



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

FULL CIRCLE BULLETIN

December 2025

Embracing Change



Change can bring a mix of emotions, but it also creates room for growth, fresh perspectives, and new opportunities. At Wendat, we believe change is a positive step forward, and new ideas are always welcomed and encouraged. We want our members, staff, and community partners to know that this program thrives because of your input and participation. We are always open to welcoming new members, and we invite your suggestions for future outings, workshops, craft activities, and skills you would like to see offered and incorporated into our program. Together, we can continue to build a space that reflects the creativity, needs, and interests of everyone in our community.

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

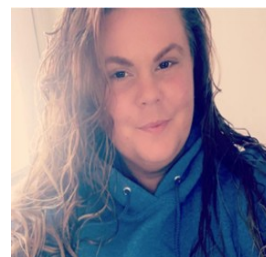


Coordinator's Message:

Hello Everyone,

My name is **Casey MacKinlay**, and I am excited to be writing my first edition of *Full Circle* for our Social Club here at Wendat Community Programs. I am a Registered Social Service Worker and have spent the past four years as a Case Manager here at Wendat supporting adults suffering with severe mental health challenges. Before joining Wendat, I worked at United Way on the Leap Program and also ran my own home daycare, Lovejoy Child Care. I also bring personal experience with PTSD, trauma, and anxiety, which has shaped the way I approach both my work and life—with empathy, resilience, and a deep appreciation for community. I am honoured to be stepping into the role of **Coordinator of the Social Recreation Program**. With Darlene's retirement upon us, I want to take this opportunity to thank her for the support, guidance, and encouragement she has provided to so many of us. Darlene, you have left a lasting impact, and your presence will be truly missed. I am humbled to continue the wonderful work you do here. I have huge shoes to fill but with your guidance and leadership I know the club will continue to help improve the lives of those we support! I encourage as many members, community partners, and staff to join us for

Darlene's Retirement Party and our Christmas Celebration on December 17th, 2025. Please make sure to sign Darlene's retirement book before or on the day of our celebration.



Always Re-Creating
Casey MacKinlay
~CLUB COORDINATOR~



Gratitude and Self-Care During the Holidays



What is Gratitude?

Gratitude means noticing and appreciating the good things in our lives whether big or small. It's about focusing on what we have, rather than what we don't, and taking a moment to be thankful. Gratitude can be as simple as enjoying a warm meal, appreciating a friend's kindness, or being thankful for a safe place to gather.

What is Self-Care?

Self-care is the practice of taking care of your own physical, emotional, and mental well-being. It's about doing things that help you feel balanced, rested, and supported. Self-care can look different for everyone...maybe it's going for a walk, listening to music, setting boundaries, or simply taking time to relax.

Why Are They Important During the Holidays?

The holiday season can be filled with joy, but it can also bring stress, busy schedules, financial pressures, and sometimes even loneliness. Practicing gratitude helps us pause and appreciate the positives in our lives, while self-care reminds us to protect our well-being so we can enjoy the season in a healthier way. Together, gratitude and self-care help us create more meaningful, peaceful, and joyful holiday experiences.

Celebrating the Season Together



December is a month filled with many different holidays and traditions from around the world. Some of us may celebrate **Christmas**, while others observe **Hanukkah**, **Kwanzaa**, **Winter Solstice**, or other cultural and spiritual practices. These celebrations may look different, but at the heart they share common values of connection, reflection, gratitude, and hope for the future. At Wendat, we embrace this diversity and honour the unique traditions that our members, staff, and community partners bring to our Social Club. As we prepare to welcome the new year, there is no better time to focus on positive mindsets, new beginnings, and growth, both within ourselves and within our community. With change in leadership, we also celebrate the opportunity to bring fresh ideas while continuing to build on the strong foundation already in place. Together, let's step into the new year with openness, kindness, and a shared commitment to supporting one another.



Mindfulness, Gratitude, and the Holidays

Mindfulness is the practice of paying attention to the present moment without judgment. During the holidays, it's easy to get caught up in the busyness of shopping, planning events, attending social gatherings and sometimes, dealing with difficult emotions. Feelings of loneliness can often occur during the holidays and they can be difficult to manage. Mindfulness gives us the chance to pause, take a breath, and truly notice what is happening around us. When we slow down and practice mindfulness, we become more aware of the small joys that can easily be overlooked such as a warm cup of coffee or tea, the sparkle of holiday lights, or a kind word from a friend. This awareness naturally supports gratitude by helping us see and appreciate the good that is already present in our lives. Mindfulness also helps us manage holiday stress. By focusing on the "here and now," rather than worrying about what's next, we can reduce feelings of being overwhelmed and create space for feelings of calm. Combined with gratitude, mindfulness allows us to experience the season more fully, with presence, peace, and appreciation.

December Highlights



This month, we are embracing the holiday spirit through creativity, reflection, and connection. Our December lineup focuses on mindfulness, gratitude, and self-expression helping us stay grounded and joyful during this busy season.

Special Outings: We are thrilled to announce our **December outings to First Lights** on **Friday December 5th** and **Drysdale's Christmas and Holiday Village** on **Saturday, December 13, 2025!** It's a beautiful way to celebrate the season together.

Here's what's happening this month:

- **Gratitude & Ribbons of Joy Garland Workshop** – create a meaningful decoration that celebrates the people and moments you are thankful while you explore gratitude and creativity through tactile, relaxing art-making.
- **Watercolor Christmas Cards** - enjoy a relaxing afternoon of painting while creating heartfelt cards to share or display.
- **Holiday Movie Day**– join us for a cozy afternoon of popcorn and a heart warming film and good company!
- **Games Days**– join us for fun, laughter, and friendly competition—a great way to lift spirits and connect with friends.

We are also continuing our **Creative Connections** sessions on Thursday mornings and **Creative Play Dates** on Fridays. Our Womens Woven Wisdom group will be continuing but will now be referred to as **Fill Your Cup** which will continue Thursday afternoons — and we would love to see new attendees join us. And of course, **Janice** will continue leading her wonderful **Mental Health Wellness Group**, offering ongoing support and discussion around mental health and self-care.

Closing Thoughts



As we head into the holiday season and a brand new year, let's remember to care for ourselves and one another. Gratitude, self-care, and mindfulness are not just practices for December, but gifts we can carry with us every day. Wishing you all a safe, peaceful, and joyful holiday season.

Sincerely and Always Keep Creating and Moving Forward, **Casey MacKinlay** Coordinator, of the Social Recreation Program

Gratitude

At times our own *light* goes out
and is rekindled by a *spark* from
another *person*. Each of us has
cause to think with *deep gratitude*
of those who have lighted
the flame *within us*.

—Albert Schweitzer

theMomiverse.com

Deep Breathing Christmas Tree

TRACE THE RIBBONS ON THE TREE.

TRACE UP & BREATHE IN.

TRACE DOWN & BREATHE OUT.



Yearly Reflection

 The highlight of this year was...

 Three lessons I've learned were...

 Three accomplishments I am proud of are...

 Three things or people I am especially grateful for are...

 Three things I can improve next year are...

 In 2022 I will be even better because I will...

Mental Treat

Joy is what
happens to us
when we allow
ourselves to
recognize how
good things
really are.

~ Marianne Williamson

GratitudeHabitat.com

December 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Mental Health Wellness 1 PM – 3 PM	3 Lunch – Pasta Bake with Garlic Bread 11 AM – 2 PM Watercolor Christmas Cards  M E R R Y Christmas	4 <i>Creative Connections</i> 9:30AM – 11:30PM Women's Group Fill Your Cup 1PM – 3PM  Creating Connections Game Day	5 First Light \$5 5:30 – 8:30 	6 Chicken on a Kaiser with French Fries 11AM - 2PM Holiday Movie 
7  Service 10:30AM	8	9 Mental Health Wellness 1 PM – 3 PM	10 Lunch – Cozy Soup with Salad Gratitude & Ribbons of Joy Garland 11 AM – 2 PM 	11 <i>Creative Connections</i> Please be aware this is our last day 9:30AM – 11:30	12 Creative playdates 12PM – 3PM Primitive Ornaments 	13 Drysdale Christmas & Holiday Village \$5 Inc Bag Lunch 10AM – 4PM Bag Lunch 
14	15	16 Mental Health Wellness 1 PM – 3 PM	17 CHRISTMAS/ DARLENE'S RETIREMENT PARTY  Meal Served 11 AM – 2 PM (Please let Casey know if you would like to say speak at retirement party)	18 Women's Group Fill Your Cup 1PM – 3PM Holiday Self-Care Day 	19 Creative playdates 12PM – 3PM Watercolor Snowman 	20 Sausage on a Bun with Fried Onions & Chips 11AM - 2PM BINGO 
21  Service 10:30AM	22	23 Mental Health Wellness 1 PM – 3 PM	24 Lunch - Shake 'n Bake Chicken with Rice  11 AM – 2 PM Christmas Eve Service 7PM 	25 Christmas CLUB CLOSED 	26 Boxing Day CLUB CLOSED 	27 Holiday Brunch 11 AM – 2PM 
28	29	30 Mental Health Wellness 1 PM – 3 PM	31 New Years Eve Bash Noon Countdown Lunch – Festive Wraps with Fries 11 AM – 2 PM Karaoke & Games	January 1 2026 – Club CLOSED Happy New Year!! 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

Sunday Church Service &

Soup

10:30—12:30, call for a ride
before 9 a.m.

Transportation

For a ride to the club, call 705-526-1305 Ext. 1228,

Call the club before 9 a.m. to arrange your ride on the day you are attending. We do not call you back. We add your name to the list to pick up. You need only call the club once.

During inclement weather, the coordinator decides at 9 am whether to close the club. Call at 10 am 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

FLU, COLD, 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/
VAPING
ANYWHERE ON WENDAT
PROPERTY**

Come join us for Creativity
Playdates on Fridays, Mental
Health Wellness connections on
Tuesdays, Women's Woven
Wisdom on Thursdays
705 526 1305, ex 1227



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.

Outings do sometimes require a deposit. This goes
towards admission.



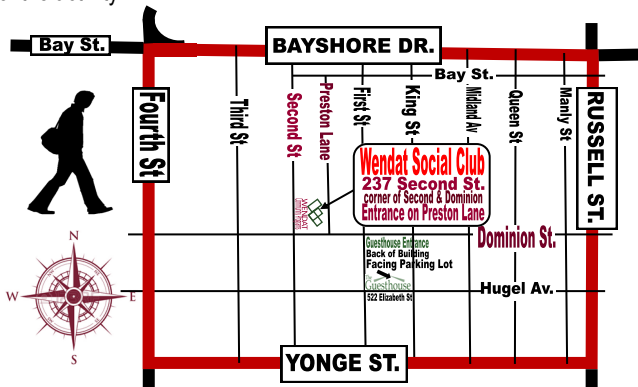
DINNER: Wed's — \$3
you must be signed-up in advance

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.



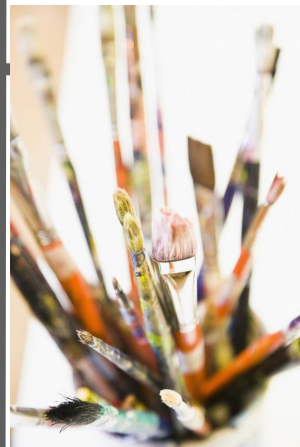
The Good Food Box is \$20.00
monthly due by the 7th of the month.
It is delivered the 4th Tuesday of the
month* to Wendat. You need to pick
it up. **NO DECEMBER 2025 GFB**

*unless otherwise listed

Come for lunch \$3 on a
Wednesday and Saturday and
stay for a recreational activity
@ 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