



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: (4) Ext 1228
www.wendatprograms.com

SEPTEMBER 2026

Coordinator's Message:

Hello, September!

September is a month of transition. The warm days of summer slowly begin to fade, the air becomes cooler, routines return and the leaves start changing colour. Although change can sometimes feel uncomfortable, fall reminds us that change can also be beautiful.

This month at the Social Club, we are welcoming the new season with opportunities to connect, learn, create, laugh and try something new. Our calendar includes Mental Health & Wellness discussions, creative projects, games, delicious meals, community outings and our Jackson's Point Camping Trip.

Whether you enjoy participating in group conversations, expressing yourself through art, heading out into the community or simply sharing a meal with others, there is something for everyone this September.

As we settle into a new season, it is also a good time to check in with ourselves. Changes in weather, daylight and routines can affect our mood, energy and motivation. Staying connected, maintaining healthy routines and making time for enjoyable activities can help support our mental and emotional well-being.

The Social Club offers a welcoming place where members can spend time with others, discover new interests and feel part of the community. You do not need to be outgoing, artistic or experienced to participate. Come as you are, join at your own comfort level and choose the activities that feel right for you.

September's programs are designed to offer a balance of learning, creativity, recreation and connection. You might discover a new coping strategy during Mental Health & Wellness, create something you are proud of during Creative Playdates, laugh with others during games or karaoke, or make new memories while attending an outing.

Fall also reminds us that growth does not always look like moving forward quickly. Sometimes growth means slowing down, resting, asking for help, releasing something that has been weighing us down or giving ourselves permission to begin again.

We hope you will join us throughout September as we welcome the beauty of fall, support one another and continue building a community where everyone feels valued, included and welcome.



Always Re-Creating
CASEY MACKINLAY
~CLUB COORDINATOR~
705 526 1305, ext 1227

September

/sep'tembə/

*is the gentle doorway from
summer's glow to
autumn's embrace.*

@cozygirlseason

**"I am capable of facing
challenges with confidence and
curiosity."**

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



MENTAL HEALTH & WELLNESS GROUP

Tuesdays from 1–3 p.m.

September's Mental Health & Wellness Group focuses on letting go, strengthening self-talk, building coping skills, recognizing burnout and managing change. Each session offers supportive discussion and practical strategies that can be used in everyday life.

SEPTEMBER 1

LETTING GO LIKE THE LEAVES: WHAT AM I READY TO RELEASE?

Explore how holding onto guilt, anger, regret or unhealthy expectations can affect mental health. Letting go does not mean forgetting or excusing what happened—it means releasing some of the emotional weight so there is more room for healing, peace and growth.

SEPTEMBER 8

YOUR INNER CRITIC VS. YOUR INNER COACH

Learn to recognize negative self-talk and replace it with thoughts that are more realistic, patient and encouraging. Speaking to ourselves with greater kindness can reduce emotional distress and improve confidence and self-esteem.

SEPTEMBER 15

BUILDING YOUR MENTAL HEALTH TOOLBOX

Create a personal collection of coping strategies for difficult moments. Tools may include breathing exercises, grounding, movement, music, creativity, routines, social connection and professional support. Having several tools available can help us manage stress and overwhelming emotions.

SEPTEMBER 22

RECOGNIZING EMOTIONAL BURNOUT: WHEN YOUR BATTERY IS RUNNING LOW

Learn common signs of emotional burnout, such as exhaustion, irritability, withdrawal, poor concentration and feeling overwhelmed. Recognizing the warning signs early can help us understand when we need rest, healthier boundaries or additional support.

SEPTEMBER 29

GETTING COMFORTABLE WITH CHANGE

Change can bring fear, uncertainty, sadness and opportunity. This group will explore how to focus on what is within our control, maintain supportive routines and break large changes into smaller, more manageable steps.

WHY ATTEND?

Mental Health & Wellness Group provides a welcoming place to learn practical coping skills, share experiences and connect with others. Attending can help participants:

- Feel less alone and more connected
- Understand thoughts, emotions and personal triggers
- Develop healthier coping strategies
- Strengthen confidence and resilience
- Recognize when additional support may be needed

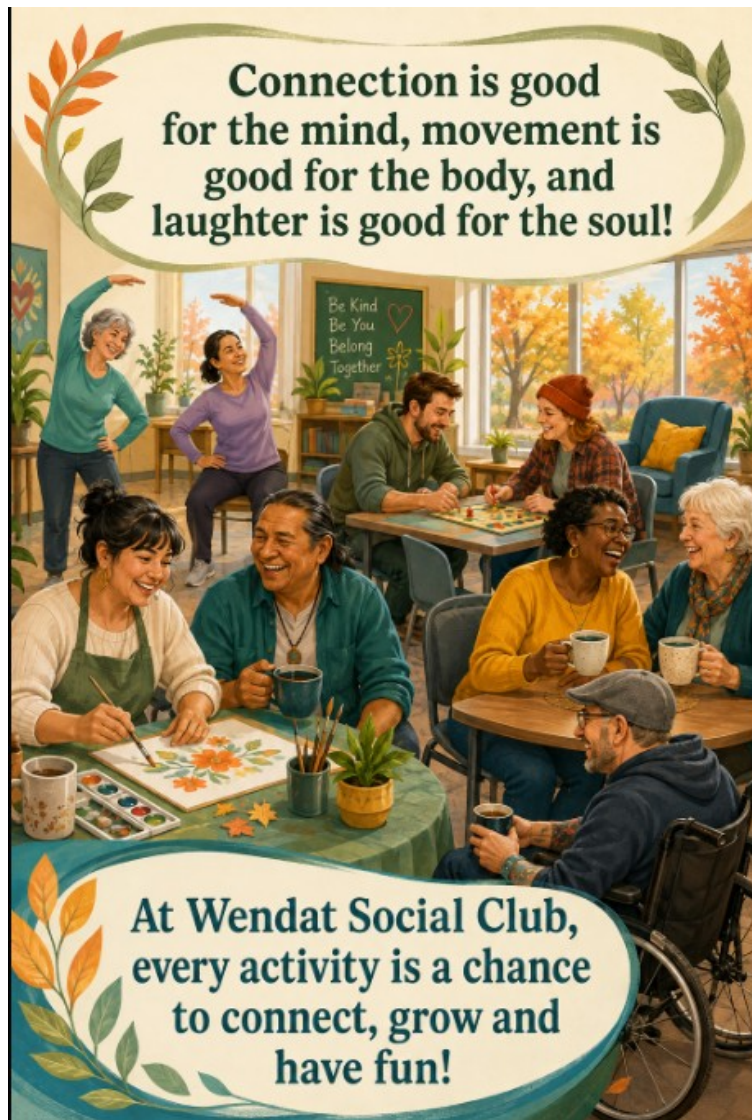
You do not need a diagnosis or crisis to attend. Mental wellness is important for everyone. Participate at your own comfort level—sharing is welcomed, but never required.

Join us Tuesdays from 1–3 p.m. as we learn, reflect and support one another.
Transportation Provided.



The Wendat Social Club is much more than a place to attend activities—it is a welcoming and supportive community where members can connect with others, build meaningful friendships, discover new interests and experience a true sense of belonging. Through therapeutic recreation, members are encouraged to participate in purposeful activities that support their mental, emotional, social and physical well-being. Creative projects, group discussions, games, community outings, shared meals, music and gentle movement provide enjoyable opportunities to stay active, practise new skills and remain connected to the community. These experiences can help reduce stress, loneliness and social isolation while improving mood, confidence, motivation, memory, concentration, coordination and overall daily functioning. Therapeutic recreation can also support independence by encouraging members to make choices, solve problems, communicate their needs and recognize their own abilities and strengths. Every activity offers something valuable—whether it is the pride of completing an art

project, the excitement of trying something new, the comfort of sharing a meal, the physical benefits of movement or the joy of laughing with friends. Members are welcome to participate at their own comfort level in an environment that values inclusion, respect and personal growth. At Wendat Social Club, even small moments can make a meaningful difference. One conversation can create a connection, one activity can spark a new interest and one positive experience can brighten an entire day. By bringing people together through recreation, learning and friendship, the Social Club helps members feel more confident, capable, supported and involved in their everyday lives. As we like to say, “Connection is good for the mind, movement is good for the body, and laughter is good for the soul!”



FILL YOUR CUP – WOMEN'S GROUP

Fill Your Cup is a welcoming place for women to connect, recharge and make their well-being a priority. Self-care is not selfish—it helps us manage stress, prevent burnout and maintain the energy needed for daily life.

SEPTEMBER 10

GEORGIAN MALL SHOPPING & LUNCH

Leaving the Social Club at 11 a.m.

By popular request, we are heading to Georgian Mall for shopping and lunch together in the food court!

Enjoy a change of scenery, browse your favourite stores and spend time connecting with the group. Please bring money for lunch and any personal purchases. Wear comfortable footwear, arrive early and speak with staff to sign up and confirm transportation.

SEPTEMBER 24

FALL SELF-CARE DAY

Join us for a relaxing Fall Self-Care Day as we explore the Seven Pillars of Self-Care and identify simple ways to support our overall well-being.



THE SEVEN PILLARS OF SELF-CARE

Mental Self-Care

Mental self-care keeps our minds active, focused and open to learning. It can include reading, journaling, doing puzzles, learning something new or challenging negative thoughts with more balanced ones.

Emotional Self-Care

Emotional self-care means recognizing and expressing our feelings in healthy ways. Talking with someone we trust, practising self-compassion, setting boundaries or allowing ourselves to ask for help can reduce emotional stress.

Physical Self-Care

Physical self-care involves caring for the needs of our bodies. Getting enough rest, drinking water, eating regularly, taking medications as prescribed, attending healthcare appointments and participating in gentle movement can improve energy and daily functioning.

Social Self-Care

Social self-care is about building healthy relationships and staying connected. Calling a friend, joining a group, sharing a meal or spending time with supportive people can reduce loneliness and create a stronger sense of belonging.

Spiritual Self-Care

Spiritual self-care helps us connect with our beliefs, values, culture or sense of purpose. This may include prayer, meditation, gratitude, cultural traditions or spending peaceful time in nature.

Recreational Self-Care

Recreational self-care means making time for enjoyment, creativity and play. Painting, music, games, gardening, outings or trying a new hobby can reduce stress and bring more fun into everyday life.

Environmental Self-Care

Environmental self-care involves creating surroundings that feel safe, comfortable and manageable. Organizing one small area, reducing clutter, adding comforting items or spending time outdoors can help create a greater sense of calm.

We do not need to improve all seven areas at once. Choosing one pillar and taking one small step can make a meaningful difference in our overall well-being.

Tips for Mental Health Self-Care

10 TIPS FOR FALL MENTAL HEALTH SELF-CARE

The change from summer to fall can affect our mood, energy, sleep and daily routines. Shorter days, cooler temperatures and changing schedules may feel unsettling, but simple self-care habits can help us remain grounded and emotionally balanced.

1. Maintain a Regular Routine

Try to wake up, eat meals and go to bed around the same time each day. Familiar routines can create stability when other things are changing.

2. Make the Most of Daylight

Open your curtains in the morning and spend time outdoors when possible. Natural light can support your mood, energy and sleep cycle.

3. Keep Moving

Walking, stretching, dancing or gentle chair exercises can reduce stress and improve energy. Choose movement that is safe, comfortable and enjoyable for you.

4. Stay Connected

Shorter days can make it tempting to stay home and withdraw. Call a friend, attend a group, share a meal or participate in a Social Club activity.

5. Create a Comfortable Environment

Prepare your home for cooler weather by adding warm blankets, improving lighting or organizing one small space. A calm environment can help the mind feel less overwhelmed.

6. Use Your Senses to Feel Grounded

When emotions feel overwhelming, notice five things you can see, four you can feel, three you can hear, two you can smell and one you can taste.

7. Check In With Your Emotions

Ask yourself, "What am I feeling, and what do I need right now?" Naming an emotion can make it feel more manageable and help you choose a healthy response.

8. Make Time for Enjoyment

Plan something small to look forward to, such as a fall walk, warm drink, favourite movie, craft, game or comforting meal. Enjoyable activities are an important part of self-care.

9. Be Patient With Yourself

Seasonal transitions can take time to adjust to. You do not need to change everything at once. Focus on one small, manageable step each day.

10. Reach Out for Support

If changes in your mood, sleep, appetite or motivation continue or begin interfering with daily life, talk with someone you trust or contact a healthcare professional.

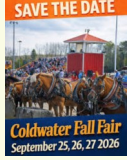
GROUNDING REMINDER

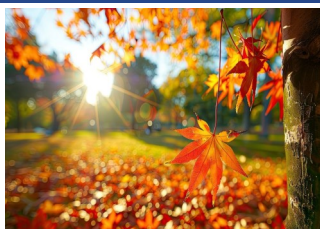
When life feels uncertain, pause and ask:

- What is within my control today?
- What does my body need right now?
- Who can I connect with for support?
- What is one small thing I can do next?

"Like the seasons, we are always changing. Staying grounded means giving ourselves patience, care and support along the way."

September 2026

September 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mental Health & Wellness 1 pm—3 pm Letting Go Like the Leaves: What Am I Ready to Release?	2 Lunch: Lasagna with Garlic Bread 11 AM—2 PM 	3 Hot Dogs & S'mores \$10 (leaving club at 10 AM) 	4 Orillia Pirate Party \$4 Bag Lunch 10 AM—3 PM 	5 Chicken Pasta Bake 11 AM—2 PM 
6	7 Labour Day 	8 Mental Health & Wellness 1 pm—3 pm Your Inner Critic vs. Your Inner Coach	9 Lunch: Sausage on a Bun with French Fries 11 am—2 pm 	10 Fill Your Cup – Women's Group Georgian Mall Outing (leaving at 11 AM) 	11 Concurrent Disorder 10-11AM Creative Playdates 1-3 Watercolor Fall Scene 	12 Lunch: Tomato Soup & Grilled Cheese 11 AM—2 PM 
13 Soup for the Soul 	14	15 Mental Health & Wellness 1 pm—3 pm Building Your Mental Health Toolbox	16 Lunch: Italian Subs and Pasta Salad 11 am—2 PM 	17 Bayshore Lanes Bowling Leaving club at 1130 AM (bowling 12-1) 	18 JACKSONS POINT CAMPING TRIP \$50 (must speak with coordinator to sign up)	19 JACKSONS POINT CAMPING TRIP \$50 (must speak with coordinator to sign up) 
20 JACKSONS POINT CAMPING TRIP \$50 (must speak with coordinator to sign up)	21	22 Mental Health & Wellness 1 pm—3 pm Recognizing Emotional Burnout: When Your Battery Is Running Low	23 Lunch: Hot Hamburger with Salad 11 AM—2 PM Whimsical Fish Watercolor 	24 Fill Your Cup – Women's Group 1 pm—3 PM SELF CARE – Embracing the season change 	25 Concurrent Disorders 10 AM—11 AM MUSIC IN THE CLUB 1 PM—3 PM 	26 Coldwater Fall Fair \$10 (includes admission and bag lunch) Leaving at 10 AM 
27 Soup for the Soul 	28	29 Mental Health & Wellness 1 pm—3 pm Getting Comfortable With Change	30 National Truth & Reconciliation Day 	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 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 connec-
tions on Tuesdays, Women's
Group on Thursdays
705-526-1305 ext. 1228



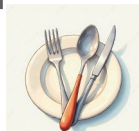
When you see this symbol on the
calendar, it means the Club is on an
Outing and is **closed**.

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: September 22, 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

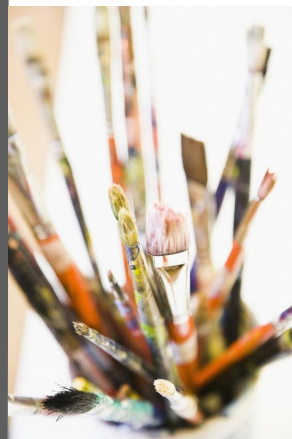
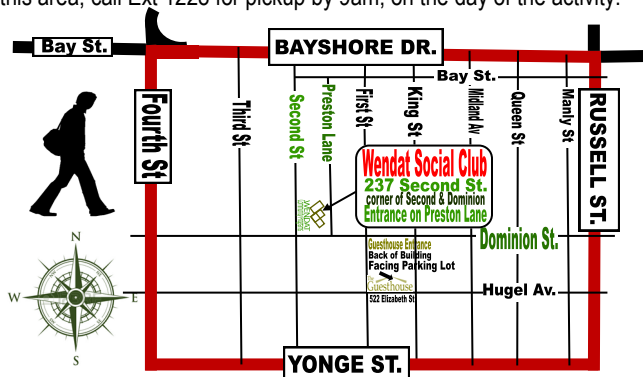
Limit 2 coffee/tea with your meal



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