dreams? Are you still spending energy on goals that you don't want to chase anymore? Are there old beliefs that don't longer align with who you are now? Where do you feel the most resistance? What lost your interest but is still part of your day? What is not serving your purpose? Breathe. Let go.

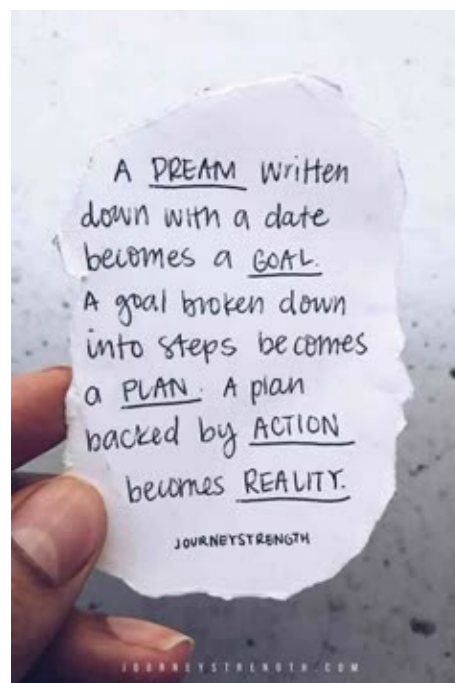
BE GRATEFUL

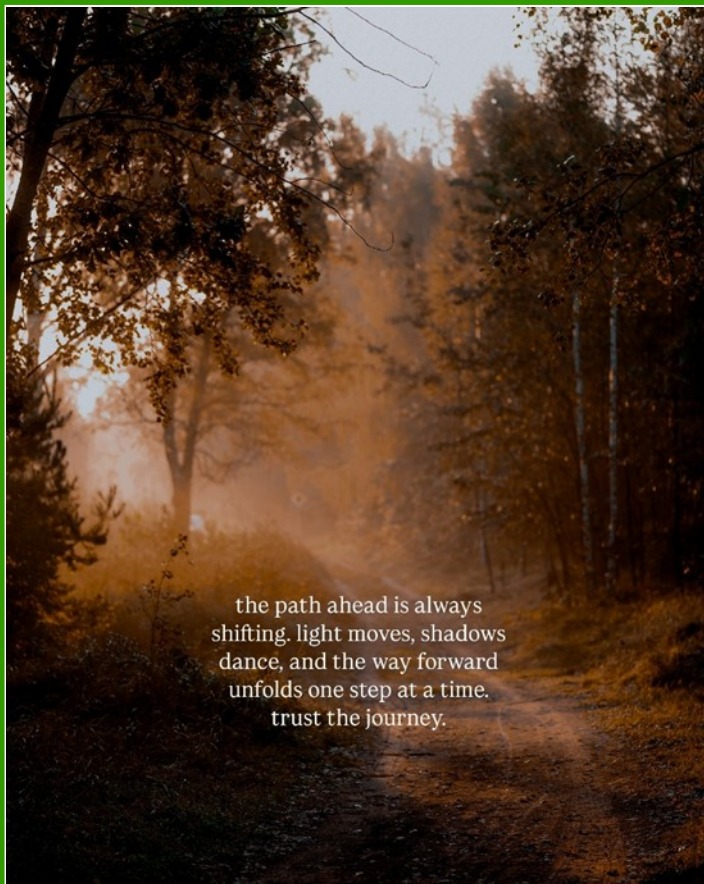
We are nowhere without gratitude. If you are not grateful for the lessons that you have received or the life you are living, changing the future will be nearly impossible.

Gratitude is the most important building block when it comes to manifesting your dreams and desires.

Let's do a quick practice that will get you into a state of gratefulness.

What is the best thing that has happened to you in the past 6 months. What lessons did you learn about yourself lately? What accomplishment are you most proud of? What is your most desired feeling? What is blocking you from feeling that way? Can you show more gratitude in the area's of your life that are lacking abundance?





Over this Summer, we are inviting you to set a powerful intention with nature and your inner self. Nature truly does bring peace, joy and a deeper understanding of your place in the world.

We are all connected in a beautiful web of life. Every living being—plants, animals, humans—play a vital role in Nature's balance.

Here are some benefits of harmonizing with Nature;

- **Physical Health:** Time in Nature can lower blood pressure, reduce stress, and boost the immune system. Fresh air and sunlight are healing for our bodies.
- **Mental Clarity:** Nature calms the mind and improves the mood. Simple activities like walking in the park and sitting by a tree can clear our thoughts and bring peace.

- **Spiritual Growth:** Nature teaches us about cycles, resilience, and simplicity. It helps us understand our place in the world and fosters a sense of belonging.
- **Connection:** Being in nature reminds us we are part of something bigger. It nurtures empathy and compassion, creating a sense of community.
- **Creativity:** Nature inspires creativity with its colours, patterns and rhythms. It helps us see the world in new ways.

By connecting with Nature, we align with the earth's rhythm, bringing alignment and peace to our lives.

On many Thursday afternoons over the Summer, join us as we explore the Tay trail. Let's see how much we can cover this Summer, piece by piece. As well, we will be exploring different Simcoe Forest Trails. This is also our Small Village exploration day. These days could also end up with a side trip to Wyevale for ice cream. Come prepared... good walking shoes, dressed for the weather. We will bring along lawn chairs to sit with Nature, perhaps a picnic here and there. Keep an eye on our calendar for these special outings.

As well, if you are a regular attending member, check out what we are offering for further outings this Summer.





Proud Fundraising Partner with
Delta Bingo Penetanguishene



May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 LADIES CREATIVITY CONNECTIONS 9 – 11:30 BEACH WALK 1-3	2 Mixed Media Playdates, Sketch Collage and Layer	3 Breakfast Casserole 11- 3 p.m.
4	5	6 Ladies Pretty in Pink Luncheon 11 – 3 p. m. 	7 Pork Chop Dinner Friendship pop up cards. 11-2	8 Felting Workshop 10 – 2 p.m. Lunch Included \$40.00 workshop, CLOSED EVENT	9 Colour Cube Playdates, you choose the colour palette, create as you please	10 Grilled Cheese Tomato Soup 11-2:30 p.m.
11 Mother's Day 10:30 a.m.	12	13 MENTAL HEALTH WELLNESS 1-3 p.m. 	14 Mac and Cheese 11 - 2	15 LADIES CREATIVITY CONNECTIONS 9 – 11:30 TRAIL WALK 1-3	16 Creative Playdates, Soft Pastel 1-3	17 Toasted Western Fruit Cocktail Orillia hand store 11-3:30
18	19 Long Wknd Monday	20 MENTAL HEALTH WELLNESS 1-3 p.m.	21 Chicken Dinner 11 - 2	22 LADIES CREATIVITY CONNECTIONS 9 – 11:30 Hawaiian Tye Dye Buffet \$5.00 12 – 3 p.m.	23 Landscapes, 1-3 	24 Pancakes & Sausages 11- 3 p.m. OUT for ICE CREAM
25 	26	27 MENTAL HEALTH WELLNESS 1-3 p.m. 	28 Spaghetti Garlic Bread 11 - 2	29 LADIES CREATIVITY CONNECTIONS 9 – 11:30 Trail Walk 1 – 3 p.m.	30 Landscape Techniques 1-3	31 Pasta Bake 11 – 2:30 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!

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*

FLU / 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.



DINNER: Wed's — \$3

you must be signed-up in advance

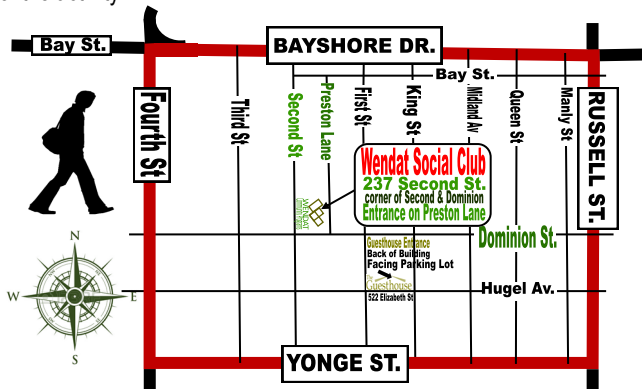
LUNCH: Sat's — \$3

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 May 7th and
pick up date is: May 27th

Pick up 3rd Tuesday After-
noon in Social Club usually

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