



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: (4) Ext 1228
www.wendatprograms.com

SEPTEMBER 2025

Coordinator's Message:

Welcome to our Fall Newsletter;

Our newest group Woven Wisdom will be now moving bi-weekly to Thursdays. Hannah is enjoying facilitating the group. Woven Wisdom refers to the shared knowledge, experiences, and support that women bring together, intertwining their stories like threads in a tapestry. Circles are a powerful collective wisdom that nurtures growth, healing, and connection within the circle. Each women's voice is valued an essential thread. It is a mutual support encouraging circle to uplift one another. Hannah ran our online Women's Group and Full Circle during Covid. In courtesy to all facilitators and the participants, arrive on time. Both Janice and Hannah create valuable, structured programs that fill the 2 hr. period to share in their groups. Break time is at 2 p.m. Tuesday, Thursday and Friday programs run from 1—3 p.m. Wednesday and Saturdays, meal days are more casual drop in days. Victoria begin her Wednesday afternoon art activity at 12 p.m. sharp. In all programs, unless stated, we complete the agenda on the day it is offered, not the following week. If you need to complete a project, take it home to complete. Thank you for understanding in making these groups successful.

We still have a few fun outings this Fall. Be sure to sign up early so the coordinator can staff appropriately and if a lunch is needed, we are prepared with groceries. The Wendat clubhouse is a fabulous place to hang Out, be with friends, and learn something new for free or a very economical cost. Upcoming outings are, the Meaford Scarecrow Festival, Sandhill Nursery Pumpkin Event in Huntsville, the Six Mile Lake Relaxation Day, rescheduled Ripley's Aquarium, and a few more local events. Outings will not happen unless six people are signed up. Otherwise, the day's activity will be inhouse.

All members are expected to call for transportation, we do not call you. If you call and decide you are not coming, we need to know.

Looking forward to a fabulous Fall.....

What you think, you become, what you feel you attract, what you imagine, you create... Buddha



Always Re-Creating

DARLENE FORGET
~CLUB COORDINATOR~
705 526 1305, ext 1227

September

/sep'tembə/

*is the gentle doorway from
summer's glow to
autumn's embrace.*

@cozygirlseason

**"I am capable of facing
challenges with confidence and
curiosity.**

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



I hope that you do not wait until you are 70, 80 or even 90 years of age, if we make it that far, and say, I'm finally allowing myself JoY.

I'd be happy that you discovered it at any age, but the sooner the better.

Research shows that in the Western cultures we're more likely to put off in-the-moment joy in favor of things that we think will bring us greater satisfaction in later in life.

But when we talk to 70, 80, 90 years old, they say those small joys are what matter the most.

So buy yourself the tulips before they go out of season. Wear the dress you've been saving for a special occasion. Say "yes" instead of "maybe next time" when asked to go out for ice cream, a walk in the park, a coffee shoppe adventure.

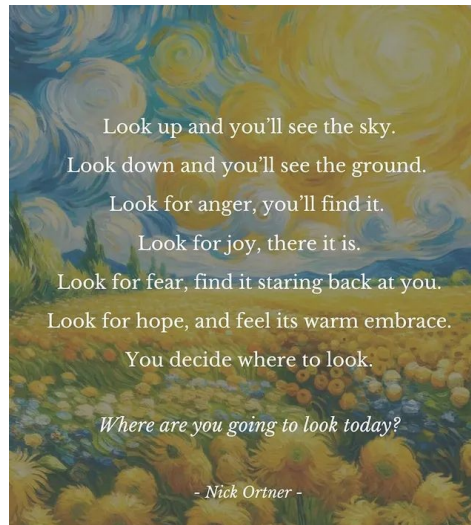
**YoU DeserVe to EnJoY YouR LiFe
RighT NoW.**

What's one thing you've been putting off that would bring you Joy? Can you make some time right now to either 1.) Do It 2.) Make plans to do it?

Put 30 minutes on the calendar to research your next trip/day outing, a request you'd like to do with Wendat. Use the Good Dishes, stop saving things for the right time.

Do something Today, that your older self will thank you for. (I'm so glad I did this while I still had the mobility, the mindset, the money, etc. Your Current self will thank you too.

P.S. What joy are you postponing? Stop, make it Happen... Action



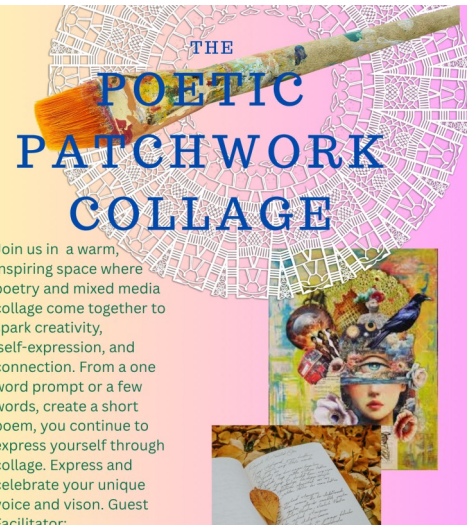
Wendat Community Programs. CREATIVITY CONNECTIONS PLAYDATES

\$10.00 a month.
Mixed Media Journal required (\$20, available to buy)

Bring your Curiosity & Connect
Thursdays, beginning September 25th to Dec. 11th
9:30 - 11:30 a.m.
237 Second Street, Midland, back door

**JOIN A FUN, RELAXED
GROUP OF WOMEN
EXPLORING MIXED
MEDIA ART AND
CREATIVITY**

Reserve your spot:
705 526 1305, ext 1227



JOIN US FRIDAY, OCTOBER 10TH AND 24TH, 12:30 - 3 P.M.
WE SUPPLY A MIXED MEDIA JOURNAL FOR A REDUCED COST OF \$20.00 TO WORK IN FOR THIS ART PROGRAM, AS WELL AS THE OTHER PROGRAMS.

www.wendatcommunityprograms.com
237 Second Street, Back Door entry
Darlene Forget, Club Coordinator
REGISTER at 705 526 1305, ext 1227

"Are you a tree or a bird?"

Someone asked me this question a few years ago and I've never forgotten it. The way I interpreted it is this; a tree has deep roots, it stands tall. It provides. A bird flies around, it builds a nest. It explores. If you're a tree the key to your happiness is discovering where you need to be planted to grow the strongest. If you're a bird, the key to your happiness is making sure you're never caged

Creativity Playdates

Artful Expression of
Mind & Heart

Come recharge your spirit in a warm, supportive community, sparking joy, reducing stress, and fostering connection.

Join us Fridays at
12:45 - 3 p.m.
No experience, No Problem, This is about your unique expression and wellbeing, not perfection.
Call 705 526 1305, ext.1227 Most often, we work in a mixed media journal available at Wendat for \$20.00

Sometimes you get what you want. Other times, you get a lesson in patience, timing, alignment, empathy, compassion, faith, perseverance, resilience, humility, trust, meaning, awareness, resistance, purpose, clarity, grief, beauty, and life. Either way, you win.

Brianne West

I've been thinking about how storms aren't just outside. They happen within us too. The spinning thoughts. The anxious spirals. The thunder of fear that feels like it might never stop.

When we're in it, it's hard to think clearly. Hard to feel anything but overwhelmed.

But the moment we can find just a sliver of safety - just enough distance to remember we are not the storm - something changes.

We can start to observe. Not judge, not fix. Just notice.

We can say: Oh, this is fear. This is anxiety. This is uncertainty. And we can meet it with curiosity and tenderness.

Because you are not your thoughts. You are the one having the thoughts.
(And they come and go like storm clouds.)

And just like that... you've stepped to the window.
You've become the one witnessing the storm, not the one being overtaken by it.

And that shift...that one tiny shift... can change everything.

Wishing you peace in whatever weather you're in today.
May you find your window. May you feel safe enough to be curious and gentle with yourself.

The Poem I Wish I Read 10 Years Ago

To live content with small means.

To seek elegance rather than luxury, and refinement rather than fashion.

To be worthy not respectable, and wealthy not rich.

To study hard, think quietly, talk gently,

Act frankly, to listen to stars, birds, babes, and sages with open heart, to bear all cheerfully, do all bravely, await occasions, hurry never.

In a word, to let the spiritual, unbidden and unconscious, grow up through the common.

This is to be my symphony.

William Ellery Channing

I don't think I've ever seen a better distillation of a good life captured in so few words.



"To live content with small means": Find your version of enough. Never let the quest for more distract you from the beauty of enough.

"To seek elegance rather than luxury": Elegance is about depth. It's simple. Nonchalant.

"To be worthy not respectable": Worthiness is internal, about character. About your ability to look in the mirror and know you did your best. You told the truth.

"Wealthy, not rich": Rich is about money. Wealth is about freedom, people, purpose, and health. Are you really surprised I loved this one? I wrote a whole book about the concept!

"To await occasions, hurry never": To slow down in a speed-obsessed world is the ultimate act of quiet rebellion.

"To let the spiritual...grow up through the common": Extraordinary things are hidden in the ordinary things that you take the time to notice.

The beautiful final line—"This is to be my symphony"—is a poignant reminder that you get to create the rhythm and melody of your life.

So, perhaps the question you need to ask yourself is simple:

What will be your symphony?

What Are The 7 Pillars Of Self-Care?

Since self-care covers all aspects of our well-being, it can have a more holistic impact when we divide it into different pillars. Each one can nurture and contribute to a life filled with more balance and vitality.

There are many schools of thought on how many pillars self-care has, but for this blog post on self-care activities, we will stick with the seven pillars of self-care. Here are they:

Physical Self-Care

Physical Self-Care is all about nourishing your body through healthy eating, movement, quality sleep, and preventative healthcare. Treating your physical well-being as a priority can create a strong foundation for everything else.

Mental Self-Care

Mental Self-Care is all about maintaining emotional and mental health. Mindfulness, stress management, and positive self-talk are some of the self-care activities that can help with emotional regulation.

Emotional Self-Care

Emotional Self-Care is all about nurturing and validating your feelings. It involves healthy expression, setting boundaries, and engaging in activities that bring you joy.

Environmental Self-Care

Environmental Self-Care is all about being mindful and intentional about our surroundings' impact on our well-being. For example, creating a clean, organized space is one of the self-care activities related to these pillars that can nourish calmness and reduce stress.

Beyond that, this can also encompass connecting with nature and appreciating the outdoors, which is vital to balance.

Spiritual Self-Care

Spiritual Self-Care is all about connecting to something bigger than yourself. Although it can involve religious practices, it can also focus on whatever brings you peace, connection, and inner guidance—like meditation, spending time in nature, or finding meaning and purpose in life.

Social Self-Care

Social self-care is all about nurturing relationships. Spending quality time with loved ones, engaging in social activities, and fostering healthy connections build an essential sense of belonging and support.

Recreational Self-Care Recreational Self-Care is about embracing activities that bring pure joy and relaxation. Hobbies, creative outlets, reading a book, or simply taking time to unwind all fit here. They allow you to recharge, de-stress, and return to your everyday routine feeling refreshed and fulfilled.

Nurturing each of these seven pillars builds a strong foundation for a fulfilling life.

This month we are focusing on

Mental Self-Care.

Activities For Mental Self-Care

1. Practice mindfulness: Techniques like meditation and mindful breathing can help you become more aware of your thoughts and feelings without judgment, fostering emotional regulation.

2. Challenge negative thoughts: Identify and challenge negative thought patterns that contribute to anxiety or low mood. Reframe negative thoughts into more positive and realistic ones.

3. Practice gratitude: Actively shift your focus from what's lacking to what you appreciate in your life. Write in a gratitude journal, tell loved ones what you're thankful for, or simply take a moment each day to reflect on the positive aspects of your life.

4. Celebrate your accomplishments: Don't downplay your achievements, big or small. Take time to acknowledge and celebrate your successes, no matter how minor they may seem.

5. Practice self-compassion: Be kind and understanding towards yourself, even when you make mistakes. Forgive yourself and strive for self-acceptance.

6. Engage in activities that bring you joy: Make time for hobbies, interests, or leisure activities that spark happiness and a sense of fulfillment.

7. Practice digital detox: Constantly being connected can be emotionally draining. Set boundaries with technology and carve out time to disconnect and be present in the moment.

8. Challenge perfectionism: Striving for flawlessness can be emotionally draining. Embrace your imperfections and celebrate your progress, not just the end goal.

9. Learn to say, "I need help.": When you're struggling emotionally, don't be afraid to ask for support from friends, family, or a therapist. Asking for help is a sign of strength, not weakness.

Tips for Mental Health Self-Care

10. Engage Your Senses: Inspired by the multi-sensory experience of being in nature, engage your senses in a mindful way. This can be as simple as taking a few minutes each day to focus on the sights, sounds, smells, tastes, and textures around you.

11. Practice relaxation

techniques: Techniques like deep breathing, progressive muscle relaxation, and visualization can help manage stress and anxiety.

12. Set healthy boundaries: Don't be afraid to say no to requests that drain your emotional energy or violate your sense of well-being. Setting boundaries allows you to prioritize your emotional needs and create healthier relationships.

13. Engage in self-care routines:

Schedule time for activities that nourish your emotional well-being. This routine could include relaxation techniques, spending time in nature, or creative pursuits.

14. Listen to your body

(emotionally): Your body communicates your emotions. Pay attention to physical signs of stress or anxiety, and take steps to address them through self-care practices.

15. Do a mirror exercise: Look at yourself in the mirror and compliment yourself on at least three things you love about your appearance, personality, and overall appearance. Can you think of more than three things?

16. Develop healthy coping

mechanisms: Find healthy ways to manage stress and difficult feelings. Exercise, creative expression, spending time with loved ones, or journaling can be helpful coping mechanisms.

17. Limit social media consumption: Excessive social media use can contribute to feelings of inadequacy and envy. Be mindful of your time spent on social media and consider taking breaks or limiting your exposure.

18. Challenge unrealistic expectations: Societal pressures and unrealistic expectations can lead to feelings of inadequacy. Identify and challenge unrealistic expectations you place on yourself, and set achievable goals.

19. Practice positive affirmations: Repeating positive affirmations to yourself can boost your self-esteem and confidence.

20. Engage in acts of kindness: Helping others is a great way to take the focus off yourself and boost your mood. Volunteer your time, perform random acts of kindness, or simply do something nice for someone you care about.

21. Get enough sleep: Aim for 7-8 hours of quality sleep each night for optimal physical and mental health.

22. Connect & Share: Socialize for mental health! Nurture connections with friends, family, or a club. Feeling supported reduces stress.

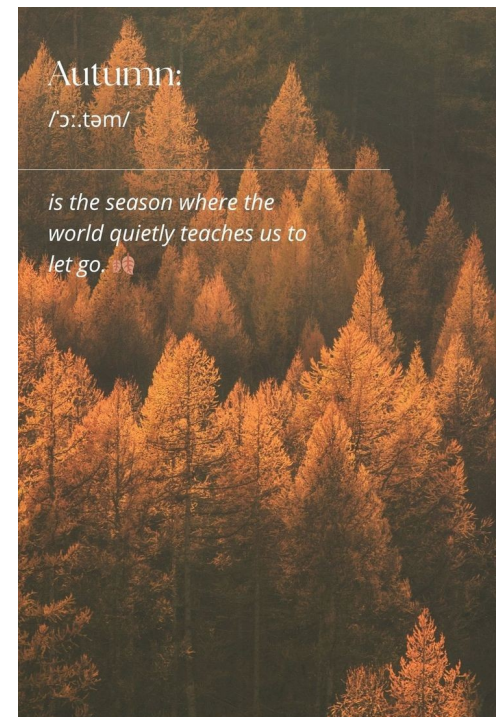
23. Stay hydrated: Drink plenty of water throughout the day to keep your body and brain functioning properly.

24. Exercise regularly: Engage in regular exercise, even if it's just a brisk walk or some bodyweight exercises at home. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

25. Disconnect from negativity: Limit your exposure to negative news, toxic people, or situations that drain your energy. Surround yourself with positive influences.

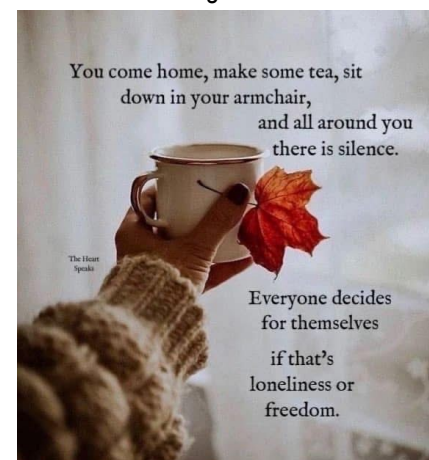
26. Practice gratitude for the small things: Appreciate the small joys and blessings in your everyday life.

27. Learn something new: Challenge your mind and keep it engaged by learning a new skill, taking a class, or reading a book on a topic that interests you.



28. Express yourself creatively: Creative expression can be a healthy outlet for your inside world.

29. Spend time with loved ones who support you: Surround yourself with positive and supportive people who uplift you and make you feel good about yourself. Nurturing healthy relationships can significantly boost your mental well-being.





Proud
Fundraising
Partner with
Delta Bingo
Penetanguishene



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BINGO • GAMING

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ENJOY YOUR LABOUR DAY	2 Mental Wellness Calming Intrusive Thoughts 1 – 3 p.m.	3 AGM MEETING Transportation will be provided for the evening, if you'd like to attend, 4:30 – 6:30 p.m. CLUB IS NOT OPEN DURING THE DAY 	4 Stacked Pancake House Luncheon 12 – 3 p.m. Walmart Browse 	5 Join us at the Grill, Balm Beach, for some friendly, but competitive Retro Games, Grab a shake or some fries... 1 – 4 p.m.	6 11 – 2 p.m. 
7	8	9 Mental Wellness Intrusive Thoughts 1 – 3 p.m.	10 CHILE DINNER  Book Marks 11—2 p.m.	11 <i>Woven Wisdom Ladies Group</i> 1 – 3 p.m.	12 CREATIVITY PLAYDATES With Darlene 12:30 p.m. – 3 p.m.	13 The STEAMPUNK FESTIVAL is BACK, Let's go check it out, Enjoy the Day, Bag lunch Provided \$5.00 Paul Paulette  10 – 3 p.m. (home)
14  10:30 a.m.	15	16 Mental Wellness Intrusive Thoughts 1 – 3 p.m.	17 Hot Hamburger Dinner  Greeting Cards 11—2 p.m.	18 Ripley's Aquarium Reschedule Date (Full)  Leaving the club at 8 a.m. Returning before Dark... Lunch Provided, Bring \$\$ for Old Spaghetti Factory	19 CREATIVITY PLAYDATES With Darlene 12:30 p.m. – 3 p.m.	20 11 – 2 p.m. Bacon Ranch Pasta Salad & Chips Karaoke
21	22	23 Mental Wellness Intrusive Thoughts 1 – 3 p.m.	24 Sausage on a Bun, Sauerkraut, Coleslaw Whimsical Fish  11—2 p.m.	25 Ladies Creativity Connection 9:30 – 11:30 a.m.  <i>Woven Wisdom Ladies Group 1 - 3</i>	26 CREATIVITY PLAYDATES With Darlene 12:30 p.m. – 3 p.m.	27 11 – 2 p.m. Grilled Panini's Out for Ice Cream 
28  10:30 a.m.	29	30 Nat'l. Day for Truth & Reconciliation 	 Join us on the 5th for some old fashioned fun at the Balm Beach Arcade.....			

Wendat Social Club Hours

Club is OPEN:

Tues/Thurs./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. 1228**, 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 (x1228)** 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

*~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

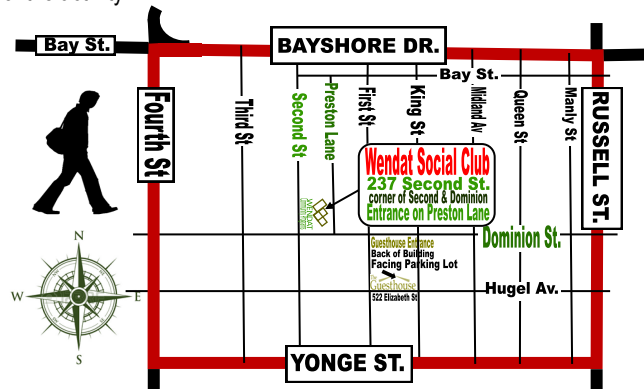
LUNCH: Sat's — \$3

no sign-up necessary

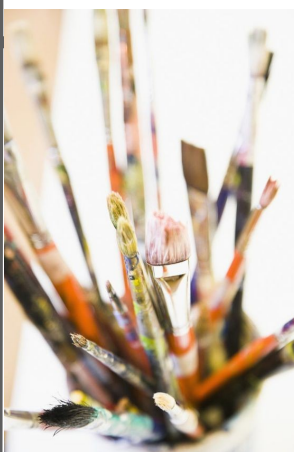
Limit of 2 coffee or tea with meal. "Meals may change without notice, subject to availability."

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 1228 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 a.m.



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