



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

March 2026

Coordinator's Message:

A Gentle Shift Toward Spring

March often feels like the quiet doorway between winter and spring. The long, heavy days of winter begin to soften, the light stays a little longer, and something inside us slowly starts to wake up again. This month isn't about rushing into change or expecting everything to suddenly feel better.

Instead, March invites us into a gentle reset — a time to notice small signs of hope, take steady steps forward, and reconnect with ourselves and each other in ways that feel safe, meaningful, and real. Sometimes renewal doesn't arrive in big moments.

It shows up in simple things — sharing a warm cup of coffee, hearing laughter in the room, creating something with our hands, or feeling understood during a quiet conversation.

These small moments matter. They remind us that growth can be slow, gentle, and still incredibly powerful.

At **Wendat Social Club**, this season of renewal is something we embrace together.

March is filled with opportunities to connect, explore creativity, care for our mental wellness, and support one another through both the hard days and the hopeful ones.

Whether you are joining a group for the first time or returning to familiar faces, you belong here.

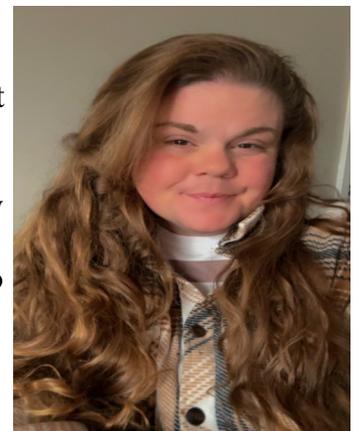
Your presence, your story, and your journey are important to this community.

As we move toward spring, we invite you to take this season one small step at a time — with kindness toward yourself, openness to connection, and hope for what is still growing beneath the surface.

We're so grateful you're here walking this journey with us. 🌱



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



Always Re-Creating

Casey MacKinlay
~CLUB COORDINATOR~

Mental Health & Wellness Topics This Month

Tuesdays | 1:00PM– 3:00 PM
Transportation Provided

Throughout March, our conversations and activities will explore:

- **Planting Seeds of Hope – Small Goals for Spring**
- **Listening to Your Inner Voice**
- **Letting Go of What We Can't Control**
- **Rediscovering Interests & Hobbies**
- **Rebuilding Confidence After Difficult Seasons**

Each topic reflects the heart of March — **growth that happens slowly, gently, and with care.**

No pressure. Just progress, one step at a time.

⚠️ **Reminder:**

Tuesday group is for learning new skills, growing and connecting

Wednesday Meals & Activities

Wednesdays | 11:00 AM – 2:00 PM
Transportation Provided

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.

Fill Your Cup – Women's Group

Every other Thursday |
1:00 PM – 3:00 PM
Transportation Provided

March is a beautiful time to reconnect with the version of ourselves that may have felt quiet during winter.

This space is about **re-creating ourselves gently**, not into someone new, but into a stronger, softer, more supported version of who we already are.

March Gatherings

- **March 5** – *Soft Reset for Spring: Self-Care Gathering*
A calming, uplifting space to slow down, reflect, and explore gentle self-care practices that help us step into spring feeling supported, grounded, and renewed.

- **March 19** – Jewelry Making, treats, and meaningful conversation

A relaxed afternoon of creativity, connection, and simply enjoying time together. You deserve spaces that **fill you back up** — not drain you.

We hope this group feels like one of those spaces.

Wendat Social Afternoons

Every Other Thursday | 11:00 AM – 1:00 PM
March 12 & March 26

Join us for relaxed afternoons filled with **music, laughter, games, and connection.**

These are low-pressure, welcoming spaces where simply showing up is more than enough.

Sometimes healing looks like conversation.

Sometimes it looks like laughter. Both belong here.

Creative Play Dates

Fridays | 1:00 – 3:00 PM

Come spend your Friday afternoons creating, exploring, and expressing yourself through art.

All artistic levels are welcome — no experience needed, just a willingness to try.

Art gives us a quiet way to:

- Release stress
- Express emotions
- Build confidence
- Experience joy in the moment

We can't wait to create with you.

- **March 13** – *Understanding Triggers, Cravings & Early Warning Signs*

- **March 27**– *Building a Life Worth Staying Well For*

Recovery is not about perfection — it's about **small steps, honest conversations, and continuing to show up.**

We are honoured to walk alongside you

NEW: Mental Health & Concurrent Disorders Group

**Beginning This March – Biweekly Fridays |
10:00–11:30 AM**

We are excited to introduce a new **biweekly Mental Health & Concurrent Disorders group** within our Social Club.

Mental health and addictions are deeply connected experiences. Many individuals navigate both at the same time, and healing often happens best in spaces where people feel **safe, understood, and supported**.

This group is a place to:

- Talk openly about recovery and real-life challenges
- Learn practical coping and wellness skills
- Build hope, connection, and stability together
- Continue growing in a supportive community

March Sessions

- **March 13** – *Understanding Triggers, Cravings & Early Warning Signs*
- **March 27**– *Building a Life Worth Staying Well For*

Recovery is not about perfection — it's about **small steps, honest conversations, and continuing to show up**.

We are honoured to walk alongside you

Saturday Meals & Connection

**Saturdays | 11:00 AM – 2:00 PM
Transportation Provided**

Join us for delicious meals followed by fun activities like:

- Lego Building & Connections
- Movie Day
- Minute-to-Win-It Games

Weekends are a wonderful time to **connect, laugh, and simply enjoy being together**.

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

Sweetwater Harvest Festival

**Saturday, March 28 | 10:00 AM – 2:00 PM
Sainte-Marie among the Hurons &
Wye Marsh
Cost: \$9 (includes admission + bag lunch)
Registration required by March 21**

Join **Casey, Diane, and Joanne** as we explore the beauty of nature and the traditions of the **Sweetwater Harvest Festival**.

This special outing includes:

- Learning about maple syrup harvesting traditions
- Cultural and historical experiences
- Time outdoors in the fresh spring air
- Connection, learning, and shared discovery

Spring reminds us that **new life and new beginnings are always possible** — and experiencing that together makes it even more meaningful.

A Gentle Note to Carry With You

March is not about rushing forward.
It's about soft beginnings, small hopes, and gentle courage.

It's about noticing the light staying a little longer.
It's about allowing yourself to start again — slowly, kindly, and without pressure.

Whether you come for a meal, a group, a craft, a conversation, or simply a place to sit quietly among others — please know this:

You belong here.
You matter here.
And we are so grateful to walk beside you.

At the Club, there is no expectation to be anything other than yourself. Some days you may feel energized and ready to connect. Other days you may just need a warm space and familiar faces. Both are welcome. Both are enough.

As we move through this month together, here are a few gentle reminders:

- You are allowed to grow at your own pace.
- Small steps are still progress.
- Rest is productive.
- Healing is not linear.
- Your presence makes a difference in this community.
- You have survived 100% of your hardest days.
- There is still so much ahead of you.

If winter felt heavy, you are not alone.
If hope feels fragile, that's okay.
Hope doesn't need to be loud — sometimes it's just a quiet whisper saying, "Keep going."

This month, give yourself permission to:

- Try something new
- Revisit something you once loved
- Let go of what feels too heavy
- Ask for support
- Celebrate even the smallest wins

Renewal does not mean becoming someone new.
It means gently returning to yourself.

We look forward to seeing you laugh, create, connect, and grow this month.
We look forward to the conversations, the shared meals, the crafts spread across tables, and the quiet understanding that fills the room when we realize we're not alone.

Here's to a month of renewal, connection, creativity, and care.
We can't wait to see you at the Club.

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Let's blossom — gently, together.

Mental strength works the same as physical strength: Overcoming obstacles, lifting weights, and, in both cases, taking time to recover.

ARIANNA HUFFINGTON

1. Provide a distraction from symptoms
2. Remind you of abilities you still have
3. Process of learning and getting better provides a sense of mastery
4. Provide a sense of achievement
5. Provide a sense of belonging thru socialising with others and/or looking after someone or something
6. Can provide a safe way to deal with unpleasant feelings linked to your health issue and changes in your life
7. Provide enjoyment
8. Reduce stress & increase relaxation
9. Provide meaning to your life
10. Restore a sense of normality to your life

10 ways hobbies improve your #mentalhealth

when living with a serious health issue

#ReturnToWellness
www.returntowellness.co.uk

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It only takes a seed of hope to change a heart.

- Kathryn Lang



www.SnarkyRainbows.com

Focus on what you can control and let go of what you can't





SAVE THE DATE:

Wednesday, March 25th 2026

10:30 am to 9:00 pm

**10% of all the sales for the day are donated to
Wendat Community Programs to support
adults with mental health challenges and
seniors with care needs**

Location:

**Harvey's Swiss Chalet
9340 Penetanguishene Rd Hwy 93
Midland, Ontario**

ALL ORDERS FOR THE DAY

**DINE IN
DRIVE THRU
DELIVERY**

Next date:

September 23, 2026

Scan our QR Code for our
Website or go to
www.wendatprograms.com



March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1 Service 10:30 am 	2	3 Mental Health Wellness 1PM-3PM Planting Seeds of Hope – Small Goals for Spring	4 Meal: Taco Bowl Activity: Layers of Me College 11AM - 2PM 	5 Women Group – Fill Your Cup 1PM-3PM Activity: Soft reset for Spring “self care” 	6 Creative Playdates 1PM-3PM Activity: Watercolour Cozy Mugs 	7 Meal: Grilled Cheese & Soup 11AM-2PM Activity: LEGO DAY 		
8	9	10 Mental Health Wellness 1PM- 3PM Listening to Your Inner Voice	11 Meal: Fish & Chips Activity: One Step Forward 11AM – 2PM 	12 Wendat Social Day 11AM- 1PM 	13 Concurrent Disorders Group 10am-11am Topic: Understanding Triggers, cravings, & early signs  Creative Playdates 1-3 Activity : Watercolour Horse 	14 Meal: Pancakes w/ Fruit & whip cream 11AM-2PM Activity: BINGO 		
15 Service 10:30 am 	16	17 Mental Health Wellness 1PM- 3PM Letting Go of What We Can't Control	18 Meal: Lasagna Soup w/ Garlic Toast Activity: Torn Paper Art Canvas 11AM – 2PM 	19 Women Group – Fill Your Cup 1PM-3PM Activity : Jewelry Making 	20 Creative Playdates 1-3 Activity: Seeds of Hope (Pocket Art) 	21 Meal: BLT w/ Caesar Salad 11AM-2PM Activity: Minute to Win It 		
22	23	24 Mental Health Wellness 1PM- 3PM Rediscovering Interests & Hobbies	25 Meal: Sausage on a Bun w/ veggies Activity: Button Mandalas 11AM-2PM  Harvey's Swiss Chalet Fundraising Day 10% all sales for the day are donated to Wendat	26 Wendat Social Day 11AM- 1PM 	27 Concurrent Disorders Group 10am-11am Topic: Building a life worth stay- ing well for  Creative Playdates 1-3 Activity: Watercolor Spring Flowers 	28 Meal: Bag Lunch 10AM- 2PM Activity : OUTTING SWEETWATER HARVEST FESTIVAL 		
29 Service 10:30 am 	30	31 Mental Health Wellness 1PM- 3PM Rebuilding Confidence After Difficult Seasons	Proud Fundraising Partner with Delta Bingo Penetanguishene					

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 Enter from Dominion Street onto Preston Lane.

237 Second Street, PO Box 832, Midland ON L4R 4P4
 Transportation: Ext 1228 www.wendatprograms.com

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: March 24th, 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