



# 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 1228  
www.wendatprograms.com

OCTOBER 2025

## Coordinator's Message:

Here we all in Autumn already. We still have a few outings left this year. Be sure you get signed up while we can still rely on the weather.

Paul and I are inviting you to Meaford to the Scarecrow festivities and to the Apple Farms in Thornbury. This will be a lovely drive. We will depart the club at 9:00 a.m. arriving back around 4:00 p.m. We will send along a bag lunch.

We only have two more days to get to Wyevale and grab those BIG delicious cones. Saturday, October 4th is your last day as they shut down for the season on Thanksgiving. Speaking of Thanksgiving, it will be hosted on Wednesday, October 8th followed by a BINGO.

The next day, Thursday, we have our annual Six Mile Lake Day. We are not hiking, just have a social picnic, sitting by the water and some light walking. Perhaps a few cards games. Joanne, our cook is coming along this day. Leaving the club at 10 a.m.

On Saturday, October 18th, Paul and I are taking those signed up to Huntsville to a very cool pumpkin adventure at Sandhill Nurseries. I attended last year and was amazed at the work they put into this event. Come join us. Leaving town at 8:00 a.m., arriving back at 4 p.m. Picnic lunch provided.

You asked for a Halloween Party, dress up if you like, if not, that is perfectly okay. Mark will be hosting some fun Minute to Win It games, while Joanne provides a light lunch. Details are still being ironed out. Come join in the fun.

As most of you are aware, my retirement is looming. Casey MacKinley from Case Management is going to step into my role. Of course, we are both different. We will all need some time to handle the changes that come with role change. Casey will be the Club Coordinator. Glen Lucas will be the supervisor. If you have any questions, please ask Darlene or Casey.

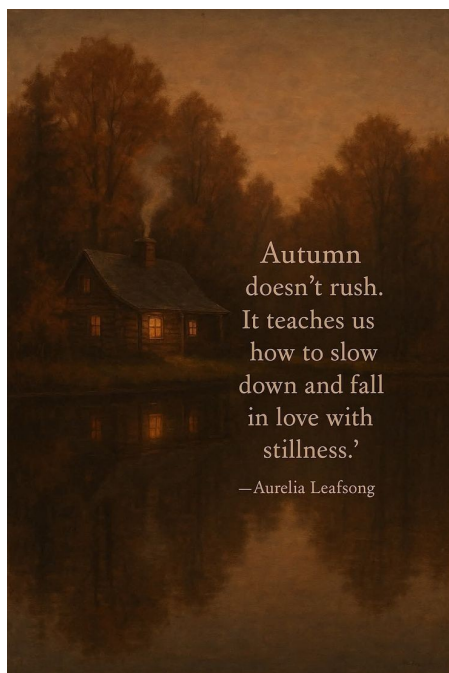
Janice will be turning her Tuesday theme to Adult Friendships and the importance of connecting.

Hannah is staying with us on Thursdays for Woven Wisdom. See the calendar. Our plan is to have it bi-weekly, Oct. 2nd, 16th, and 30th. We are glad she was able to free up Thursdays for Wendat and wish her the best at her new job.

As well, we wish Victoria much success in her business in caregiving. She will continue to visit as a member.



*Always Re-Creating*  
**DARLENE FORGET**  
~CLUB COORDINATOR~



Autumn  
doesn't rush.  
It teaches us  
how to slow  
down and fall  
in love with  
stillness.'

—Aurelia Leafsong

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



Feeling lonely is perhaps, ironically universal. In a great big universe, you can still feel alone. A prominent Robin Williams quote on loneliness states, "I used to think the worst thing in life was to end up all alone. It's not. The worst thing in life is to end up with people that make you feel all alone". This quote highlights the distinction between physical solitude and emotional isolation, suggesting that the presence of people who make you feel disconnected or uncared for is more devastating than being truly alone.

Loneliness "it's the discrepancy between what you have and what you want from your relationships. It's not necessarily about being surrounded by people—because you might feel especially lonely in a crowd—but about your mentality. When you feel lonely, it's usually because you aren't quite satisfied with what you have, whether it's that moment or throughout life. And until you're able to pinpoint and then address what you're dissatisfied with, you'll feel isolated, left out, and in need of companionship.

The Upside—Feeling lonely isn't necessarily a bad thing. It's a reminder that something's off about your social environment and that you need to prioritize your happiness.

Chances are, though you're not too grateful for loneliness while you're experiencing it. In fact, the feeling makes you more likely to interpret reality negatively, which can bring on a ton of self-loathing and self-criticism. The key to turning around your mood is adjusting your social lens to one that's more

positive. Easier said than done, right? Thought you might say that, but I am including 17 ways you can actually do to feel a little less lonely, a little more confident, and way more connected.

1. Admit you are lonely. As with a lot of things, the first step to moving forward is getting real about what you're going through. Most people try to deny they're lonely, or they assume they must just be anxious or depressed. Why? "Because there's a lot of stigma surrounding loneliness. Many people are ashamed to admit they feel lonely because they associate the experience with self isolation. This is only putting off your chance to do something about it.
2. Remind yourself it's not just you. "We're not alone in our loneliness. You have the power to get yourself out of this feeling/situation. Talk to other, be solution focused. Negative banter isn't going to help.
3. Be Realistic. Though there are things you can do to help yourself feel less lonely, they're not foolproof. "Sometimes you won't succeed". People won't want to make connections with you, they'll be too busy, or you'll still end up feeling lonely—it happens. Try again. It's a big universe.

4. Don't deny or distance.

Because of all the shameful and self-critical feelings that accompany loneliness, a common reaction is to kid yourself into thinking you don't actually need anyone, things are better this way, and you'll do just fine on your own.... And you might actually believe this for awhile.

5. Write down positive memories.

This is one of those pieces of advice you've surely been given before, but never actually committed to. Now's the time to give it a real shot. Just dedicating 15 mins. Per day to jotting down special moments you've shared with friends and family can be enough to overcome negative feelings.

6. Take note of all the things you are grateful for.

When you're lonely, you'll bury yourself in your thoughts—usually bumper ones— but, as they say, "gratitude turns what we have into enough." To get yourself out of that headspace, write down a few things you're grateful for (think, a roof over your head, food, heat, a supportive friend, a book, etc) Doing this will shift your thoughts from ones about you and your slump, to those about other people you care about and positive factors in your life.

7. Volunteer.

"Loneliness isn't dangerous by itself, it's what we do with and how we recover that can be dangerous for our physical and mental health. To make sure you're letting loneliness drive you toward the right thing, consider signing up to volunteer.

*The soul that sees beauty, may sometimes walk alone.... Johan Wolfgang von Goethe*

Dedicating a day to working with the elderly or making meals at a soup kitchen will fulfill your desire to feel needed and draw you away from self-centered mindset that loneliness brings on. Plus, the time you spend getting to know the people you're serving will bring out some of the intimacy and connection you've been craving.

8. Get a Pet, or spend time with someone else's.

This is one is great for a ton of reasons. But when it comes to loneliness, interacting with animals has the power to release dopamine in the brain, which is a biggie since the chemical is associated with pleasure and rewards. More than that, walking your dog or taking your cat to the vet for a checkup is an opportunity to start up conversations with other pet owners and maybe even make a new friend.

9. Join a club or take a class.

It might make you uncomfortable at first, but it might also be totally worth it. Interact with people with whom you share a common interest makes for a better chance at forming meaningful connections. This is usually what people are missing in their life.

10. Make a schedule for yourself and stick to it. Yeah, you have probably already have waking up, working, eating, and exercising down pat, but maybe your life's in need of a little more structure.

Feelings of loneliness often feel like they will last forever and there's nothing you can do to escape the dark cloud hanging over your head, but that's not true. It can be hard to remind yourself that loneliness is usually temporary. Stick to a schedule, it does help.

11. Go for a Walk

It get your body moving, gives you a chance to clear your mind, and even offers opportunities to run into a neighbour for a quick chat. Even if you don't interact with anyone, walks have significant effects on mood. Just a few minutes outside can stop your mood from worsening and can help combat feelings of dread that loneliness brings on.

13. Pick up the phone.

Call someone you love and who care about you. Rather than exchanging the same old how are you's and fines, actively listen to and really engage with the person on the other line. When they mention something about their lives, ask them for the backstory and let them talk. People are thirsty for this kind of interaction. Everyone wants to be heard, so give someone in your life the gift of really listening to them, and let their stories take you out of your lonely headspace for awhile.

14. Talk to a mental health professional.

A psychologist won't be able to bring you out of your loneliness—only you can do that.

But “they can help you come to terms with the situation.” They'll remind you of how much power you have to move forward from this by helping you pinpoint what in your life might be off-kilter and contributing to your loneliness. Once you isolate the cause, a therapist will help you come up with a game plan to address it.

15. Take a Social Risk. If you're feeling lonely because you don't believe any of your relationships are aligned, solid –based, meaningful, now is your chance to do something about it. Yeah, you might get rejected, but eventually you'll find a someone or even a whole tribe who—gets—you. Start out somewhere you feel comfortable, art class, women's group, exercise class. Strike up a positive conversation as best you can.

16. Turn your loneliness into solitude. While this might sound the same, solitude is different because it's a choice. You could let your loneliness consume you, or you can turn your loneliness into solitude—time spent alone doing something that's meaningful to you. Writing, story telling, crocheting, art, etc.

17. Don't busy yourself. “Many people try to run away from loneliness. They'll busy themselves with needless things like second jobs to stifle loneliness. That's not the right move. It

*Continued on the next page ...*



*Continued from page 3...*

might help you forget you're lonely for a bit, but you'll only end up feeling worse in the end.

The key is to slow down for a bit and focus on something you really love or something you've always wanted to do but never did because sticking to the mundane won't help much.

Article from: Dept of Psychiatry and Behavioural Neuroscience Spend

If you are feeling lonely  
know that you'll always have:

Books to nurture your mind

Hands to create and explore

Wind to calm your soul

Breathes to soothe your nerves

Nature to soak your worries away

Stars to decorate your dreams

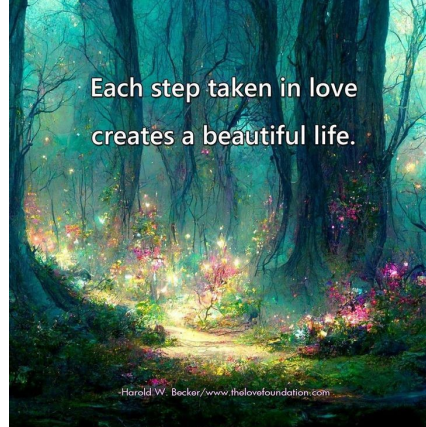
- Emma Xu

OurMindfullife.com

**WHEN WE GET TOO  
CAUGHT UP IN THE  
BUSINESS OF THE  
WORLD, WE LOSE  
CONNECTION WITH  
ONE ANOTHER - AND  
OURSELVES.**

— Jack Kornfield

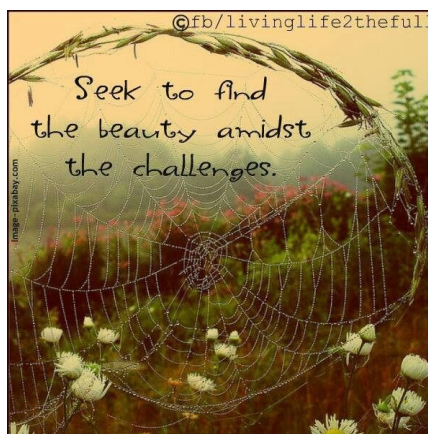
Three minutes writing: What part of my life feels ready for reimagining, and what small permission would I need to give myself to explore it?



### MORNING REFLECTIONS;

Let's notice what feels open and closed within you right now:

What's open today: your curiosity about the week ahead, your willingness to try again after yesterday? And what's closed: your patience for perfectionism, your availability for other people's chaos? Both are signals. Let them point to what you need to thrive today.



### DAILY PRACTICE

#### Affirmation

I can release yesterday's version of myself and meet today with fresh curiosity. What worked before doesn't have to define what's possible now.

#### Gratitude

Think of one person who believed in your potential before you could see it yourself. Their faith created a bridge you eventually learned to walk across.

#### Permission

It's okay to be excited about something others might find insignificant. Your enthusiasm doesn't need outside validation to be real.

"connection is why we are here. we are hardwired to connect with others, it is what gives purpose and meaning to our lives, and without it there is suffering"

- Brene Brown





# Ripley's Aquarium Outing

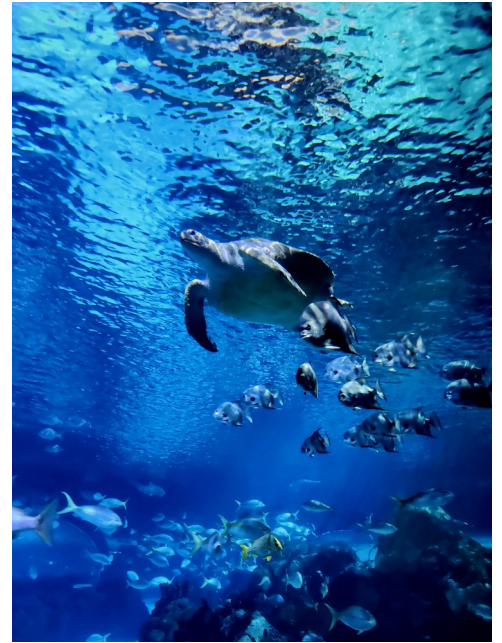
Thursday, October 18th was a lovely day to visit Toronto. It was a little adventure for sure for the 16 people that attended. We left Midland at 8:00 a.m. to head to Vaughan to the Subway station. Things surely have changed since we last rode the subway. The Vaughan station did not even exist. You can now buy group passes through the debit Presto machines, and return tickets.

We arrived at the Union Station after about an hour ride. Once above ground, we thought well, what is next? We turned our GPS on to walk mode and began the trek to Ripley's Aquarium. We did see some neat graffiti along the way. The skyscrapers looked magnificent against the clouds. Although when the clouds moved and you were looking up, it was hard to keep your balance.

Embrace Canada's treasure trove of underwater habitats — from the Great Lakes to our three ocean coasts — and meet the extraordinary alewives, sea urchins, velvety red anemones, lobsters, and a giant Pacific octopus that this country calls home. We all really enjoyed the moving sidewalk surrounded by all the creatures of the sea.

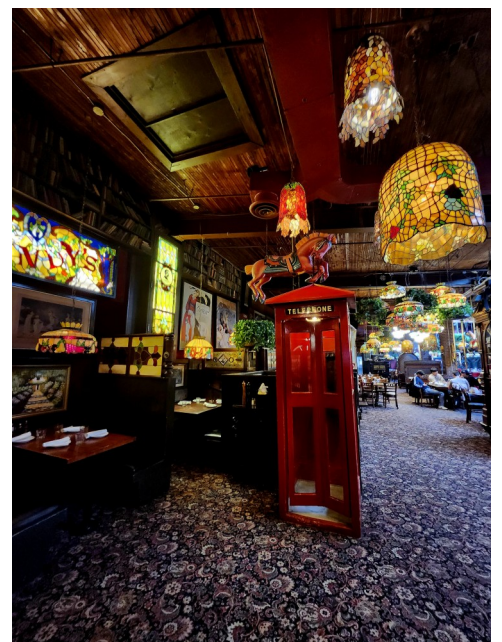


We took a little time for some photo shooting with the Big City behind us.



We spent a few hours at Ripley's then meandered the City streets with our GPS gal who took us the long way to the Old Spaghetti Factory for dinner. The Old Spaghetti Factory hasn't changed. It still has the same flair and loveliness.

This time we said no to the GPS lady and arrived back to Union Station within 10 minutes. Sometimes, our internal guide is best. This was a long day but very much enjoyed by all. Thank you for coming along.







Proud  
Fundraising  
Partner with  
Delta Bingo  
Penetanguishene



**Delta**  
BINGO ▶ GAMING

## October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Spaghetti Dinner Garlic Bread 11-2  Pumpkin Ball Ornaments	<b>2</b> Creativity Connections  \$10.00 month 9*30 – 11:30 WOVEN WISDOM LADIES GROUP Goal Setting	<b>3</b>  MEAFORD SCARECROW FESTIVAL, APPLE FARM 9-4	<b>4</b> Out For Ice Cream, Last one this year..... 11 – 2:00 p.m. Breakfast Casserole 
<b>5</b>	<b>6</b>	<b>7</b> Mental Health Wellness 1-3 Relationships  Making friends as an Adult	<b>8</b> <b>Thanksgiving            Dinner</b>  Turkey Dinner followed by a <b>BINGO</b>	<b>9</b> <b>SIX MILE LAKE            GETAWAY</b> Come Enjoy Nature, The Water and the Bush  10 a.m. – 3:30 p.m.	<b>10</b> Poetic Patchwork Collage 	<b>11</b> Hot turkey sandwiches  <b>KARAOKE 11 – 2:pm</b> 
<b>12</b> SOUP for THE SOUL 10:30 a.m. 	<b>13</b>	<b>14</b> Mental Health Well- ness 1-3  Being comfortable with Uncomfortable Conversations	<b>15</b> Pork Chop Dinner Scalloped Potatoes <b>11-2</b>  WITCHY POO JUNK Two Page Spread	<b>16</b> Creativity Connections Watercolour 10.00 mo. 9:30 – 11:30 a.m.  WOVEN WISDOM LADIES GROUP  Why Woven Wisdom Come Weave with US, 1 – 3 p.m.	<b>17</b> Creative Playdates ACRYLIC PUMPKIN PAINTING 	<b>18</b> Sandhill Nurseries HUNTSVILLE 9-4 p.m. Outing/Bag Lunches 5\$ 
<b>19</b>	<b>20</b>	<b>21</b> Practice makes Perfect, 1-3  Mastering tough conversations.	<b>22</b> Chicken Stew 11 - 2  Acrylic BIG Painting, Christmas or in Your Jour- nals Video	<b>23</b> Creativity Connections 9:30 – 11:30 a.m.  Come Felt Along, Pumpkin 1 – 3 p.m.	<b>24</b> Poetic Patchwork Collage 12:30 – 3 p.m. 	<b>25</b> Potatoe Leek Mushroom Soup, Followed by Movie Garlic Bread 11 – 2:30 
<b>26</b> SOUP for The Soul 10:30 a.m. 	<b>27</b>	<b>28</b> MENTAL HEALTH WELLNESS 1-3  CELEBRATING FRIENDSHIPS	<b>29</b> SHEPARDS PIE 11-3 p.m.  A lovely walk through Coldwater after lunch. Go share a coffee with friends.	<b>30</b> Creativity Connections 9:30 – 11:30 a.m.  WOVEN WISDOM LADIES GROUP <b>1—3 p.m.</b>	<b>31</b> Halloween Party <b>Minute to Win it            Halloween            Games</b> Halloween Luncheon <b>12-3 p.m.</b>	

## 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 (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

**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,**  
including the Bus Shelter.  
*~Please move off the property,  
onto the public sidewalk to*

“  
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*

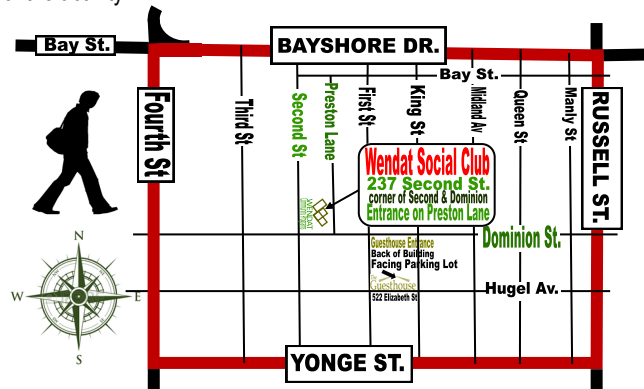
**LUNCH: Sat's — \$3**

*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 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