



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

AUGUST 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, Ripley's Aquarium, Beach walks, Themed Parties, a Meaford Apple/Scarecrow festival, Retro Play at Balm Beach and our Annual Six Mile Lake Adventure. Be sure to get your name down and attend the club weekly. Take your name off the list if you are not attending so others can join in. Do not put your name down unless you know you are attending, pay in advance.

Hannah has started the new Ladies Group, "Woven Wisdom" bi-weekly on Tuesdays. Come join her in celebrating Women, a social connection to feel heard discussing building new adult friendships and Goal Setting. Janice will continue with Mental Health Wellness on the opposite Tuesday. Hannah will run the ladies groups on Thursday afternoons if it is well received. Coldwater is bringing back the Steampunk Festival and we are going to check out the outfits and vendors. We will also be doing a little friendly Retro competition at the Georgian Grill, Balm Beach, check out the sign up book for those events.

Darlene will begin Ladies Creativity Connections on September 25th for 12 weeks. \$20.00 for your mixed media book, \$10.00 monthly. Come enjoy a morning of creativity, 9:30 a.m.—11:30 a.m. Acrylics/Watercolour/Collage.

Our AGM will be held on September 3rd from 4:30 p.m.—6:30 p.m. You are welcome to attend. We will introduce a few guest speakers, desserts/ coffee/tea. Transportation will be provided if you are signed up in Penetang and Midland.

We are doing a Halloween Party here on Oct. 31st, Dress Up and come play some fun games. Buffet lunch 12—3 p.m. Come enjoy.

Our Saturday outing this month takes us up to the Big Chute for a short stroll and out for coffee in Waubaushene.

Before you know it, we will be back in November, What are your Late Fall/Winter ideas for the duration of my time as coordinator? We want to be sure we get them in..... Let me know...



Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~
705 526 1305, ext 227



And it's a great day to be alive
I know the sun's still shining
When I close my eyes
There's some hard times in the neighborhood
But why can't every day be just this good .



We still have a few more outings this Summer that you would enjoy and a couple more in September. Two more spots have opened up for Ripley's Aquarium on September 18th, \$20.00 and you bring your dinner money for dinner at the Old Spaghetti Factory.

We will also be doing our Annual day at Six Mile Lake this Fall. We like it close to Thanksgiving just before they close as the Park is almost deserted. It's a Full Picnic this year. Enjoy the Fire, the view, and a few card games, as well as a short walk. Sit back and enjoy Nature.



WHY ART HEALS

The emotional and mental health benefits of creativity

CREATING ART ACTIVATES THE BRAIN



- Releases dopamine (a feel-good chemical)
- Reduces cortisol (a stress hormone)
- Stimulates right brain (intuition + emotion)

HOW ART SUPPORTS MENTAL HEALTH



Helps process emotions

Reduces anxiety and stress



Builds confidence and identity



Encourages mindfulness and flow

WAYS TO USE ART AS SELF-CARE



Journaling / sketching



Photography walks



Painting with music



Collaging emotions

You don't need to be an artist to heal through art. Just start.

Tell yourself:

Everything will work out.

Things will get better.

You are important.

You are worthy of great things.

You are loveable.

The time is now.

This too, shall pass.

You can be who you really are.

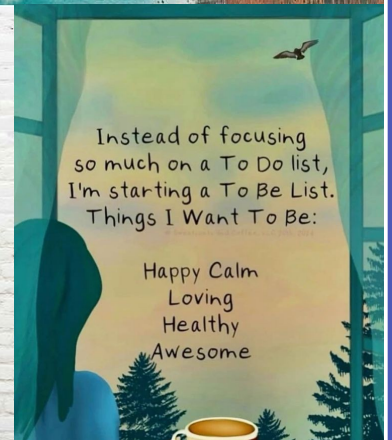
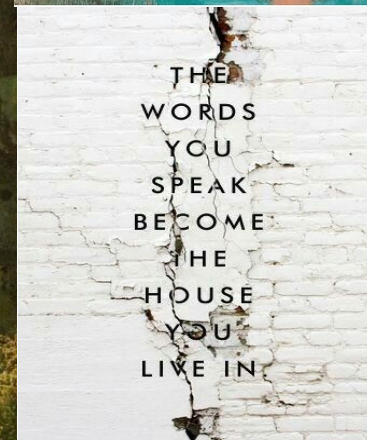
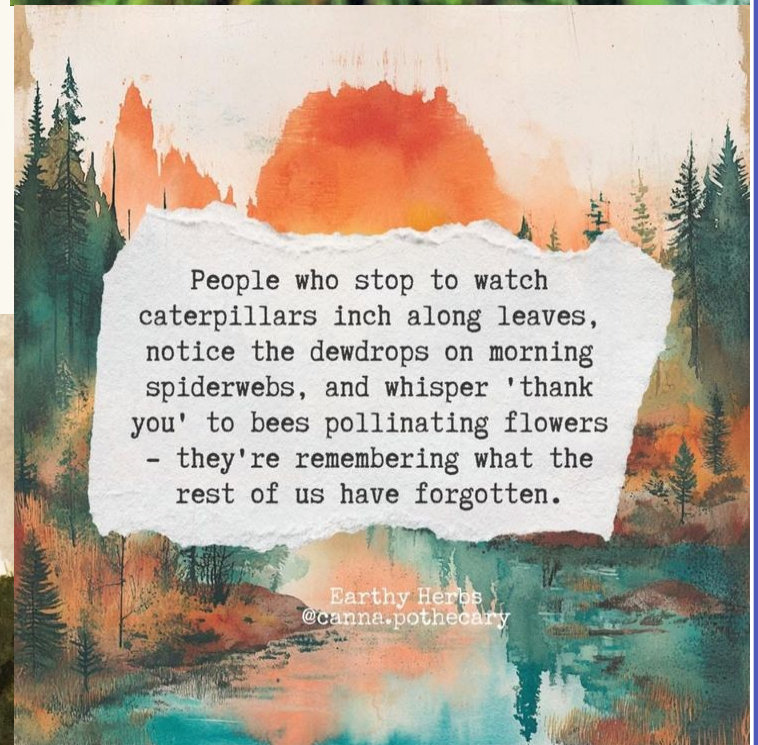
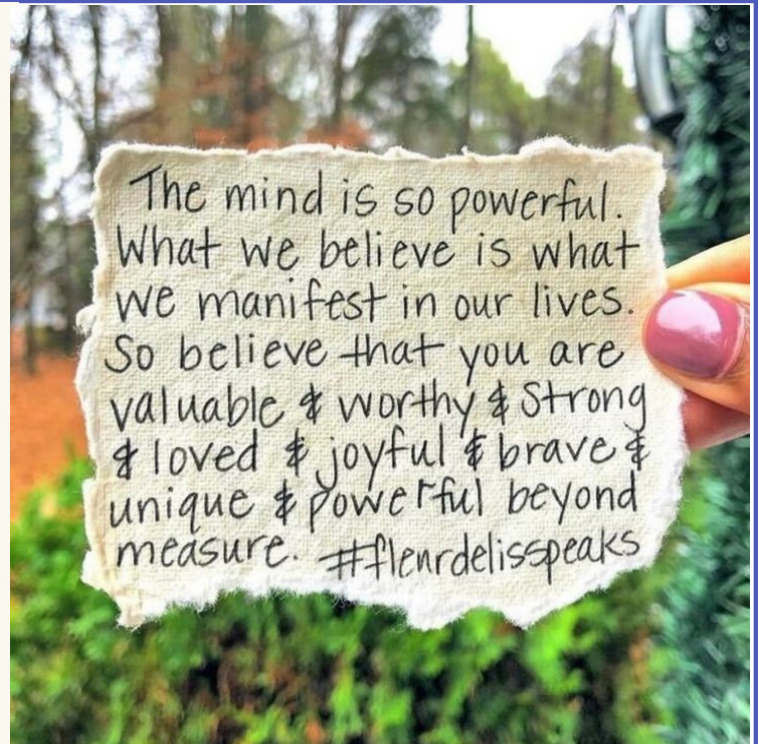
The best is yet to come.

You are strong.

You can do this.

We believe what we tell ourselves.

~Doe Zantamata



The art of slowing down is about intentionally reducing your pace of life to appreciate the present moment, cultivate mindfulness, and improve overall well-being. It involves shifting from a mindset of constant doing and striving to one of presence and mindful engagement with your surroundings and experiences.

1. Mindset Shift:

Releasing Regret:

Instead of dwelling on the past, focus on what truly matters in the present moment. Sometimes our minds are racing towards something that hasn't even happened, while other times we are dwelling on things that bother us, Stay Present.

Cultivating Dolce Far Niente:

Embrace moments of doing nothing, which can be a powerful way to recharge and reconnect with yourself, according to Be More with Less.

Being Present:

Slowing down allows you to be more aware of your surroundings, your thoughts, and your emotions, leading to increased mindfulness

Choosing Quality over Quantity:

Focus on doing things well and savoring the process rather than rushing to complete tasks

2. Practical Strategies:

Mindful Breathing: Practice deep, slow breaths to calm your nervous system and center yourself.

Mindful Movement: Engage in activities like slow walking, gentle stretching, or yoga to connect with your body and cultivate awareness.

Mindful Listening: Pay attention to the sounds around you and actively listen to others without interrupting or formulating your response.

Taking Breaks: Incorporate regular breaks throughout your day to rest, reflect, and recharge, says Sahil Bloom.

Unitasking: Focus on one task at a time to improve focus and reduce mental clutter.

Creating a Morning Routine:

Establish a calming morning ritual to set a positive tone for the day.

3. Benefits of Slowing Down:

Increased Energy and Focus:

By reducing stress and overwhelm, slowing down can lead to increased energy and improved focus.

Improved Mental Wellbeing:

Mindfulness and self-awareness cultivated through slowing down can enhance your mental health and reduce anxiety and stress.

Enhanced Creativity and Problem-Solving:

When you're not constantly rushing, you have more space for creative thinking and problem-solving

Deeper Connections:

Slowing down allows you to be more present and engaged with the people around you, fostering stronger relationships.

More Sustainable Pace of Life:

By prioritizing quality and balance, slowing down can help you create a more sustainable and fulfilling lifestyle.



| August 2025 | | | | | | |
|---|---|--|--|---|---|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| <p>Proud Fundraising Partner with Delta Bingo Penetanguishene</p>  <p>Delta BINGO > GAMING</p> | | | | | 1 CREATIVE PLAYDATE 12:45 – 3 p.m. | 2 Broiled Bacon and Cheese Buns  BINGO 11-2 |
| 3  10:30 a.m. | 4 Civic Holiday  | 5 Woven Wisdom 1-3  | 6  Art Etched CD's Greek Pasta Salad Souvlaki Sticks 11 -2 | 7 ART of PAPER QUILLING, Guest artist Nancy McAlister  1 – 3 p.m. | 8 CREATIVE PLAYDATE 12:45 – 3 p.m. | 9 Cream of Potato Soup 11-4  Kaisers BIG CHUTE |
| 10 | 11 | 12 Mental Health Anxiety, 1-3pm  Breaking the Cycle | 13  Mini Tin Affirmations Perogies, Sauerkraut, Cheese Sausages 11 -2 | 14 OLD BALA ICE Store Outing \$5 Easy Walk, Enjoy the Falls  9 – 3 p.m. | 15 CREATIVE PLAYDATE | 16 Macaroni and Cheese Casserole  Out for Ice Cream 11-2 |
| 17  10:30 a.m. | 18 | 19 Woven Wisdom  1-3 | 20 Spaghetti/Caesar Salad  ABC'S of Me 11 -2 | 21  \$4.00 reg., \$11.99, Old Fashioned Ice Cream Waffles, 1-3 p.m. | 22 CREATIVE PLAYDATE 12:45 – 3 p.m. | 23 Grilled Panini  Darts, UNO 11-2 |
| 24 | 25 | 26 Mental Health 1-3pm  Overthinking Patterns, New Strategies | 27 Dressed Hot Dogs Diced Potatoes  Dancin' in the Rain Art 11 -2 | 28 NEEDLE FELTING LANDSCAPES 5x7 In a Frame, Come give it a try.... 12:45 – 3 p.m.  | 29 CREATIVE PLAYDATE 12:45 – 3 p.m. | 30  Smoothies Pancake/Sausages Walk Midland Waterfront, Enjoy the Boats 11-2 |
| 31  10:30 a.m. | Our Annual AGM meeting will be held on September 3 rd , 2025 @ 4 pm to 7 pm .You are welcome to attend. Wendat will provide transportation for this evening in Midland and Penetanguishene. Victoria 8th, 9th, 12th, 30 th August September 13 th , 20th | | | | | |

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.



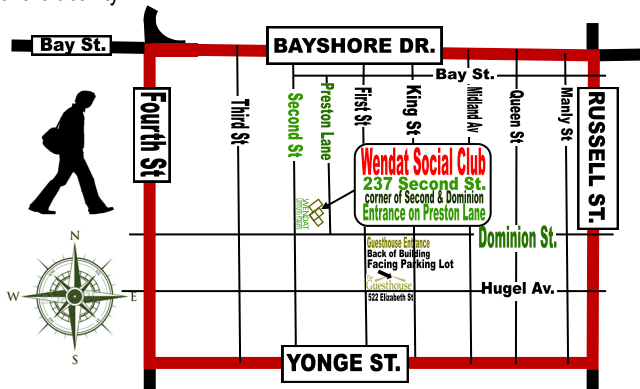
DINNER: Wed's — \$3
you must be signed-up in advance

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.

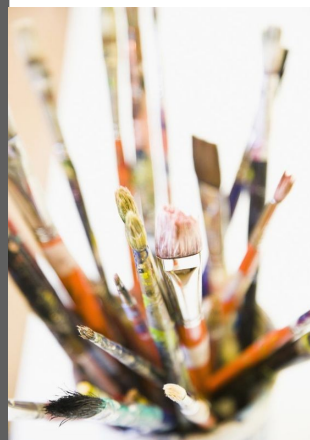


Good Food Box
Order and pay by 7th of each month, \$20.00 per box

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