



# 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

**April 2026**

## Coordinator's Message:

**“Growing Through What We Go Through”  
Welcome to April at Wendat**

April brings a fresh start. As the seasons change, we are reminded that growth takes time and that even the smallest steps forward matter. This month, we focus on:

- Growth
- Connection
- New Beginnings

Whether you're reconnecting, trying something new, or simply showing up, **you are moving forward—and that matters.**

Thank you to our amazing members and staff for continuing to support one another. Your kindness, laughter, and presence make Wendat such a special place.

### **This Month's Focus: Growth, Wellness & Connection**

Throughout April, we will explore mental wellness, self-care, rebuilding routines, and strengthening our connections with one another. After the winter months, this is a time to gently take care of ourselves, re-establish routines that support our well-being, and reconnect with the people and activities that bring us joy.

At Wendat, we continue to create a space where everyone feels welcomed, supported, and part of a community. Whether it's through a shared meal, a group activity, or simply a conversation, these moments help us grow stronger together. This month is all about taking those small steps forward—together.

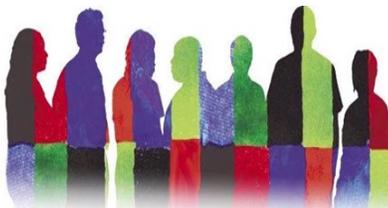
### **April Affirmation**

*"I am growing at my own  
pace, and that is enough."*



*Always Re-Creating*

**Casey MacKinlay**  
~CLUB COORDINATOR~



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



## Programs, Events & Groups

### Tuesdays

1:00PM– 3:00 PM

### Transportation Provided

#### Easter Service – Soup for the Soul

Join us for a meaningful afternoon of reflection and community.

 April 3rd

 3:00 PM

 Led by Pastor Glen

#### Easter Celebration at the Club

Celebrate together with:

- Easter Party 
- Egg Hunt 
- Minute to Win It Games
- \$4 Meal

### Mental Health & Wellness

 Tuesdays |  1:00 PM – 3:00 PM

#### Featured Activity: Mental Health Spring Bingo

A fun and engaging way to build:

- Gentle movement
  - Social connection
  - Positive self-talk
- ✓ Seated or standing options  
✓ All abilities welcome

 **Reminder:**  
Tuesday group is for learning new skills, growing and connecting

### Transportation Provided

## Social Days

### Connection Thursday!

Relax, enjoy coffee, and connect with others through light conversation, games, and most of all—fun! This is a welcoming space where you can simply be yourself and enjoy the company around you.

### Game Day Social

Join us for:

- Cards
- Board Games
- Social connection
- Let's have fun!

### Fill Your Cup – Women's Group

This month's focus:

- Self-care
- Emotional wellness
- Reconnecting with yourself

A safe, supportive, and empowering space.

Let's enjoy meaningful social connections, build new friendships, and explore new ways to cope with life's challenges. Whether you come on your own or bring a support person, all are welcome. Together, we will learn, grow, and support one another in a positive and encouraging environment.

Enjoy a warm meal, meaningful connection, and a fun activity afterward.

These gatherings remind us that **sharing food and conversation can be powerful medicine for the heart.**

 **Reminder:**  
Meal cost will increase to \$4 beginning March 1, 2026.

## Concurrent Disorders Group

Topics include:

- Understanding triggers
- Coping strategies
- Building a wellness toolbox

This group is designed to support one another in recovery. Together, we will learn skills to manage triggers and cravings while gaining a deeper understanding of our mental health and recovery journeys.

 Every other Friday

 10:00 AM – 11:00 AM

### Activities, Wellness & Food

#### This Month We Will Enjoy:

-  Watercolour
-  Spring-Themed Crafts
-  Creative Expression Activities
-  Music & Social Games
-  Karaoke Day
-  LEGO Day
-  Game Day / Minute to Win It

### Wellness Activities

-  Mental Health Wellness Jeopardy
-  Mental Health Spring Bingo
-  Gentle Chair Exercise & Movement
-  Self-Care Day
-  Reflection & Sharing Activities

## Fun & Social Connection

Spring is a time of change, growth, and new beginnings—and here at the club, we are embracing that together. This season gives us the opportunity to reconnect, try new things, and continue building a strong and supportive community.

Throughout the month, you will see this come to life in our social days, creative activities, wellness groups, and shared meals. Whether it's participating in a game, joining a group, or simply spending time with others, these moments help us grow, build confidence, and create meaningful connections.

As we move through April, we encourage everyone to step out, try something new, and enjoy the journey of growth together.



### Closing Message

Spring reminds us that change is possible, growth is happening, and brighter days are ahead.

Take things one step at a time.  
Stay connected.  
Be kind to yourself.

We are so glad you are here.

Whether you have been with us for a while or are thinking about joining for the first time, there is always a place for you at Wendat. We encourage new members to come out, meet others, and be part of our community. For those already attending, thank you for continuing to build meaningful connections, create lasting memories, and share in all the laughter, experiences, and yes—even the yummy meals we enjoy together.

|  
Casey MacKinlay



**WORLD HEALTH DAY**  
STRONGER TOGETHER FOR A HEALTHIER TOMORROW  
Tues. April 7th, 2026

The logo consists of a blue and green globe held by two hands, with a blue heartbeat line passing through it.

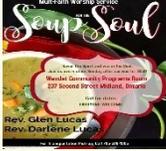
**LET'S GET SOCIAL!**



make every day EARTH DAY save our planet  
22 APRIL

A circular logo for Earth Day featuring a green and blue globe in the center. The text "make every day EARTH DAY save our planet" is written around the top and "22 APRIL" is at the bottom.

# April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Meal: Taco Pasta Activity: What's Hatching for me Egg Craft 11 am—2 pm 	<b>2</b> Women's Group Fill Your Cup 1 pm—3 pm Gentle Chair Exercise Bingo 	<b>3</b> Soup for the Soul Good Friday 3 pm 	<b>4</b> Meal: Fish & Chips coleslaw 11 am—2 pm Activity: Minute to Win it 
<b>5</b> Soup for the Soul 10:30 am Ham and Mashed Potatoes 	<b>6</b>	<b>7</b> Mental Health Wellness Focus on Growth 1 pm - 3 pm  World Health Day	<b>8</b> Meal: BBQ Burgers Salad Activity: Holiday Movie 11 am - 2 pm 	<b>9</b> Social Day's Game Day/Social 11 am—1 pm LET'S GET SOCIAL!	<b>10</b> Concurrent Disorders Group 10 am -11 am Creative Playdates 1 pm—3 pm Activity: Spring Water color	<b>11</b> Meal: Mac & Cheese Caesar Salad Activity: Bingo 11 am—2 pm 
<b>12</b> Soup for the Soul 10:30 am 	<b>13</b>	<b>14</b> Mental Health Wellness Topic: Connection 1 pm—3 pm	<b>15</b> Meal: Chicken, Mash, Veg Activity: Spring Bingo 11 am - 2 pm 	<b>16</b> Women's Group Fill Your Cup 1 pm—3 pm Activity: Spring flower pot 	<b>17</b> Creative Playdates 1 pm—3 pm Activity: Spring Collage 	<b>18</b> Meal: Pancakes and Bacon Activity: Karaoke 11 am—2 pm 
<b>19</b>	<b>20</b>	<b>21</b> Mental Health Wellness Topic: Building resilience 1 pm—3 pm	<b>22</b> Meal: Sausage on a bun & Salad Activity: 11 am—2 pm Music, Social, Games 	<b>23</b> Social Day's Movie Day/Social 11 am—1 pm MOVIE DAY 	<b>24</b> Concurrent Disorders Group 10 am -11 am Creative Playdates 1 pm—3 pm Activity	<b>25</b> Meal: Shepherd's Pie 11 am—2 pm Activity: Lego Day Spring addition make fun flowers
<b>26</b> Soup for the Soul 10:30 am 	<b>27</b>	<b>28</b> Mental Health Wellness Topic: New Beginnings 1 pm—3 pm	<b>29</b> Meal: Pork Souvlaki & roasted potatoes Activity: Spring Flower Water color 11 am—2 pm 	<b>30</b> Fill Your cup Women's Group Activity: Macramé Hanger 1 pm—3 pm	<p style="text-align: center;"><b>CLUB ENTRANCE AT REAR OF BLDG.</b>                      Enter from Dominion Street onto Preston Lane.</p> <p style="text-align: center;"><b>237 Second Street, PO Box 832,                      Midland ON L4R 4P4</b>                      Transportation: Ext 1228  <a href="http://www.wendatprograms.com">www.wendatprograms.com</a></p>	



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.



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 ext. 1228



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.



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: April 28, 2026**

\*unless otherwise listed



Dinner Wed's—\$4

you must sign up in advance

Lunch: Sat's—\$4 no sign up necessary

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

Come for lunch \$4 on a Wednesday and Saturday and stay for a recreational activity @ 11 am



Please observe our **CODE OF CONDUCT** while attending.  
-Thank you-

### 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.



**WENDAT**  
Community Programs  
Providing Services for Seniors and Adult  
Mental Health Services in North Simcoe-Muskoka