



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

AUGUST 2026

What You'll Find This Month

This month's calendar is full of opportunities for everyone. From meaningful discussions in Mental Health & Wellness, to exciting community outings, relaxing Women's Group adventures, creative art sessions and our weekly lunches, there's something happening nearly every week. We encourage you to try something new—you might discover a new hobby, make a new friend, or simply leave feeling a little lighter than when you arrived.

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



Coordinator's Message:

Hello August!

As July comes to a close, we welcome another month filled with opportunities to learn, laugh, create and spend time together. August often feels like the final chapter of summer. The days are still warm, gardens are in full bloom, and many of us begin reflecting on how quickly the season has passed. Rather than focusing on summer coming to an end, let's make the most of the weeks ahead by creating meaningful memories and continuing to invest in our mental wellness.

At Wendat Community Programs, we believe wellness isn't built through one big moment—it grows from the small choices we make each day. Choosing to attend a group when you're feeling isolated, sharing a conversation over lunch, trying a new art project, or joining us on an outing all help strengthen our confidence, our resilience, and our sense of belonging.

Research consistently shows that maintaining social connections can reduce symptoms of anxiety and depression, lower stress levels, improve memory, and even strengthen our immune systems. Sometimes simply knowing someone is happy to see you can completely change the direction of your day.

Throughout August we'll continue exploring important mental health topics, enjoying creative activities, visiting local communities, and finding new ways to stay active and connected. Whether this is your first visit or you've been part of our Wendat family for years, we're grateful you've chosen to spend your time with us.



Always Re-Creating

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

Mental Health & Wellness

Tuesdays • 1:00–3:00 PM

Mental health is something we all have, and just like our physical health, it deserves regular care and attention. Our Tuesday afternoon wellness groups are designed to provide a safe and welcoming environment where members can learn practical coping skills, share experiences if they choose, and discover new ways to improve their overall well-being.

Each session combines education, group discussion, and interactive activities, ensuring everyone leaves with something meaningful they can use in everyday life.

August 4

The Power of Forgiveness

Forgiveness is often misunderstood. Many people believe forgiveness means saying what happened was okay or forgetting the pain they experienced. In reality, forgiveness is something we choose for ourselves—not necessarily for the other person.

Holding onto anger, resentment, or guilt can become emotionally exhausting. These feelings may affect our sleep, increase stress, contribute to anxiety, and even impact our physical health. Learning to forgive doesn't happen overnight, but taking small steps toward letting go can create space for healing and peace.

During this session we'll explore what forgiveness really means, why it's important for our mental health, and how we can begin forgiving others—and sometimes ourselves.

August 11

The Science of Laughter

Have you ever noticed how much better you feel after sharing a genuine laugh?

There's actually science behind it.

When we laugh, our brains release endorphins—our body's natural "feel-good" chemicals. Laughter can reduce stress hormones, lower blood pressure, relax muscles, improve mood, and even strengthen our immune system. It also helps us connect with others, making friendships stronger and conversations easier.

This group will remind us that healing doesn't always have to be serious. Sometimes the healthiest thing we can do is simply laugh together.

August 25

Rediscovering Your Identity

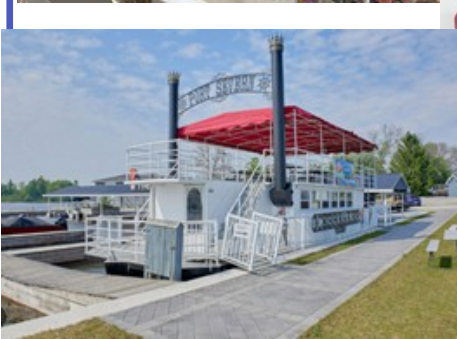
Life has a way of changing us. Major events such as retirement, illness, grief, relationship changes, addiction recovery, or becoming a caregiver can leave us wondering who we are outside of those experiences.

While change can feel overwhelming, it also provides an opportunity to reconnect with ourselves. This session encourages members to reflect on their strengths, values, interests and dreams. We'll explore how our identity continues to grow throughout life and discuss practical ways to reconnect with the parts of ourselves that bring us purpose and joy.

Remember—you are far more than the difficult chapters you've lived through.

44th Annual Antique & Classic Boat Show

Port Severn
Ice Breaker
Ice-Cream
Shope
Fill Your Cup



Creativity Supports Mental Wellness

Many people think art is only for those who are naturally creative, but research tells us something very different. Creative activities help reduce stress, improve concentration, encourage mindfulness, and provide a healthy outlet for expressing emotions that can sometimes be difficult to put into words.

At Wendat, our Creative Playdates are never about making the "perfect" piece of artwork. They're about enjoying the process, trying something new, sharing ideas with others, and having fun.

This month we'll enjoy several unique projects, each offering an opportunity to relax while creating something beautiful to take home.

Our Mixed Media Art session will encourage members to experiment with different textures, colours and materials without worrying about perfection. Butterfly Art reminds us that growth often happens gradually and that transformation is possible, even after difficult seasons. Later in the month, we'll slow things down with Watercolour Wildlife, practicing patience, mindfulness and gentle creativity while painting beautiful woodland scenes.

Whether you've painted for years or have never picked up a brush before, everyone is welcome.

Fill Your Cup Women's Group

Taking care of ourselves isn't selfish—it's essential.

Our Women's Group continues to provide a welcoming environment where women can build friendships, support one another, and take time away from everyday responsibilities.

This month we'll spend an afternoon at beautiful Big Chute Marina, enjoying fresh air, waterfront views and meaningful conversations. Later in the month we'll visit Mariposa Market, where members can browse unique shops, enjoy delicious treats and simply spend quality time together.

Sometimes the greatest form of self-care isn't a bubble bath or spa day. Sometimes it's simply laughing with people who make you feel seen and valued.

Community Adventures

One of the highlights of summer is getting out into our local communities and enjoying everything Simcoe County has to offer. Community outings help us stay active, reduce feelings of isolation, build confidence, and create lasting memories together.

This month we'll enjoy a wonderful variety of adventures.

We'll begin August with our annual Tie Dye Day, where members can design colourful shirts while enjoying lunch and conversation. Creativity has a wonderful way of bringing people together, and this has become one of our favourite summer traditions.

We'll also head to the beautiful Orillia Waterfront Festival to enjoy live entertainment, local vendors, and a relaxing day along the waterfront. Mid-month we'll cool off with pancakes and ice cream during our Wyevalle outing before spending an afternoon treasure hunting at the Elmvalle Flea Market.

History enthusiasts won't want to miss Coldwater's Day of Knights, where we'll experience medieval demonstrations, entertainment and community celebrations. Toward the end of the month we'll slow things down with Movie Day, enjoying a delicious spaghetti lunch before settling in for an afternoon together. Finally, we'll wrap up August with one of our favourite annual traditions—the Steampunk Festival in Coldwater—where Victorian costumes, live entertainment, music and unique shopping create an unforgettable experience.

Every outing provides more than entertainment. They help build friendships, reduce loneliness, encourage independence, and remind us that there is still so much to enjoy within our community.

Looking Ahead

As summer begins winding down, remember that your mental health journey continues through every season. Whether you've attended one program or every program, each step you've taken toward connection, learning and personal growth matters.

Thank you for allowing us to be part of your wellness journey. We look forward to sharing another wonderful month with all of you.

"The strongest communities are built one conversation, one smile, and one act of kindness at a time."

See you in August!



August 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 GAME DAY Lunch: Burgers W/ Fries 
2 Soup For the Soul 	3 CLUB CLOSED	4 Mental Health & Wellness 1 pm—3 pm The Power of Forgiveness	5 Tie Dye Shirts Lunch: Meatloaf & Salad 11AM-2PM 	6 Fill Your Cup (Big Chute Marina) Leaving club at 12PM 	7 Creative Playdates 1-3 Mixed Media Art 	8 Orillia Waterfront Festival (\$4 Bag Lunch, Leaving club at 11AM) 
9	10	11 Mental Health & Wellness 1pm - 3 pm The Science of Laughter	12 Wyevale Ice Cream Lunch: Pancakes w/ Fruit 11AM-2PM 	13 Elmvale Flea Market (leaving at 12) 	14 Concurrent 10-11 Creative Playdates 1-3 Butterfly Art 	15 Coldwater Day of Knights (Bag Lunch \$4 leaving club at 11AM) 
16 Soup For the Soul 	17 CLUB CLOSED	18 CLUB CLOSED	19 CLUB CLOSED	20 CLUB CLOSED	21 CLUB CLOSED	22 CLUB CLOSED
23 CLUB CLOSED	24	25 Mental Health & Wellness 1 pm—3 pm Rediscovering Your Identity	26 Movie Day Lunch: Spaghetti W/ Garlic Bread 11AM-2PM 	27 Fill Your Cup Mariposa Market Leaving Club at 11AM 	28 Concurrent 10-11 Creative Playdates 1-3 Watercolor Wildlife 	29 Steam Punk Coldwater (leaving club at 11AM BAG Lunch \$4) 
30 Soup For the Soul 	31	Proud Fundraising Partner with Delta Bingo Penetanguishene 				

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 may be 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



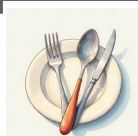
When you see this symbol on the calendar, it means the Club is on an **Outing** and is **closed**.

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: August 25th, 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

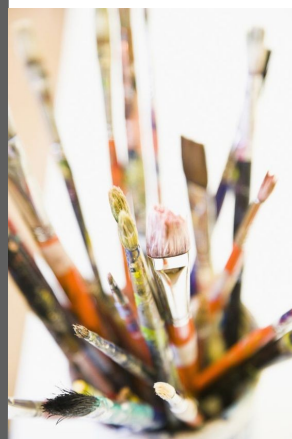
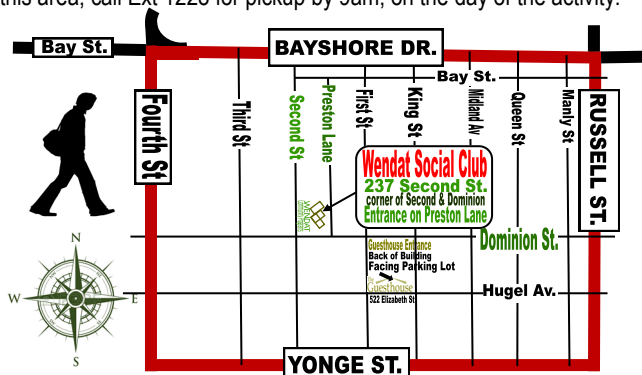
Limit 2 coffee/tea with your meal



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