



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

January 2026

Coordinator's Message:

Happy New Year, everyone! As we step into 2026, we're coming full circle—pausing to look back at everything we've walked through, while opening our hearts to what's ahead. January gives us the chance to reset, breathe a little deeper, and ease into the year with fresh intention.

This month, we're grounding ourselves, celebrating the little victories, and honoring the strength, gratitude, and resilience that carried us through 2025. Together we'll keep growing, reconnecting, and creating a community that truly lifts each other up.

A big piece of that is understanding our mental wellness. When we learn how emotions, routines, connections, and life skills shape our everyday lives, we become stronger and more confident—not in a heavy way, but in a steady, practical, “I can actually do this” kind of way. And this year, we're doing it through creativity, laughter, hands-on learning, and trying new things at a pace that feels comfortable.

Think vision boards, meaningful conversations, art days, gentle challenges, and space to express yourself. We'll cheer each other on and make 2026 a year filled with growth, support, and joy.



Always Re-Creating
Casey MacKinlay
~CLUB COORDINATOR~

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



WENDAT
Community Programs

January Creative Projects

All month long, we'll be exploring winter watercolors, rock painting, tissue-paper glitter art, Lego builds, textile landscapes, mixed media journaling, and Valentine ribbon wreaths. Plenty of chances to get creative, express yourself, and discover something new.

Special Events This Month

We've got some lovely events lined up:

- **January 7:** Creamy Chicken Alfredo & Inspirational Rock Painting
- **January 14:** Beef & Barley Soup + Mixed Media
- **January 21:** Shepherd's Pie with Salad & Valentine's Ribbon Wreaths
- **January 28:** Chicken Quesadillas with Garden Salad + Tissue Paper Windows
- **January 30:** Bowling Outing | 1 PM – 3 PM | \$3 A crowd favourite—can't wait to hit the lanes!

How Creative Arts Support Recovery

Creative arts give us space to express ourselves without needing the perfect words. Whether it's paint, textiles, journaling, or mixed media, art helps calm the nervous system, reduce anxiety, and gently open pathways to healing.

And when we create together! Something even more meaningful happens.

Connection grows.
Community grows.
Recovery grows.

Every project—no matter how simple—becomes one step forward.

The Importance of Self-Care

Self-care isn't self-ish—it's a way of refilling your energy so you can show up for your life with more ease, calm, and strength. It can be as simple as taking a deep breath, drinking a warm cup of tea, stepping outside for fresh air, or giving yourself permission to rest without guilt.

Self-care reminds us that we matter. Our needs matter. And taking even a few minutes each day to care for ourselves can improve our mood, our mental health, and our ability to cope with stress.

Small moments add up. Start where you are, choose what feels good, and let self-care support you one gentle step at a time.

Mental Wellness Group – 5-Week Series

Tuesdays | 1 PM – 3 PM

We're starting the year with a thoughtful and creative 5-week Mental Health & Vision Board series. Each week blends a short, simple lesson with a hands-on activity where we slowly build our vision boards —using magazines, colors, textures, inspiring words, and images that spark something inside us.

Week by week, these boards become a personal guide for the year ahead. We'll explore:

- Understanding our health
- Building financial wellness
- Setting meaningful goals
- How social connection supports recovery
- Emotional regulation and wrapping it all together

It's gentle, supportive, and designed to help you move into the new year with intention and clarity.

Fill Your Cup – Women's Wellness Group

Every Other Thursday 1pm – 3pm

We're bringing the women of Wendat together for connection, learning, creativity, and a whole lot of soul-nourishing fun.

January 8 – Women's Self-Care Day (Facilitated by Casey)

After a busy holiday season, this is our chance to slow down and refill our energy. We'll talk about the importance of self-care and spend the afternoon enjoying relaxing activities—hand lotion making, nail painting, essential oil blends, and a gentle discussion about self-love. Think cozy, calm, and supportive.

January 22 – Healthy Boundaries (Facilitated by Diane)

Boundaries help protect our energy and keep our relationships healthier. Diane will guide us through practical ways to make choices that support our well-being—saying “yes” when it feels right and “no” when we need rest, space, or protection.

Creative Playdates – Fridays

1 PM – 3 PM

Fridays are our relaxed, colorful creative days—no pressure, just a welcoming space to make art, chat, and spend time with others. Each week brings something new and playful, from winter watercolors to tissue-paper art, bingo hangouts, Lego builds, and more.

Saturday Socials

11 AM – 2 PM

Our Saturdays are all about comfort, connection, warm meals, and easygoing activities. Picture friendly faces, crafts, games, and a cozy community atmosphere. Meals range from French toast and sloppy joes to chicken fried rice, burritos, shepherd's pie, and more—always hearty, always affordable.

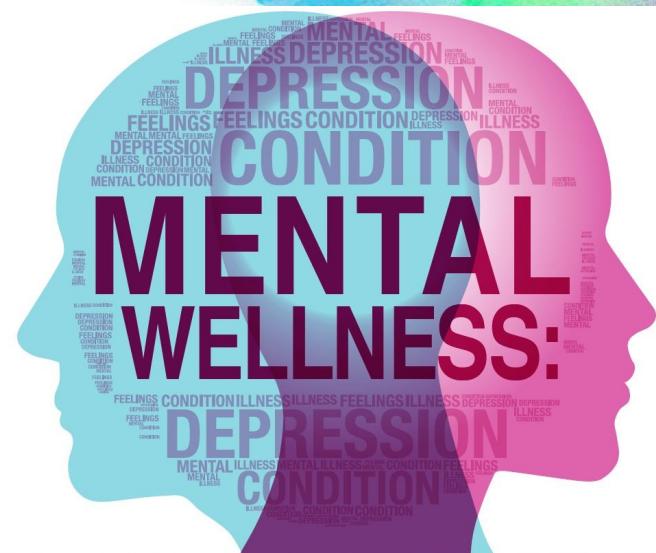
Weekly Lunches

Our lunches are warm, cozy, affordable, and cooked from the heart. Look forward to favorites like French toast, breakfast burritos, sloppy joes, shepherd's pie, hearty soups, and more. Always comforting, always made with our members in mind.

"Through the storms of life, gratitude anchors the heart, transforming trials into triumphs and strength into a testament of resilience."



Meditation reminds your body to relax and your soul to breathe.



New
Year,
Mental Health

New
You!



January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CLOSED	2 Creative playdates 1 PM – 3 PM Watercolor Winter Scenes 	3 French Toast w/ Scrambled Eggs 11 AM – 2 PM 
Proud Fundraising Partner with Delta Bingo Penetanguishene		Delta BINGO ▶ GAMING				
4 Service 10:30 AM 	5	6 Mental Health Wellness 1 PM – 3 PM Week 1 of 5 Intro / Health	7 Creamy Chick- en Alfredo w/ Garlic Bread 11 AM – 2 PM Inspirational Rock Painting 	8 Women's Group Fill Your Cup 1 PM – 3 PM Self-Care Day 	9 Creative playdates 1 PM – 3 PM Glitter & Tissue Paper Hearts 	10 Sloppy Joes w/ Fries 11 AM – 2 PM 
11	12	13 Mental Health Wellness 1 PM – 3 PM Week 2 of 5 Finan- cial Wellness	14 Beef & Barley Soup 11 AM – 2 PM Textile Landscape Mixed Media 	15	16 Creative playdates 1 PM – 3 PM Bingo & Social Hang Out 	17 Breakfast Burritos 11 AM – 2 PM Lego Building Day 
18 Service 10:30 AM 	19 Celebration of Life for Bob Day @10AM	20 Mental Health Wellness 1 PM – 3 PM Week 13 of 5 Short - & Long-Term Goals	21 Shepherd's Pie w/ Salad & Bun 11 AM – 2 PM Valentine's Day Ribbon Wreaths 	22 Women's Group Fill Your Cup 1 PM – 3 PM Healthy Boundaries 	23 Creative playdates 1 PM – 3 PM Winter Watercolor Scene with Salt 	24 Chicken Fried Rice w/ Veggies 11 AM – 2 PM 
25	26	27 Mental Health Wellness 1 PM – 3 PM Week 4 of 5 So- cial / Recreation	28 Chicken Quesadillas w/ Garden Salad 11 AM – 2 PM Tissue Paper Win- dows 	29	30 Bowling \$3 Fee 11 AM-1 PM 	31 Hash Brown Egg Bake 11 AM – 2 PM 

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.

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 ext. 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 1228 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. **Date: January 27th, 2026**

*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