

# March 2026

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

CLUB ENTRANCE AT REAR OF BLDG.  
 Enter from Dominion Street onto Preston Lane.

237 Second Street, PO Box 832, Midland ON L4R 4P4  
 Transportation: Ext 1228 [www.wendatprograms.com](http://www.wendatprograms.com)