



# FULL CIRCLE BULLETIN

February 2026

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](http://www.wendatprograms.com)

## February Outing

⌚ Winterama—  
Penetanguishene  
📅 Friday, February 14  
⏰ 10:00 AM – 3:00 PM

Join us for a fun winter outing to Winterama in Penetanguishene. This outing is a wonderful opportunity to enjoy winter activities, get out into the community, and spend time connecting with others outside of the club setting.

Outings like Winterama help support social connection, routine, and confidence while also giving members a chance to create shared memories. Whether you're participating in activities or simply enjoying the atmosphere, this day is about spending time together and embracing the season.

More details regarding transportation, schedules, and expectations will be shared at the club closer to the date.

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



WENDAT  
Community Programs

## Coordinator's Message:

### ♥ February – Valentine's Month

February is often thought of as Valentine's Month — a time that highlights love and relationships. At Wendat, we like to widen that meaning and focus on connection in all its forms. This includes friendships, community connections, family relationships, and the relationship we have with ourselves.

Connection plays a vital role in our mental and emotional well-being. Feeling seen, supported, and included can help reduce feelings of isolation, especially during the winter months. Even small moments of connection — sharing a meal, participating in an activity, or simply spending time in a welcoming space — can make a meaningful difference.

Winter can be a challenging season for many people. Shorter days, colder weather, and limited daylight can impact energy levels and mood. That's why February's programming will also focus on self-care, gentle routines, and finding warmth through creativity and shared experiences.

Throughout the month, we will be inviting members to reflect on gratitude — noticing small positives, moments of comfort, and things we appreciate, even when days feel heavy. Gratitude doesn't mean ignoring challenges; it simply helps us balance them with moments of hope and appreciation.



*Always Re-Creating*  
Casey MacKinlay  
~CLUB COORDINATOR~

## Mental Health Wellness Group

### February Activities

Throughout February, members can take part in a variety of creative, interactive, and wellness-focused activities designed to encourage self-expression, emotional awareness, and connection.

Planned activities include:

- Warm Hearts Air Balloon – a creative activity focused on kindness, care, and emotional warmth
- Kindness Cards – creating thoughtful cards to share encouragement and positivity
- Coping Strategies Fortune Teller – a fun craft and game that introduces helpful coping skills
- February Hearts – Feelings in Colour – an expressive art activity exploring emotions through colour and creativity

In addition to creative activities, members are invited to enjoy Karaoke, Bingo, and Minute-to-Win-It games, offering opportunities for laughter, movement, and social engagement in a relaxed environment.

 Meals are served every Wednesday and Saturday, paired with a fun activity and a yummy, comforting meal. Sharing meals together continues to be an important part of building community and connection at the club.

This month's Mental Health Wellness Group will focus on topics that support emotional understanding, energy awareness, and healthy relationships.

February topics include:

- Understanding Emotions  
Learning about emotions, why we experience them, and how they provide important information about our needs and experiences.
- Gentle Coping Skills for Low-Energy Days  
Exploring realistic, low-pressure coping strategies for days when motivation or energy feels limited. These tools are designed to be supportive, not overwhelming.
- Boundaries Without Guilt  
Learning how to set healthy boundaries while managing feelings of guilt, fear, or worry about disappointing others.

Each session is designed to be supportive, accessible, and practical, with opportunities for discussion, reflection, and gentle skill-building. Participation and sharing are always optional.

## Women's Group Fill Your Cup

The Fill Your Cup Women's Group continues to offer a supportive space for connection, reflection, and self-care.

 Thursday, February 5 | 1:00 PM – 3:00 PM  
Members will enjoy Valentine-themed self-care activities, focusing on kindness toward ourselves and others.

 Thursday, February 19 | 1:00 PM – 3:00 PM  
We will be playing Mental Health Jeopardy, a fun and interactive way to learn, review wellness topics, and connect through friendly group play.

Women's Group is a welcoming, judgment-free space where members are encouraged to participate at their own comfort level.

## NEW Wendat Social Days (Every Other Thursday)

We are excited to introduce Wendat Social Days, happening every other Thursday. These drop-in social days are designed to create relaxed opportunities for connection, conversation, and fun.

-  Thursday, February 12 – Mental Health Bingo
-  Thursday, February 26 – Board Game Day

Members are welcome to drop in for the activity, enjoy music, chat with others, or simply spend time in a comfortable social space. Participation is always optional — you're welcome to join in however feels right for you.

## Creative Playdates Fridays

Creative Playdates continue every Friday and offer a relaxed, open-ended creative space. Members can explore watercolour, mixed media, and creative play while making connections with others.

These sessions focus on the process rather than the outcome — no experience is needed, and there is no pressure to create something “perfect.” Creative Playdates are about enjoyment, expression, and spending time together.

## February

February reminds us that connection doesn't have to be big or complicated. Sometimes it's found in shared laughter, quiet creativity, meaningful conversation, or simply showing up and being present. Even the smallest moments of connection can bring comfort, warmth, and a sense of belonging during the winter months.

We are deeply grateful for each member who continues to be part of our Wendat community. Your presence, kindness, and willingness to take part—whether in activities, conversations, or shared meals—help create a welcoming and supportive space for everyone.

As we move through February together, we look forward to another month filled with creativity, connection, care, and warmth. Whether you join us for an activity, a meal, a group, or just to spend time with others, you are always welcome here.

**We can't wait to see you at the club. □**

## Mental Health Affirmations

@awakesociety



I value my mental health equally with my physical health



I will come through this challenge with a better understanding of myself



I am releasing hurt so peace can enter my life



I am replacing anger with understanding



I invest in my relationship with myself through big and small acts of self-care

“

Vulnerability sounds like truth and feels like courage.

Truth and courage aren't always comfortable, but they're never weakness.

BRENÉ BROWN

YOUR  
NEEDS  
ARE  
IMPORTANT

BlessingManifesting



February  
Inspirational Quotes

"Let February be the month you conquer your doubts and chase your dreams." – Unknown

“

There is **you** and **you**. This is a relationship. This is the **most important relationship**.

—Nayyirah Waheed

February 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Service 10:30AM 	2	3 <b>Mental Health Wellness</b> 1 PM – 3 PM Week 5 Emotion Regulation	4 Chicken Pot Pie w/ Garden Salad 11AM – 2PM Warm Hearts Air Balloon 	5 Women's Group Fill Your Cup 1PM – 3PM Valentines Day Activity 	6 Creative playdates 1PM – 3PM Watercolor Heart Cards 	7 Crispy Chicken Wraps w/ French Fries 11AM – 2PM 
8	9	10 <b>Mental Health Wellness</b> 1 PM – 3 PM Understanding Emotions	11 Spaghetti & Meatballs w/ Garlic Bread 11AM-2PM Kindness Cards 	12 <b>Wendat Social Day</b> 11AM-1PM <b>Mental Health</b> 	13 Creative playdates 1PM – 3PM Button Tree Canvas Art 	14 Winterarma Penetang 10AM – 3PM Bag Lunch Provided \$3 
15 Service 10:30AM 	16	17 <b>Mental Health Wellness</b> 1 PM – 3 PM Gentle Coping Skills for low Energy	18 Baked Chicken Thighs & Rice 11AM – 2PM Coping Strategies Fortune Teller 	19 Women's Group Fill Your Cup 1PM – 3PM Mental Health Jeopardy 	20 Creative playdates 1PM – 3PM Watercolor Calm 	21 French Toast & Fruit 11AM – 2PM 
22	23	24 <b>Mental Health Wellness</b> 1 PM – 3 PM Boundaries Without Guilt	25 Hearty Chili w/ Caesar Salad 11AM – 2PM February Hearts – Feelings in Colour 	26 <b>Wendat Social Day</b> 11AM-1PM Board Game Day 	27 Creative playdates 1PM – 3PM "What I'm Carrying Forward" – Mixed Media Art 	28 Baked Mac & Cheese w/ Caesar Salad 11AM – 2PM 



Proud Fundraising  
Partner with  
Delta Bingo  
Penetanguishene



**Delta**  
BINGO ▶ GAMING

## 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: February 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