



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

FULL CIRCLE BULLETIN

MAY 2026

Coordinator's Message:

Here's to warmer weather!! May is Mental awareness month and we have some great programs set up this month, to help with our mental health wellness. We will start off by creating our own personal mental health journal on May 5th. We will be building on this journal every Tuesday this month. We have a trip planned May 21st to go to Lucy's farm so sign up early, there will be a cost of \$9.00. This will include a bag lunch. We will be going to the Coldwater Duck Race May 30th and we will provide a bag lunch for those who would like one, so please let us know in advance. You may chose to purchase your lunch from the many vendors that will be there. We also have a few ice-cream outings with a hike planned as well. We have a camping trip planned for September 18th through to the 20th. It will be in cabins with bathrooms at Jackson's Point. There is a cost of \$50.00 dollars you can pay \$10.00 month until it is paid. This will cover all food and accommodation for the two nights and three days. Please sign up as soon as possible as there is limited space.

As the warmer weather takes hold and the flowers start to bloom and the trees show there buds, it is a good time for us to self reflect. Spring represents new beginnings , what does that look like for you? Could it be as simple as trying something new or perhaps getting back to some healthy habits you used to enjoy, such as walking or biking? With it being Mental Health awareness month ask yourself what can I do to improve my mental health. How about some self care. Self care is very important so, come out on Wednesdays and participate in a short session of chair yoga which is incorporated into our regular program. This can help relax us and ground our body and mind. Come up with your own positive affirmation to tell to yourself first thing in the morning and before you go to bed. If you do, this you will see your mood and thought process become more positive and you will improve your mental health. Have a wonderful May....

Always Re- Creating

Casey MacKinlay
~CLUB COORDINATOR~

And Your Recreation team: Diane, Paul, Paulette, Randy,
Mark, Amie and Alana

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The WENDAT SOCIAL
CLUB promotes a
SAFE & POSITIVE
place based on

RESPECT FOR ALL



WENDAT
Community Programs



Programs, Events and Groups

Tuesdays 1—3 pm

Transportation Provided



Soup for the Soul

Sunday May 10 and Sunday
May 24 at 10:30 am

Transportation provided, please
call before 9 am if you need a
ride.

Outing to Lucy's Farm

Coldwater Duck Race

Ice Cream Hike Outings



Mental Health & Wellness

Tuesdays 1-3 pm

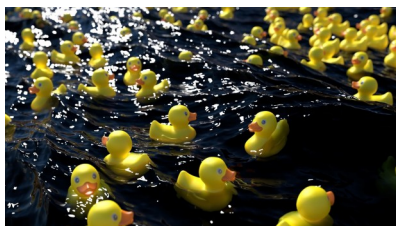
Featured Activity: journaling,
gratitude wall & positive
affirmations

- Gentle movement
- Social connection
- Positive self talk

Seated or standing options, all
abilities welcome.

Reminder:

The Tuesday group is for learn-
ing new skills, growing and
connecting.



Social Days

Connection Thursday!

Relax, enjoy coffee and connect
with others through conversa-
tion, games and most of all fun!
This is a welcoming space
where you can simply be your-
self and enjoy the company of
those around you.



Game Day Social

Join us for

- Cards
- Board games
- Social connection
- Fun!



Fill Your Cup—Women's Group

This month's focus:

- Self-Care
- Emotional Wellness
- Reconnecting with yourself

A safe, positive, supportive
encouraging and empowering
space.

Let's enjoy meaningful social con-
nections, build new friendships
and explore new ways to cope
with challenges. Come on your
own or bring a support person. All
are welcome. Together, we will
learn, grow and support one
another.

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

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

Meals cost \$4.00

Concurrent Disorders Group

Every other Friday 10—11 am

Topics include:

- Understanding triggers
- Coping strategies
- Building a wellness toolbox

This group is designed to sup-
port one another in recovery.
Together we will learn skills to
manage triggers and cravings
while gaining a deeper under-
standing of our mental health
and recovery journey.



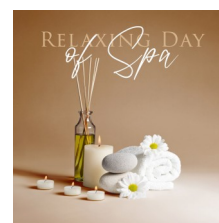
Activities, Wellness & Food

This month, we will enjoy:

- Watercolor painting
- Spring themed crafts
- Creative expression activi-
ties
- Musical & social games
- Game day/minute to win it

Wellness Activities:

- Wellness journals
- Mental Health myths vs
facts
- Gratitude wall
- Positive affirmations
- Gentle chair exercise &
movement
- Spa Day
- Reflections and sharing
activities



Being true to yourself:

Means living in alignment with your values, beliefs, and inner truths, rather than conforming to external expectations or pressures.

Understanding the Concept:

Being true to yourself involves honesty with yourself about thoughts, feeling, desires and needs. It requires self-awareness and the willingness to face your fears, question your motivations, and make choices that reflect your authentic self rather than simply pleasing others or following social norms. It is a life long practice that demands commitment and reflection, allowing you to grow while staying connected to your core identity.

Key Aspects:

Self –awareness and honesty: Recognizing what you truly feel and want, and making space to connect with yourself through practices like journaling, meditation, or time in nature.

Expressing your truth: Communicating your thoughts and feelings openly, even when it feels uncomfortable or risks judgement .

Setting boundaries: Honoring your needs and saying no to requests or situations that conflict with your values or well-being.

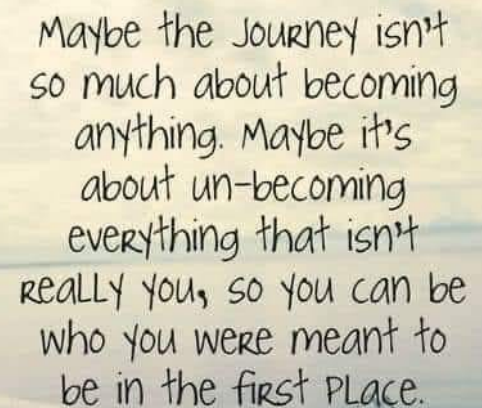
Alignment of actions and values: Ensuring that your choices, behaviors, and life path reflect who you are, not what you think you should be.

Signs You Are Being True to Yourself

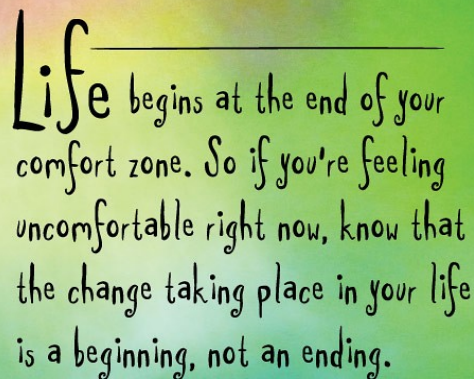
You feel inner freedom, joy, and openness when making decisions that align with your values

You cultivate meaningful relationships with people who respect your authenticity.

You accept your strengths and weaknesses, embracing your quirks and shadows without pretense.



Maybe the journey isn't so much about becoming anything. Maybe it's about un-becoming everything that isn't really you, so you can be who you were meant to be in the first place.



Life begins at the end of your comfort zone. So if you're feeling uncomfortable right now, know that the change taking place in your life is a beginning, not an ending.

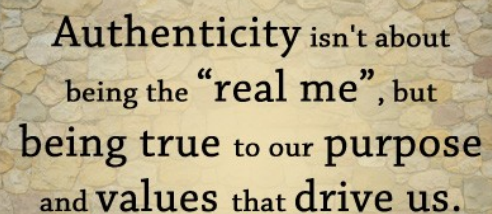
—Neale Donald Walsch—

WWW.LIVELIFEHAPPY.COM

Benefits

Living authentically leads to greater self-confidence, personal growth, and fulfillment. It reduces stress and confusion caused by pretending to be someone else, and fosters genuine connections with others who appreciate the real you. While it may involve difficult choices or discomfort, the reward is a life that truly reflects your essence and purpose. In essence, being true to yourself is about listening to your inner voice, honoring your values, and living courageously, even when it challenges external expectations. It is the foundation for a meaningful, authentic, and empowered life.

Misterindependant.com



Authenticity isn't about being the “real me”, but being true to our purpose and values that drive us.

- Tanveer Naseer

**“OUR
GREATEST
GLORY IS NOT
IN NEVER
FALLING BUT
IN RISING
EVERY TIME
WE FALL.”**

– CONFUCIUS

STAY STRONG QUOTES

Don't let others define you. Don't let the past confine you. Take charge of your life with confidence and determination and there are no limits on what you can do or be.

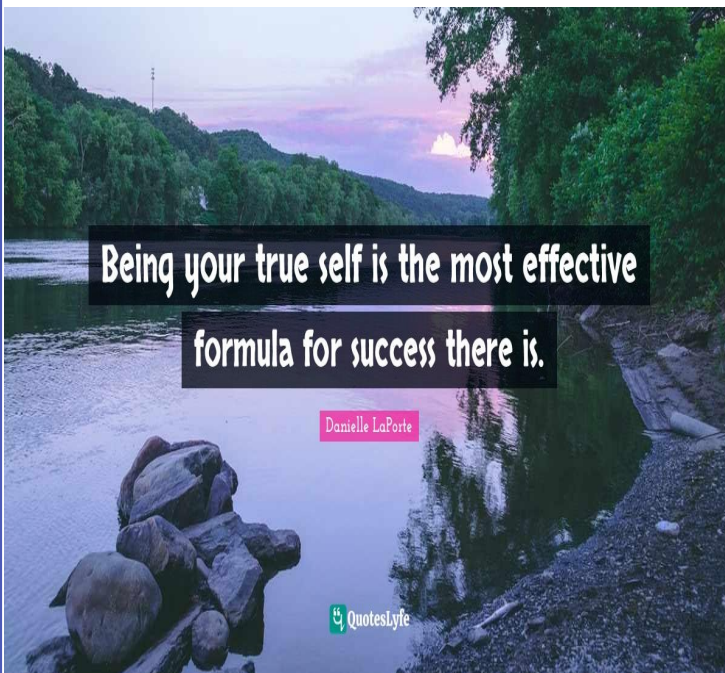
Michael Josephson

If you follow your heart, if you listen to your gut, and if you extend your hand to help another, not for any agenda, but for the sake of humanity, you are going to find truth.

Erin Brockovich

Listen to yourself, not the noise of the world. Only you know what is right for you .

Leon Brown



Being true to yourself

means living in truth with each person in your life. It means refusing to say or do something that you don't believe is right. Living in truth with other people means that you refuse to stay in any situation where you are unhappy with the behavior of another person. You refuse to tolerate it. You refuse to compromise.

– BRIAN TRACY











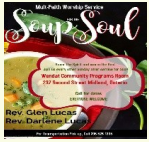




SR

SimpleReminders.com

Just be yourself. Let people see the real, imperfect, flawed, quirky, weird, beautiful & magical person that you are.

– Mandy Hale –



May 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Creative playdates 1 pm—3 pm Welcome to May water color 	2 Meal: Breakfast Casserole and croissants 11 am—2 pm Activity Bingo 
3	4 Mon 1-4:30	5 Mental Health Wellness Create your own Mental Health Journal 1 pm—3 pm	6 Meal: Chicken wraps And Salad Chair Yoga & Acrylic Spring Landscape 11 am—2 pm 	7 Ice Cream Outing And hike on trail 11 am—1 pm 	8 Concurrent Disorders Group 10 am—11 am Creative Playdates 1pm-3pm Love and Gratitude Cards For that special Lady in your life Celebrating feminine energy.	9 Meal: Pancakes and Sausages Activity: Minute to Win it 11 am—2 pm 
10 Soup for the Soul 10:30am Mothers day 	11 Mon 1-4:30	12 Mental Health Wellness Mental Health Myth vs Fact 1 pm—3 pm	13 Meal: Spaghetti and Meat sauce Garlic bread Chair Yoga & Acrylic Butterflies 11 am—2 pm 	14 Fill your Cup Women's Group 1 pm—3 pm Royal Tea all things British 	15 Creative playdates 1pm-3pm Water Color & Salt 	16 Meal: Shepherd's Pie/ Salad Ice Cream Outing And Hike 11 am—2 pm 
17	18 STAT	19 Mental Health Wellness Gratitude Wall 1 pm—3 pm	20 Meal: Cheese burgers and potato chips Chair yoga & Trivia 11 am—2 pm 	21 Lucy's Farm Leave club at 10 am Fee \$9.00 Includes Bag lunch 	22 Concurrent Disorders Group 10 am—11 am Creative Playdates 1 pm—3 pm May Flowers 	23 Meal: Pulled Pork on Kaiser/ coleslaw Activity: Movie 11 am—2 pm 
24 Soup for the Soul 10:30am 	25 Mon 1-4:30	26 Mental Health Wellness Positive Affirmations 1 pm—3 pm	27 Meal: Chili dogs and fries Chair Yoga & watercolor bookmarks 11 am—2 pm 	28 Fill your Cup Women's Group Spa Day 1 pm—3 pm 	29 Creative playdates 1 pm—3 pm Glowing Glue Window Gems 	30 Coldwater Duck Race Bag Lunch \$4.00 11am—4 pm 
31						

Proud Fundraising Partner
with Delta Bingo
Penetanguishene



Wendat Social Club Hours

Tues/Thurs/Fri : 12:45 pm —3:00 pm Sunday Church Service & Soup 10:30 am—12:30 pm, call for a ride before 9 a.m.
 Wednesday: 11 am— 2:00 pm
 Saturday: 11 am—3:00 pm

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**

Come join us for Creativity Playdates on Fridays, Mental Health & Wellness connections on Tuesdays, Women's Group on Thursdays
 705-526-1305 ext. 1228



When you see this symbol on the calendar, it means the Club is on an Outing and is **closed**.

Sometimes outings require a deposit to cover admission fees.



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: May 26, 2026**

**unless otherwise listed*



Lunch on Wednesday and Saturday \$4 .
You must sign up in advance.

"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

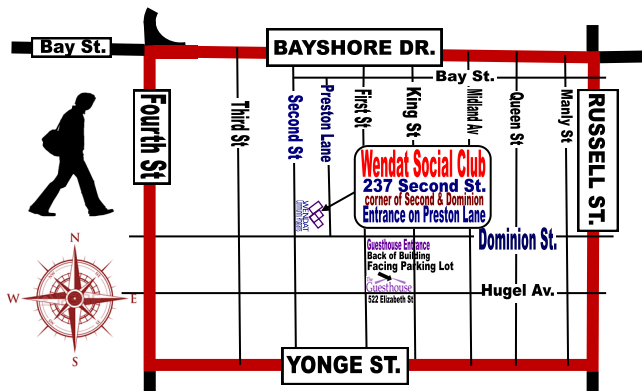
Limit 2 coffee/tea with your meal



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 the whole day. If you live outside this area, call Ext 1228 for pickup by 9am, on the day of the activity.



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