



FULL CIRCLE BULLETIN

CLUB ENTRANCE AT REAR OF BLDG.

JULY 2026

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

Coordinator's Message:

Welcome to July at the Wendat Social Club!

Summer is officially here, and we have a month packed with opportunities to connect, create memories, explore our community, and support our mental wellness together. Whether you're joining us for a Wednesday lunch, attending a Mental Health & Wellness session, enjoying one of our exciting outings, or simply stopping by to spend time with friends, there is something for everyone this month.

Why Recreation Matters:

Participating in recreation programs is about much more than having fun. Recreation helps us build meaningful friendships, create structure and routine, reduce isolation, and improve our overall mental wellness. When we engage in activities, outings, and groups, we strengthen our confidence, learn new skills, and create positive experiences that support emotional well-being. Sometimes simply sharing a meal, playing a game, or spending time with others can make a significant difference in how we feel. Together, we create a community where everyone belongs.

A special highlight this month is our **Canada Day Party on July 4th!** Join us from **11:00 AM – 2:00 PM** as we celebrate with good food, great company, and plenty of Canadian spirit. Lunch will include **Chicken Burgers and Fries**, and we look forward to celebrating together!

As always, transportation is available. Please remember to sign up for outings and activities in advance to help us plan staffing, transportation, and supplies.

We can't wait to spend July with you!

Always Re-Creating
CASEY MACKINLAY
~CLUB COORDINATOR~
705 526 1305, ext227



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



Mental Health & Wellness Tuesdays Tuesdays | 1:00 PM – 3:00 PM

Our Mental Health & Wellness Group continues to provide a welcoming space to learn, share, and grow together.

July 7

Staying Connected: The Power of Social Support

Strong relationships help us feel understood, valued, and supported. Together we will explore how social connections can improve our mental health, reduce feelings of loneliness, and help us navigate life's challenges.

July 14

Beating the Summer Blues

While summer can be enjoyable, it can also bring feelings of loneliness, stress, or changes in routine. We'll discuss practical strategies to maintain positive mental health, stay active, and find joy during the summer months.

July 21

Seven Grandfather Teachings Outing – Collingwood

This week we will travel to Collingwood to explore the Seven Grandfather Teachings and reflect on how these teachings can guide us in our everyday lives. Members will have an opportunity to discuss wisdom, respect, bravery, honesty, humility, truth, and love.

Sign-up required.

Leaving club at 12:00 PM.

July 28

Celebrating Our Strength & Personal Growth

Everyone has overcome challenges and achieved personal victories. This session will focus on recognizing our strengths, celebrating how far we've come, and identifying the qualities that help us continue moving forward.



Women's Group – Fill Your Cup

July 9

Port Severn Ice Cream Outing & Icebreaker Boat

Join us as we head to beautiful Port Severn for an afternoon of connection, conversation, and summer fun. We'll enjoy ice cream together and take in the sights and sounds of the waterfront.

1:00 PM – 3:00 PM

July 23

Blooming Into Summer: Celebrating Ourselves

Summer is a wonderful time to reflect on our personal growth and recognize the strengths we bring to our lives and communities. Together we will explore self-appreciation, gratitude, confidence, and the importance of celebrating ourselves.

1:00 PM – 3:00 PM

Wednesdays in the Club

Come join us for lunch, friendship, and fun every Wednesday!

This month we'll be:

- Playing Bingo
- Creating Art Projects
- Enjoying Outdoor Games
- Sharing Meals Together

Building Connections and Community

A delicious lunch is provided each week for only **\$4.00**.

Concurrent Disorders Group

Every Other Friday | 10:00 AM – 11:00 AM

Join us for conversation, support, education, and connection in a welcoming and judgment-free environment.

Light refreshments provided.

Upcoming Dates:

- July 3
- July 17
- July 31

Whether you are newly exploring recovery or have been on your journey for years, everyone is welcome.

Super Saturdays

Join us Saturdays from **11:00 AM – 2:00 PM** for friendship, fun, and a delicious lunch! Whether we're heading out on an adventure, playing games, enjoying seasonal activities, or simply spending time together, Saturdays are a wonderful opportunity to connect, create memories, and enjoy all that our community has to offer.



July Saturday Highlights:

 Canada Day Party

 Vintage Boat Show

 Little Lake Ice Cream Outing

 Muskoka Boat Show & Ribfest

 400 Flea Market Adventure

Good friends, good food, and great memories await!

Come laugh, connect, and make your week a little brighter with us!

July Outings & Special Events

July 11

Vintage Boat Show – Gravenhurst

Leaving Club: 11:00 AM

\$4 Bag Lunch Available

Sign-Up Required

Experience beautiful antique and vintage boats while enjoying a day in Gravenhurst.

July 16

Skull Island Mini Golf – Wasaga Beach

Leaving Club: 11:00 AM

\$10 Fee Includes Bag Lunch

Sign-Up Required

Join us for a fun-filled day of mini golf, laughter, and friendly competition.

July 17

Art in the Park – Parry Sound

Leaving Club: 11:30 AM

Sign-Up Required

Enjoy local artists, creative displays, and a wonderful summer atmosphere.

July 18

Ice Cream & Little Lake Park

Join us for a late lunch at the club followed by a relaxing outing to Little Lake Park for ice cream and conversation.

July 24

Muskoka Boat & Cottage Show / Ribfest

Leaving Club: 10:00 AM

Bring spending money for vendors or purchase a \$4 bag lunch.

Sign-Up Required

July 25

400 Flea Market

The day many members have been waiting for has finally arrived!

Enjoy a day of shopping, exploring, and finding treasures.

\$4 Bag Lunch Available

Sign-Up Required

July 30

Elmvale Zoo Adventure

Let's spend the day exploring Elmvale Zoo and visiting the animals!

\$20 Fee Includes Admission & Bag Lunch

Sign-Up Required

NEW! Music in the Club

We are excited to introduce Music in the Club, taking place on the last Friday of every month unless otherwise noted.

July 31

1:00 PM – 3:00 PM

Bring:

▣ Your favourite instrument

▣ Your singing voice

▣ Or simply come and listen

Music has a wonderful way of bringing people together, improving mood, reducing stress, and creating lasting memories. We hope you'll join us for our very first session!

Transportation Available

Please call 705-526-1305 ext. 1228

WENDAT SOCIAL CLUB

Hello July!

Connection. Wellness. Community. Fun.

“ Mental health is not a destination, it’s a journey. Every day we connect, learn, laugh, and grow, we take another step toward wellness. ”

JULY 4
CANADA DAY PARTY!
11AM – 2PM
Meal: Chicken Burgers & Fries

★ WONDERFUL WEDNESDAYS

Come join us for some wonderful Wednesdays in the club!

- ✓ Lunch Provided
- ✓ Bingo
- ✓ Creating Art
- ✓ Games Day Outside
- ✓ Building Connections

Every Wednesday • 11AM – 2PM

MENTAL HEALTH & WELLNESS TUESDAYS
1PM – 3PM

JULY 7	<p>Staying Connected: The Power of Social Support Explore how social connections improve our well-being, reduce loneliness, and help us handle life's challenges.</p>
JULY 14	<p>Beating the Summer Blues Practical strategies to manage stress, stay active, and find joy during the summer.</p>
JULY 21	<p>Seven Grandfather Teachings Outing – Collingwood (Sign up required) Learn about the Seven Grandfather Teachings and how they guide us in our everyday lives. Leaving club at 12PM</p>
JULY 28	<p>Celebrating Our Strength & Personal Growth Recognize your strengths, celebrate your successes, and keep moving forward.</p>

WOMEN'S GROUP FILL YOUR CUP

JULY 9
Ice Cream Outing to Port Severn Icebreaker Boat
1PM – 3PM

JULY 23
Blooming Into Summer: Celebrating Ourselves
1PM – 3PM

CONCURRENT DISORDERS GROUP

Every other Friday
10AM – 11AM

Come and enjoy a light refreshment and conversations.

Upcoming Dates:

- July 3
- July 17
- July 31

Everyone Welcome!

SATURDAYS IN THE CLUB

Join us every Saturday
11AM – 2PM

Good food, great company, and meaningful activities!

Games • Activities • Outings • Lunch • Fun
New friendships and memories await!

NEW! MUSIC IN THE CLUB

Starting July 31 and every last Friday of each month unless otherwise stated.
1PM – 3PM

Bring your favourite instrument, your singing voice, or come and enjoy the music!

Listen. Share. Connect.

JULY OUTINGS – SIGN UP REQUIRED

<p>JULY 11 Vintage Boat Show Gravenhurst</p> <p>Leaving Club 11AM \$4 Bag Lunch Available</p>	<p>JULY 16 Skull Island Mini Golf Wasaga Beach</p> <p>Leaving Club 11AM \$10 Includes Bag Lunch</p>	<p>JULY 17 Art in the Park Parry Sound</p> <p>Leaving Club 11:30AM</p>	<p>JULY 18 Ice Cream & Little Lake Park</p> <p>Late lunch at the club followed by ice cream at Little Lake Park!</p>	<p>JULY 24 Muskoka Boat & Cottage Show / Ribfest</p> <p>Leaving Club 10AM Bring money for vendors or purchase a \$4 bag lunch</p>
<p>JULY 25 400 Flea Market</p> <p>The day you've been waiting for! \$4 Bag Lunch Included</p>	<p>JULY 30 Elmvale Zoo Adventure</p> <p>\$20 Fee Includes Admission & Bag Lunch</p>	<p>OUTINGS ARE FUN, RELAXING AND SUPPORT OUR MENTAL WELL-BEING! LET'S GET OUT, EXPLORE, LAUGH AND MAKE MEMORIES TOGETHER!</p>		

TRANSPORTATION AVAILABLE
Call to arrange.

705-526-1305 ext. 1228
We look forward to seeing you this July!

THANK YOU FOR BEING PART OF OUR FULL CIRCLE COMMUNITY. TOGETHER WE THRIVE.

MENS BBQ



BBQ Day



Staying Connected

THE POWER OF SOCIAL SUPPORT



REDUCES STRESS
Talking with others and sharing how we feel helps reduce stress and worry.



BOOSTS MOOD
Connection brings laughter, joy, and positive feelings that brighten our days.



BUILDS CONFIDENCE
Encouragement and support from others help us believe in ourselves and our abilities.



CREATES A SENSE OF BELONGING
Being part of a community helps us feel accepted and understood.

Strong relationships help us feel seen, heard, valued, and supported. Connection isn't just good for our hearts—it's good for our minds.



IMPROVES RESILIENCE
When times are tough, having people by our side helps us cope and bounce back stronger.



SUPPORTS MENTAL WELLNESS
Strong social connections can lower the risk of anxiety, depression, and isolation.



ENCOURAGES HEALTHY HABITS
Friends and community can motivate us to take care of our minds and bodies.



GIVES LIFE MEANING & PURPOSE
Relationships give us something to look forward to and a reason to keep moving forward.



We are stronger together.

REACH OUT. CHECK IN. SHOW UP.
Small moments of connection can make a big difference.

TOGETHER, WE CAN BUILD A STRONGER, HEALTHIER COMMUNITY.



Hello Summer!

Move Your Body. Lift Your Mind. Strengthen Your Spirit.

Movement isn't just good for our bodies—it's one of the most powerful ways to support our mental wellness. This summer, let's stay active, connected, and kind to our minds.

Small steps every day lead to big changes.

MOVEMENT
Supports Mental Wellness.

- Reduces stress and anxiety
- Boosts mood and energy
- Improves sleep
- Builds confidence
- Supports focus and clarity
- Helps us feel more connected to ourselves and others



Ways to Move This Summer

TAKE A WALK
Enjoy nature, clear your mind, and breathe deeply.

SWIM & SPLASH
Cool off and refresh your body and mind.

RIDE A BIKE
Feel the wind, enjoy the view, and lift your spirit.

DANCE & MOVE
Put on your favorite music and move your body your way.

JOIN IN & CONNECT
Join a group, come to the club, and enjoy activities together.

STRETCH & BREATHE
Gentle movement and mindful breathing bring calm and balance.

TIPS FOR STAYING MENTALLY STABLE THIS SUMMER

- Stay active every day
- Eat healthy and drink water
- Get plenty of rest
- Spend time outdoors
- Limit stress and take breaks
- Reach out and talk
- Be kind to yourself

You matter. Your wellness matters.

FULL CIRCLE
We support each other. We grow together. We are stronger together.

This summer, let's move together, support each other, and create healthy habits that help our minds and bodies thrive.

One step, one breath, one day at a time.

July 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Delta BINGO GAMING</p> <p>Proud Fundraising Partner with Delta Bingo Penetanguishene</p>			<p>1</p> <p>CLUB CLOSED</p> 	<p>2</p> <p>Movie Day 1PM - 3PM</p> 	<p>3</p> <p>Current Disorders 10am-11am Creative Playdates 1PM - 3PM Acrylic Paint</p> 	<p>4</p> <p>CANADA DAY PARTY 11AM-2PM Meal: Chicken Burgers w/ Fries</p> 
5	6	<p>7</p> <p>Mental Health & Wellness Group 1PM-3PM Staying Connected: The Power of Social Support</p>	<p>8</p> <p>BINGO 11AM - 2PM Meal: Chicken Alfredo w/ Garlic Bread</p> 	<p>9</p> <p>Fill Your Cup Outing 1PM -3PM Port Severn Ice- breaker Ice-cream Boat</p> 	<p>10</p> <p>Creative Playdates 1PM - 3PM Bird Watercolor Scene</p> 	<p>11</p> <p>Vintage Boat Show Gravenhurst 11am-3pm \$4 Bag Lunch</p> 
12	13	<p>14</p> <p>Mental Health & Wellness Group 1PM-3PM Beating the Summer Blues</p>	<p>15</p> <p>Mason Jar with Lights 11AM- 2PM Meal: Breakfast Casserole</p> 	<p>16</p> <p>Skull Island Mini Golf Leaving club at 11AM \$10 includes Bag Lunch</p> 	<p>17</p> <p>Current Disorders 10am-11am Creative Playdates Leaving club at 11:30AM</p> 	<p>18</p> <p>Ice-Cream Little Lake & Walk 11AM - 2PM Meal: Grilled Cheese & Potato Chips</p> 
19	20	<p>21</p> <p>Mental Health & Wellness Group 12PM-3PM Collingwood leaving club at 12PM</p>  <p>7 Grandfather Teachings</p>	<p>22</p> <p>Lawn Games 11AM-2PM Meal: BBQ Hot Dogs & Pasta Salad</p> 	<p>23</p> <p>Fill Your Cup 1PM -3PM</p>  <p>Blooming Into Summer: Celebrating Ourselves</p>	<p>24</p> <p>Muskoka Boat & Cottage Show & Muskoka Ribfest (Bring \$ for Vendors or \$4 bag lunch) Leaving club at 10am</p> 	<p>25</p> <p>400 Flea Market 11am-2pm \$4 bag lunch</p> 
26	27	<p>28</p> <p>Mental Health & Wellness Group 1PM-3PM Celebrating Our Strengths & Personal Growth</p>	<p>29</p> <p>Watercolor Cards 11AM - 2PM Meal: Shepherds Pie</p> 	<p>30</p> <p>Elmvale Zoo outing 11am-3pm \$20 includes bag lunch</p> 	<p>31</p> <p>Current Disorders 10am-11am MUSIC IN THE CLUB 1PM-3PM</p> 	

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



Vans-BP Bullets

WENDAT SOCIAL CLUB

Believe
You Can...

And you're
halfway there

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.

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: Tues., July 28, 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

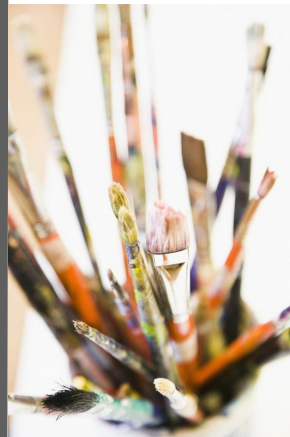
Limit 2 coffee/tea with your meal



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