



**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 228  
www.wendatprograms.com

**JUNE 2026**

## June Outings

We have an exciting month ahead filled with community outings, recreation, wellness activities, and summer fun!

### June 12 – Orillia Boat Show

Enjoy a day exploring beautiful boats and waterfront views.

### June 13 – Butter Tart Festival

A yearly favourite filled with treats, vendors, and community fun.

### June 20 – 23rd Annual Pow Wow

A bag lunch is available by request for \$4, or clients may bring their own spending money for vendors and food onsite.

### June 26 – Wye Marsh: Feed the Birds

A peaceful and interactive nature experience.

### June 27 – Couchiching Park Picnic & Value Village Stop

Enjoy a summer picnic followed by a fun shopping stop.

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



## Coordinator's Message:

### Sunshine, Connection & New Beginnings ☉

As we head into June and finally begin enjoying the sunshine and warmer weather, we are reminded how important recreation, social connection, laughter, and community are for our mental wellness. Whether it's enjoying a walk outdoors, spending time with friends over coffee, creating art, attending outings, or simply sharing a laugh together these moments truly matter.

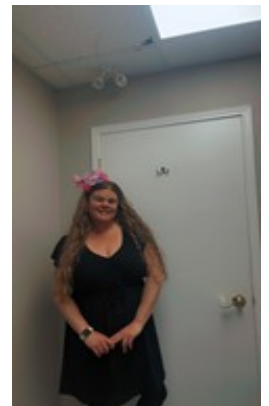
Recreation is such an important part of emotional well-being. Participating in activities can help reduce stress, anxiety, loneliness, and depression while improving confidence, routine, social connection, and overall happiness. Sometimes the smallest outings create the biggest smiles.

### Welcome Back Casey!

I also wanted to personally say how incredibly thankful I am to everyone for the support while I was away recovering from my injury over the past almost three months.

Thank you to all of the staff who stepped up, supported programs, helped one another, and continued creating such a welcoming environment for our members. Your kindness and teamwork truly meant so much.

To our clients, thank you for your patience, support, messages, and warm welcome back. I genuinely missed all of you, our conversations, the outings, the laughter, and being part of the club each day. It feels wonderful to finally be back together again. I am so excited for summer programming and all the memories we will continue creating together!



*Always Re-Creating*

**Casey MacKinlay**  
~CLUB COORDINATOR~  
705 526 1305, ext 227

## Mental Health & Wellness Group

### Topics – June 2026

This month's wellness programming focuses on slowing down, reconnecting with ourselves, and enjoying the summer season in healthy and meaningful ways.

#### ☉ Sunshine & Self-Care: Recharging for Summer

Summer is the perfect time to focus on rest, balance, and enjoying simple moments that help refill our cups. This group will explore healthy self-care habits, boundaries, and finding joy in everyday routines.

#### ♀ Letting Go of Stress We Carry

Many of us carry stress, worry, and pressure every day without realizing how heavy it becomes. This discussion will focus on healthy coping skills, releasing tension, and learning ways to emotionally lighten the load we carry.

#### 🌸 Moving for Mental Wellness

(Chair Movement & Gentle Stretching)  
Movement can improve mood, energy, sleep, and stress levels. This gentle wellness session will focus on simple seated movement, stretching, breathing, and easy ways to care for both mind and body.

#### 🌸 Bloom Where You Are Planted

Growth looks different for everyone. This uplifting group will focus on resilience, self-acceptance, and recognizing the progress we make even during difficult seasons of life.

#### 🗑️ Summer Bucket List for Mental Health

Participants will create their own positive summer wellness goals and fun experiences they would like to enjoy this season — focusing on connection, joy, creativity, relaxation, and meaningful moments.

## Men's Day BBQ & Games



June 8th | 11:00 a.m. – 3:00 p.m.

The men's group will enjoy:

- BBQ lunch
- Games & friendly competition

Social time & connection

A great opportunity to relax, laugh, and spend time together!

## BBQ Party Reminder! 🍔 🍷 Join Us June 10th!

Come celebrate summer with our **BBQ Themed Party!**

We will be enjoying:

- BBQ'd burgers & french fries for lunch
  - Music & social time
  - Fun photo booth memories
- Summer-themed activities and laughs together

We hope to see everyone there!



## Fill Your Cup

### Women's Group ♥

Our women's group will be enjoying some summer outings together this month!

### June 11th – Beach Walk & Ice Cream 🍦

1:00 p.m. – 3:30 p.m.

Join us for a relaxing beach walk followed by ice cream and conversation together.

### June 25th – Coldwater Walk & Coffee ☕



We will enjoy a walk through Coldwater, stop for coffee, and visit Caring Closet to look at summer wardrobe finds together.

These outings are a wonderful opportunity to connect, laugh, support one another, and simply

## Fill Your Cup – Women’s Group British Tea Party ☺ ☘

A huge thank you to Diane for organizing such a beautiful and memorable **British Tea Party** for our Women’s Group this month! The room was filled with laughter, conversation, delicious treats, and wonderful company as everyone came together to enjoy an afternoon focused on connection,

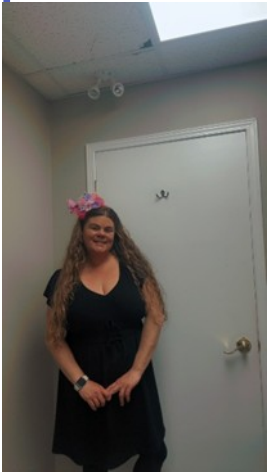
creativity, and self-care.

Participants enjoyed tea, sandwiches, desserts, games, and special snacks while spending quality time together in a warm and welcoming atmosphere. One of the highlights of the afternoon was creating our own beautiful floral hair pieces, which added so much fun, colour, and personality to the event.

More importantly, the afternoon gave everyone an opportunity to slow down, socialize, laugh, and simply enjoy one another’s company while

continuing to “fill our cups” with joy, friendship, confidence, and meaningful memories together.

Events like these remind us how important connection and recreation are for mental wellness and emotional well-being. Thank you again, Diane, for all the thought, care, and effort you put into making the day so special for everyone!



## Soup for the Soul & Baptism Sunday



A heartfelt thank you to Father Glen for leading such a beautiful and meaningful baptism during our recent **Soup for the Soul** gathering. It was a truly special afternoon filled with kindness, reflection, community, and faith.

Soup for the Soul, held every other Sunday, continues to be a wonderful opportunity for members to come together to enjoy fellowship, spiritual connection, conversation, and a warm meal in a welcoming environment. These gatherings provide comfort, encouragement, and a sense of belonging for many of our members.

The baptism service was especially touching and reminded us all of the importance of hope, compassion, and community support. Thank you, Father Glen, for the care, warmth, and dedication you bring to these services and for helping create such meaningful moments for our Social Club members.



## Why Recreation & Wellness Matter 🧡

Participating in activities, outings, and wellness groups does so much more than simply keep us busy — it helps create healthy structure, routine, purpose, and connection in our daily lives. Having something to look forward to each week encourages social interaction, reduces feelings of isolation, and helps improve overall mental wellness. Whether it’s attending a group discussion, enjoying a community outing, participating in games, creating art, or simply sharing a coffee and conversation with others, these experiences help build confidence, friendships, coping skills, and emotional balance. Recreation reminds us that healing and wellness can happen through laughter, connection, movement, creativity, and meaningful moments together.

## Important Club Reminders 📅

### Please Sign Up for Activities & Outings

We kindly remind everyone to sign up for outings and activities in advance whenever possible. Sign-ups help staff ensure:

- Enough supplies are purchased
  - Adequate staffing is arranged
- Transportation and lunches are planned properly  
Your cooperation truly helps activities run smoothly for everyone.

## Jackson’s Point Camping Trip 🏕️

If you are interested in attending the **Jackson’s Point Camping Trip**  
**September 18th–20th, 2026**

Please speak with staff for additional information and sign-up details.

Staff will be in attendance, and we are looking forward to what should be a wonderful weekend of camping, connection, recreation, and fun memories together.

Thank you for continuing to make the Social Club such a caring, supportive, welcoming community.

Here’s to a month filled with sunshine, connection, laughter, and wellness! ☀️





**Thank You Lucy's Farm!**

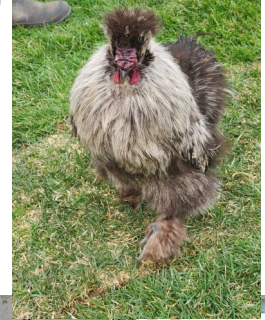
A huge thank you to **Lucy's Farm** for once again welcoming our Social Club members for such a wonderful annual farm visit this May. Our clients had an

absolutely amazing day filled with sunshine, laughter, connection, and lots of unforgettable animal moments!

Members had the opportunity to get up close with many of the animals including goats, alpacas, sheep, horses, and more. Clients were able to hold baby goats, feed animals carrots, pet and interact with them, and truly enjoy the peacefulness of the farm setting. There were smiles everywhere you looked, and many wonderful memories were created together throughout the day. One of the best parts of outings like this is watching friendships and connections grow naturally through shared experiences. Clients spent time walking around the farm together, chatting, laughing, taking pictures, meeting the animals, and simply enjoying being outdoors in the fresh country air.

We also enjoyed a delicious bag lunch together in the outdoor dining area, which gave everyone time to relax, socialize, and continue sharing stories and laughs together before heading home. To finish off the outing, we stopped for coffee and ice cream on the way back, the perfect ending to such a beautiful day. Outings like Lucy's Farm are such an important reminder that recreation and community experiences support mental wellness by reducing isolation, encouraging social connection, building confidence,

and creating joy through meaningful shared moments. Thank you again to Lucy's Farm for your kindness, hospitality, and for helping create such special memories for our clients and staff.



June 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <b>MENTAL HEALTH &amp; WELLNESS</b> 1 pm—3 pm  Sunshine & Self-Care: Recharging for Summer	3 Meal: Chicken Souvlaki with Lemon Potato Wedges & Salad 11 am—2 pm Chair Yoga & Movie Day  	4 <b>CLOSED</b>	5 Concurrent Disorders Group 10 am—11 am Creative Playdates 1 pm—3 pm Beach Watercolor Scene  	6 Deli Wraps/Pickles & Potato Chips <b>Summer BINGO</b>  
7 10:30 am  	8 <b>MEN'S DAY BBQ &amp; GAMES</b> 11 am—3 pm  	9 <b>MENTAL HEALTH &amp; WELLNESS</b> 1 pm—3 pm  Letting Go of Stress We Carry	10 Meal: Burgers & Fries 11 am—2 pm BBQ Themed Party Come enjoy some games and our photobooth  	11 Fill your Cup Women's Group Beach Walk, Out For Ice cream Wyevale 1 pm—3:30 pm  	12 Orillia Boat Show 11 am—4 pm Bag lunch \$4.00 Or buy own lunch  	13 Soup and Sandwich 11 am—3 pm AFTER LUNCH <b>Butter Tart Festival</b>  
14	15	16 <b>MENTAL HEALTH &amp; WELLNESS</b> 1 pm—3 pm  Moving for Mental Wellness (Chair Movement & Gentle Stretching)	17 Meal: Lasagna with Salad 11AM -2PM Chair Yoga Love & Gratitude Cards for the Special Person  	18 Birds of Prey Nature Walk 1:00p.m-3:00p.m  	19 Concurrent Disorders Group 10 am—11 am Creative Playdates 1 pm—3 pm <b>GAME DAY!!!</b>  	20 23 <sup>rd</sup> Annual Pow Wow 11 am—3:30 pm Bag lunch for \$4.00 or you can purchase food from vendors on sight  
21 Fathers Day  10:30 am  	22	23 <b>MENTAL HEALTH &amp; WELLNESS</b> 1 pm—3 pm  Bloom Where You Are Planted	24 Meal: Simply Sausage Penne w/ Garlic Bread 11 am—2 pm Chair Yoga & Summer Button Scenes  	25 Fill your Cup Women's Group Coldwater Walkabout Coffee Shoppe Social 10:30 am—2:30 pm Leaving club at 10:30 am	26 Wye Marsh 1:00 pm—3:00 pm Feed the Birds Nature Walk  	27 10 am—4 pm. Bag lunch \$4.00 Couchiching park Picnic & Value Village  
28	29	30 <b>MENTAL HEALTH &amp; WELLNESS</b> 1 pm—3 pm  Summer Bucket List for Mental Wellness	Proud Fundraising Partner with Delta Bingo Penetanguishene   <b>Delta</b> BINGO GAMING			

## Wendat Social Club Hours

Tues/Thurs/Fri : 12:45 pm —3:00 pm Sunday Church Service &  
 Wednesday: 11 am— 2:00 pm Soup 10:30 am—12:30 pm,  
 Saturday: 11 am—3:00 pm 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

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 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: June 23, 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

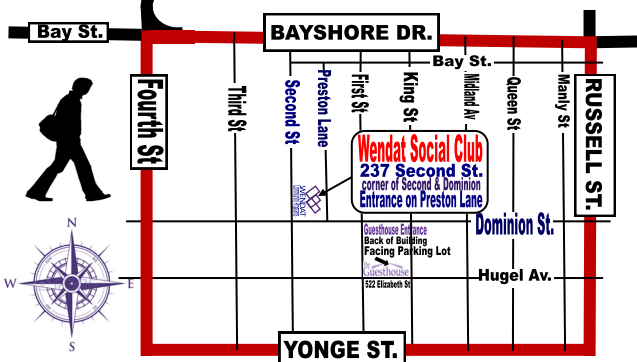
Limit 2 coffee/tea with your meal



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