



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

JULY 2025

Coordinator's Message:



Welcome to Summer,
time to get out that
Barbeque, more road trips,
connect in Nature, do
something, try something
new.

Our Ladies Creativity
Connection has come to a
conclusion for the Sum-
mer. We will re start this
in September, again on
Thursday mornings. One
of the participants
forwarded her thoughts. "I
joined the Wendat Social
Club / Ladies Creativity
Connections in January. I
wake up early to attend my
art class.

We come equipped with our art journals
(supplied at a very reasonable fee), our
paints, brushes, and an open mind, and
we are asked to leave our inner critic at
home.

We've explored watercolour, acrylic, oil
pastels and mixed media.

It's been more than that. It's a gathering
place where we have shared experiences,
connections with other women in a safe
and nurturing environment.

A profound power arises when women
come together and support other women
– when we unite in a community that
allows for safe, vulnerable, and authentic
connection. In a space where we can be
held, met, and seen, deep healing occurs,
and anything is possible.

Wendat will welcome new
and returning
participants this Fall,
call to get registered.

As well, we are kicking
off Woven Wisdom, our
new ladies group and if
enjoyed, we will
continue this in the
Fall.

Enjoy Your

Summer....,

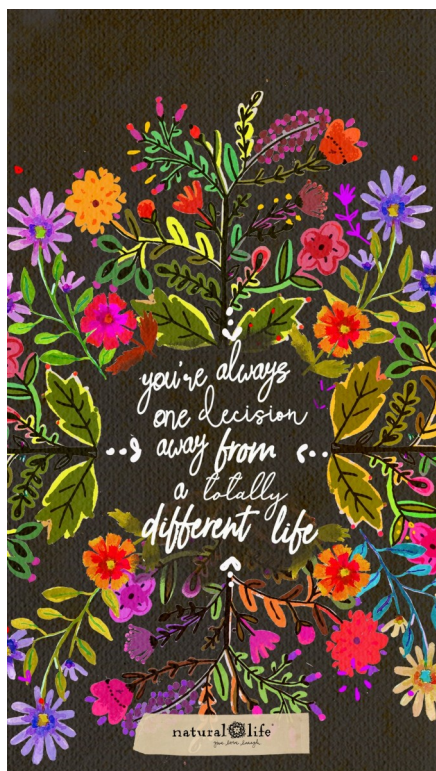


Always Re-Creating

DARLENE FORGET

~CLUB COORDINATOR~
705 526 1305, ext227

Janice, Hannah, Paul, Jon, JP,
Victoria, Paulette and Randy
Your Rec Team



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



Gray Hairs should come from Wisdom, not Stress.

Worrying Styles

Black or White: Looking at things as all or nothing, with no gray area. “If I don’t get something, my life cannot go on.”

Overgeneralizing:

Letting a single negative experience taint your view of everything else.. “I didn’t get the job , therefore, I will never get a job.

Negating the Positive:

Making up reasons why positive events don’t count. “I did well on my last test, but that was just dumb luck.”

The Psychic: Jump to conclusions without actual evidence. You act like a mind reader. “I can tell she secretly hate me.” OR a fortune teller: “I just know something is going to go wrong.”*what is the evidence to support this thought.*

Catastrophizing: Always expecting the worst-case scenario to happen. “The pilot said there will be some turbulence. The plane’s going to crash!”

Stealing Responsibility:

Assuming responsibility for things that aren’t really yours or are outside your control. “I just know my friend will get in an accident. I need to constantly track her phone.

Any of these worrying styles ring a bell?

1. Get to the heart of it. Is it really something you can control?

Productive, solvable worries are those you can take action on right away. For example, if you’re worried about finances, you could start beefing up your resume and applying, if only for a part time position.

Unproductive, uncontrollable worries are those with no true corresponding action, like “what if’s, what if I get Cancer someday”. We cannot forecast the future.

If it’s a solvable worry, a good first step is to brainstorm a few simple things you can do to take action. Set a timer for 10 minutes and list what would help to make the problem feel easier. Then choose one of the smallest ones to start with—get a little momentum going.

2. Focus on Today

Time is one of our biggest stressor. There’s never enough time, especially when you are cramming your day filled to the brim. *It’s not about managing our time; it’s savoring the moments.* We have a tendency to get caught up in two places: the past and the future. We ruminate on the past and all the things that didn’t go well. Then we worry about the future and all the things that might not go well.

And what happens is that we just plain forget about TODAY. Let go of the past and all that ruminating. Release the future and all those fears circling in our heads. Choose to be present and be available for today.

3. Get comfortable with uncertainty.

At the end of the day, we cannot control everything. I would say that I wish I could, but I’m actually glad I can’t.

I used to be a constant chronic worrier; my days never felt calm because I was always pumping cortisol through my veins. I used to worry and stress about doing things “right”. I’d worry I always did things wrong. The worry piled up on me like rush hour traffic on a Friday afternoon. And then one day a quiet voice in my head said: *Stop. You have it all wrong. You are trying to control the path. You are straining and stretching yourself, trying to make the path straight, but the path is yours no matter what it looks like. All the twists? All the Turns? That is your right path.*

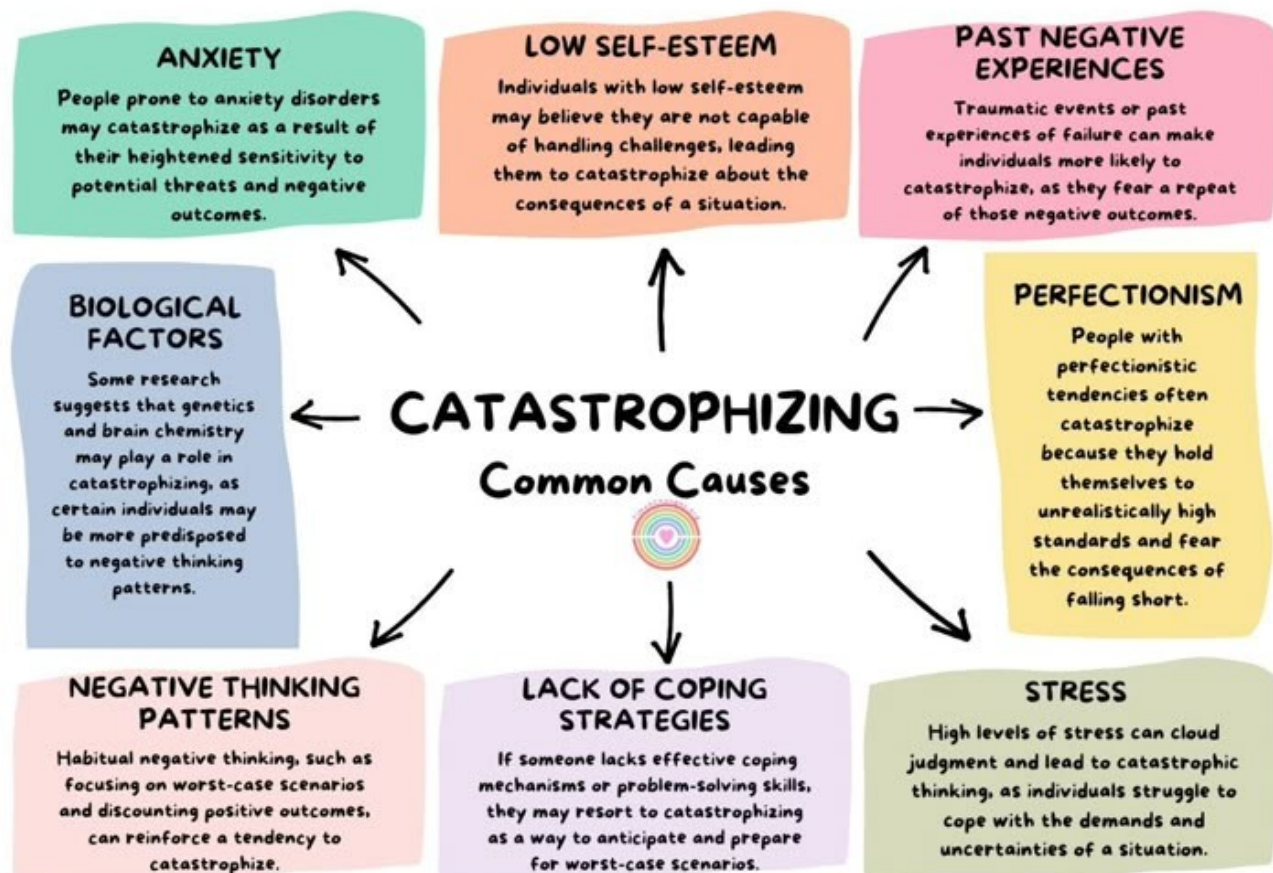
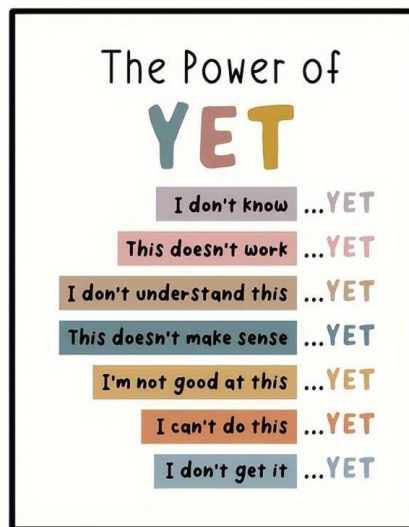
And that’s when I changed my practice. I still sit on the edge of the bed, elbows on knees, palms facing up, but now I imagine I’m holding a beautiful tray, I place upon it my racing thoughts. I start piling up all my worry right on the wooden surface. I lay out my what-ifs and my could-have-been and I watch them pile high.

Then I outstretch my palms and I literally hand that tray over to the higher power. You can call it God. You can call it the Divine (cont’.. next page)

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.

Con't from Page 2,...Or Source or the Universe—it doesn't matter. But that one simple act give me the grace to be imperfectly human. I know I am cared for and I know I am loved even when my path is rocky and crooked. And I know I'm not supposed to have all the answers.

It's true, the Universe does have your back.



UPCOMING ACTIVITIES 2025, Sign up 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

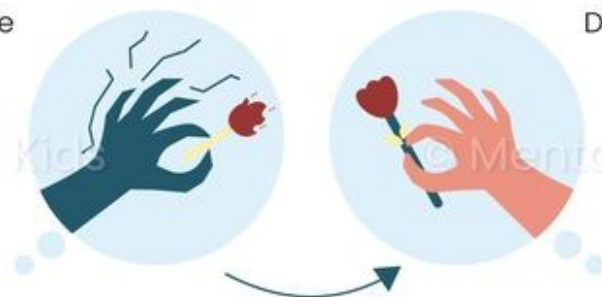
We'll Supply a bag lunch, **Aug 14th 9-4, \$10**

Decatastrophizing

What Is Decatastrophizing?

Decatastrophizing is a cognitive behavioral therapy (CBT) technique used to help you challenge and change your "catastrophic" thinking patterns.

Catastrophizing is a negative thinking pattern where you assume the worst-case scenario will happen, while also underestimating your ability to cope with the situation.



Decatastrophizing can help you evaluate situations more realistically, and reduce the intensity of your emotional response.

Tips To Practice Decatastrophizing



Recognize catastrophic thinking
Identify when you start thinking about the worst-case scenario in a situation.



Challenge the thought
Ask yourself if it's true, and look for proof to support or contradict it.



Think of other possible outcomes
Imagine positive, or less catastrophic outcomes for the situation.



Evaluate
Assess how likely it is that the worst-case scenario will happen.



Imagine coping
If the worst did happen, think of ways you can cope with the situation.



Look to the future
If the worst did happen, imagine how likely it is that you would be okay in 1 week, 1 month, or 1 year.



Reframe your catastrophic thought
Create a more realistic and positive thought to replace the negative thought.

Extra Tips!



Be mindful
Practice mindfulness to become more aware of your thoughts and emotions.



Write it down
Use a diary or journal to write down your negative thoughts, and helpful alternatives.



Positive self-talk
Build yourself up with positive affirmations and encouraging statements.



Use your imagination
Visualize yourself coping successfully with challenging situations.



Breathe to calm down
If you feel anxious or overwhelmed, pause and take some deep breaths.



Seek support
Talk to a trusted person and ask for help.

Processed using the free version of Watermarkly. The paid version does not add this mark.



KICK OFF CIRCLE, TUESDAY, JULY, 8TH, 12 - 3
WOVEN WISDOM FOR WOMEN
FACILITATED BY HANNAH POULSEN AND VICTORIA TOVELL
SUMMER DATES ARE;

JULY 22ND, AUG 5TH, AUG. 19TH
**IF REQUESTED WOVEN WISDOM WILL RESUME EVERY
THURSDAY BEGINNING SEPTEMBER 4TH**

SUPPORT AND CONNECTION:

- WOMEN'S CIRCLES OFFER A SAFE SPACE FOR WOMEN TO SHARE THEIR JOYS AND STRUGGLES, BUILD SUPPORTIVE RELATIONSHIPS, AND FEEL UNDERSTOOD.

PERSONAL GROWTH AND SELF-DISCOVERY:

- THEY ENCOURAGE WOMEN TO EXPLORE THEIR VALUES, GOALS, AND SENSE OF SELF, FOSTERING PERSONAL GROWTH AND SELF-AWARENESS.

EMPOWERMENT AND INSPIRATION:

- WOMEN'S CIRCLES CAN BE A SOURCE OF EMPOWERMENT AND INSPIRATION, HELPING WOMEN FIND THEIR VOICES, EMBRACE THEIR POTENTIAL, AND LIVE AUTHENTICALLY.

HOLISTIC WELLNESS:

- MANY CIRCLES INCORPORATE PRACTICES LIKE MINDFULNESS, MEDITATION, AND CREATIVE ARTS TO ADDRESS PHYSICAL, EMOTIONAL, AND SPIRITUAL WELL-BEING.

COMMUNITY BUILDING:

- WOMEN'S CIRCLES CREATE A SENSE OF COMMUNITY AND BELONGING, FOSTERING A SHARED UNDERSTANDING OF WOMEN'S EXPERIENCES AND CHALLENGES.

**IF REQUESTED WOVEN WISDOM WILL RESUME EVERY
THURSDAY BEGINNING SEPTEMBER 4TH
TO REGISTER, CALL 705 526 1305, EXT 227**

July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	SAT
		1 HAPPY CANADA DAY  Club is closed	2  Beaded Dragonfly Cabbage Rolls 11—2	3  Ripley's Aquarium 8 a.m. to dark - Full -	4 ART PLAY-DATE 12x12 Texture Art, Part 1, Design, Neutrals 12:45 - 3	5 TOASTED BLT'S 11-2  KARAOKE
6 10:30 a.m. 	7	8 Woven Wisdom 12-3  Our New Ladies Group Kick Off	9  Whimsical Fish Boneless BBQ pork, mashed potatoes veg. 11—2	10 Come enjoy a few hours of learning "Felting" 12:45 p.m. 	11 ART PLAY DATE Completion of your Textured Art, Part 2 12:45 - 3	12 Antique Boat Show Bag Lunch Inc. 9 – 4 \$5.00 
13	14	15 UNDERSTANDING THE VEGAS NERVE 1-3 	16  Mandela Affirmations Lasagna/Garlic Bread 11—2	17 Coldwater Walkabout Coffee Shoppe Social 1 - 3:30 p.m. 	18  AltonMill ARTS CENTRE \$3 9:30—5 Bag lunch, \$ for coffee	19  Toasted WESTERNS 11 – 2 p.m.
20 10:30 a.m. 	21	22 Woven Wisdom 1-3  LADIES ONLY	23 Chicken Tenders Paint a Garden, neato... Let's display these.  11—2	24 CABIN COFFEE SHOP, PORT SEVERN WALK Bag lunch to go \$3  11 am – 3:30 p.m.	25 ROSEMOUNT RD. 12-3:30 HIKE, there is a short decline in the path. I'm sure you can do it. If your balance is uneven, consider not com- ing. It is very short however, and the relaxing time after it is well worth it.	26 PIZZA LUNCH 11-2 
27	28	29 SELF CARE WITH A BUSY SCHEDULE 1-3  Mental Health Wellness	30 CHILI Dinner  11-2	31 BEACH WALK, OUT FOR ICE CREAM WYEVALE 1-30pm 	 Delta BINGO & GAMING Proud Fundraising Partner with Delta Bingo Penetanguishene	

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.

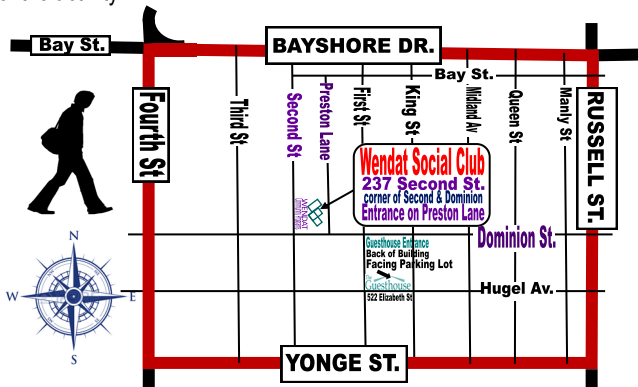


DINNER: Wed's — \$3
you must be signed-up in advance
LUNCH: Sat's — \$3
no sign-up necessary

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.



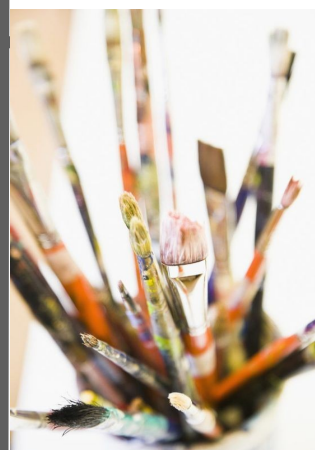
July Good Food Box
Order and pay by July 7th and
pick up date is:
**Tuesday, July 29th in the
Social Club**

Due to a schedule conflict, the pick
up date is 1 week later than usual

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