



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

October 2026

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



Coordinator's Message:

Hello, October!

The leaves are changing, the air is getting cooler and another busy month is beginning at the Social Club! October is bringing us plenty of opportunities to get out into the community, spend time together, get creative, enjoy some comforting fall meals and have a little Halloween fun along the way.

This month, members can look forward to fall outings, Creative Playdates, Fill Your Cup Women's Group, Mental Health & Wellness sessions, Social Club lunches, seasonal crafts, community events and some spooky activities as we make our way toward Halloween.

Whether you join us for an outing, sit down for a meal, try an art project, participate in a wellness conversation or simply come to spend some time around familiar faces, we hope there is something on the October calendar that gives you a reason to look forward to the month ahead.

October Highlights

FALL ADVENTURES — We are getting out to enjoy the season with a trip to Thornbury Apple Farm and Oaklane Orchard, the Elmvale Fall Fair, Chappell Farms, a Fall Colour Drive and Coffee, and an evening Drive-Thru Pumpkinferno.

CREATIVE & COZY — October's creative activities include fall birch trees, a dragonfly watercolour, negative painting, fall mason jar lanterns, a mixed-media pumpkin, pumpkin decorating, fall simmer-pot jars and a Halloween watercolour witch.

HALLOWEEN FUN — We will be getting into the Halloween spirit with Spooky Sweets & Treats, the Witches Walk, Halloween Minute to Win It, a Halloween movie and popcorn, pumpkin decorating and our October 31 "Monster Mash" Halloween Lunch.

SOUP FOR THE SOUL — Join us Sunday, October 11 and Sunday, October 25 at 10:30 AM.

Please remember that the Club will be **CLOSED** on Monday, October 12 for Thanksgiving and Tuesday, October 20.



Always Re-Creating

Casey MacKinlay
~CLUB COORDINATOR~

Finding Our Footing This Fall

Our Mental Health & Wellness groups continue every Tuesday from 1:00–3:00 PM, with the exception of October 20 when the Club is closed. This month, our conversations will focus on navigating change, feeling grounded and finding sources of hope and comfort as we move into the darker and cooler months of the year.

Mental wellness does not always mean making a huge change. Sometimes it is about recognizing what we need, finding small ways to support ourselves and remembering that we do not have to manage everything alone.

October 6 — Finding Comfort in the Changing Seasons

Changing seasons can be beautiful, but they can also affect our mood, energy, sleep and daily routines. During this session, we will talk about why seasonal changes can sometimes feel difficult and explore ways to create a sense of comfort and predictability. We will look at familiar routines, supportive relationships, enjoyable activities, cozy spaces and realistic self-care strategies that can help us adjust as the days become cooler and shorter.

October 13 — Staying Grounded When Life Feels Unsteady

There are times when life can feel unpredictable, overwhelming or simply out of our control. This session will focus on what it means to feel grounded and how grounding techniques can help bring our attention back to the present moment. Together, we will explore simple strategies using our five senses, breathing, movement, routine and supportive self-talk that can be used when things begin to feel unsteady.

October 20 — CLOSED

There will be no Mental Health & Wellness group on Tuesday, October 20.

October 27 — Finding Light in the Darker Days

As the amount of daylight decreases, it can be helpful to intentionally notice the people, places, routines and experiences that bring some light into our lives. This session will focus on hope, connection and identifying the things that help us keep moving forward. Members will be encouraged to think about their own sources of light — whether that is a person, a favourite activity, a goal, a memory, a place, a pet, music, nature or one of the small moments that makes an ordinary day feel a little better.

A Reminder About Group

You do not have to have the perfect words or share anything you are not comfortable sharing. Listening, reflecting and simply being present are meaningful ways to participate too.



A Weekend to Remember

From September 18–20, members and staff packed up and headed to the Salvation Army Jackson's Point Retreat for a three-day, two-night camping getaway. After months of planning, organizing, shopping, packing and preparing, it was finally time to enjoy the weekend together.

Set along beautiful Lake Simcoe, Jackson's Point gave us the opportunity to step away from our regular routines and enjoy a different kind of recreation experience. The weekend was filled with activities, great food, fresh air, laughter and, most importantly, connection.

Campfires, Lake Simcoe & Lots of Memories

Throughout the weekend, members had opportunities to swim in Lake Simcoe, explore the retreat grounds, participate in a scavenger hunt, play outdoor games, create art, relax, enjoy walks and spend time around the campfire. We shared s'mores and hotdogs by the fire, enjoyed delicious home-cooked meals and had lots of opportunities to simply sit together, talk and enjoy the surroundings.

Not every meaningful moment came from a planned activity. Some of the best parts of the weekend were the simple ones — sitting by the water, laughing together, sharing a meal, going for a walk, joining a game or having a conversation with someone we may not normally get the chance to spend as much time with.

More Than Just a Camping Trip

Recreation is about so much more than keeping busy. Opportunities like our Jackson's Point retreat can help reduce isolation, build confidence, encourage independence, strengthen friendships and create a greater sense of belonging.

An overnight trip also gives members an opportunity to experience a different environment, try new things, make choices about how they would like to participate and create memories outside of their usual routines. Everyone was able to experience the weekend in their own way while still being part of something together.

A Huge Thank You

A weekend like this takes a tremendous amount of teamwork. A huge thank you goes to Taylor, Karen, Thomas, Sean, John, Babet, Diane, Paul and Glen for everything they did to help make the weekend possible.

From planning and preparation, grocery shopping, cooking, transportation, games and activities, kitchen help, member support, set-up and clean-up, to all of the little things that happened behind the scenes, this trip truly was a team effort.

A special thank you also goes to our hosts at the Salvation Army Jackson's Point Retreat for welcoming our group and helping create such a memorable experience. From the beautiful property to the activities and support provided throughout our stay, we were grateful for the opportunity to be there.

And, of course, thank you to our members. Your laughter, personalities, participation and willingness to experience the weekend together are what made it special.

Campfires. Lake Simcoe. Great food. Games. Creativity. Laughter. Friendship. Connection. These are the moments that made our Jackson's Point weekend one we will remember.



Six Mile Provincial Park Outing

Our trip to Six Mile Provincial Park was a wonderful opportunity to enjoy the outdoors, connect with nature, and spend quality time together. Members and staff gathered around the campfire to roast **hot dogs and marshmallows**, enjoyed peaceful walks throughout the park, and took some time to explore the park store.

One of the highlights of the day was renting a **paddle boat** and getting out on the water! Between the fresh air, beautiful scenery, laughter, conversations, and time spent together, the outing offered a great balance of **recreation, relaxation, and connection**.

Days like this remind us how valuable it can be to step outside of our regular routines, enjoy nature, and create meaningful memories together.



Out & About This October

October 3 — THORNBURY APPLE FARM / OAKLANE ORCHARD: We will be heading out for a fall day at Thornbury Apple Farm and Oaklane Orchard. We will be leaving the Club at 10:00 AM.

October 10 — ELMVALE FALL FAIR: Enjoy a classic fall fair day from 10:00 AM–3:00 PM. Admission is \$10 and a bag lunch will be provided.

October 15 — CHAPPELL FARMS: We will be heading to Chappell Farms for some fall fun. The cost is \$10 and a bag lunch is included. We will be leaving the Club at 10:00 AM.

October 21 — DRIVE-THRU PUMPKINFERNO: Join us for an evening Drive-Thru Pumpkinferno experience. The cost is \$10, registration is required and we will be leaving the Club at 7:00 PM.

Fill Your Cup Women's Group

October 8 — FALL COLOUR DRIVE + COFFEE: We will be leaving the Club at 11:00 AM for a relaxing drive to enjoy the fall colours and spend some time together over coffee.

October 16 — WITCHES WALK: Women's Group will be attending the Witches Walk from 4:00–9:00 PM for an evening of seasonal community fun.

October 22 — SPOOKY SWEETS & TREATS: A fun Halloween-inspired Women's Group afternoon filled with treats, conversation and connection.

Creative Playdates with Victoria

October 2 — Fall Birch Trees using an old-card acrylic technique, 1:00–3:00 PM.

October 9 — Dragonfly Watercolour, 1:00–3:00 PM.

October 16 — Negative Painting in Acrylic, 12:00–2:00 PM.

October 23 — Mixed-Media Pumpkin, 1:00–3:00 PM.

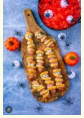
October 30 — Watercolour Witch, 1:00–3:00 PM.

Creative activities give us an opportunity to slow down, focus on the present, try something new and enjoy the process without worrying about making something perfect.

Concurrent Disorders

Concurrent Disorders will be held Friday, October 9 and Friday, October 23 from 10:00–11:00 AM.



October 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Creative Playdates w/ Victoria 1-3PM Fall birch trees with an old card. Acrylic 	3 Thornbury Apple Farm Oaklane Orchard Leaving club at 10 am 
4	5	6 Mental Health & Wellness 1—3 PM Finding Comfort in the Changing Seasons	7 Thanksgiving Diner 11am – 2pm 	8 Fill Your Cup Women's Group Fall Colour Drive + Coffee Stop Leaving club at 11AM 	9 Concurrent Disorders 10 -11am Creative Playdates w/ Victoria 1—3 PM Dragonfly watercolour 	10 Elmvalle Fall Fair 10 am – 3 pm \$10 Admission/ Bag lunch provided 
11 Soup for the Soul 10:30 am 	12 Thanks- giving CLOSED	13 Mental Health & Wellness 1—3 PM Staying Grounded When Life Feels Unsteady	14 Sloppy Joes 11am – 2 pm Fall Mason Jar Lanterns 	15 Chappell Farms \$10 (bag lunch included) Leaving club at 10AM 	16 Creative Playdates w/ Victoria 12—2 PM Negative Painting. Acrylic  WOMEN'S GROUP WITCHES WALK 4—9 PM 	17 Spaghetti, Caesar Salad & Garlic Bread Halloween Minute to Win It 11 am—2 pm 
18	19	20 CLOSED	21 Baked Chicken Pasta 11am – 2 pm Pumpkin Decorating Social 1—3 PM  Drive Thru Pumpkinferno \$10 (REGISTRATION REQUIRED) Leaving Club at 7:00PM 	22 Fill Your Cup Women's Group Spooky Sweets & Treats 	23 Concurrent Disorders 10—11 am Creative Playdates w/ Victoria 1—3 PM Mixed media Pumpkin 	24 Chicken Fingers & Fries Halloween Movie & Popcorn 11am—2 pm 
25 Soup for the Soul 10:30 am 	26	27 Mental Health & Wellness 1—3 PM Finding Light in the Darker Days	28 Chili & Cornbread 11am – 2pm 	29 Fall Simmer Pot Jars 1-3PM 	30 Creative Playdates w/ Victoria 1—3 PM Watercolour Witch 	31 "Monster Mash" Halloween Lunch 11 am – 2 pm 

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Enter from Dominion Street onto Preston Lane.

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Proud Fundraising
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Wendat Social Club Hours

Club is OPEN:

Tues/Thurs./Fri 12:45 pm—3:00 pm

Wednesday: 11 am—2:00 pm

Saturday: 11 am—3:00 pm

Sunday Church Service &

Soup

10:30—12:30, 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 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.



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 Woven
Wisdom on Thursdays
705-526-1305 ext. 1228



When you see this symbol on the calendar,
it means the Wendat Social Club is on a
Community Outing and is **NOT OPEN** or
operating under usual club hours.

Outings do sometimes require a deposit. This goes
towards admission.



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: March 24th, 2026**

**unless otherwise listed*



Dinner Wed's—\$4

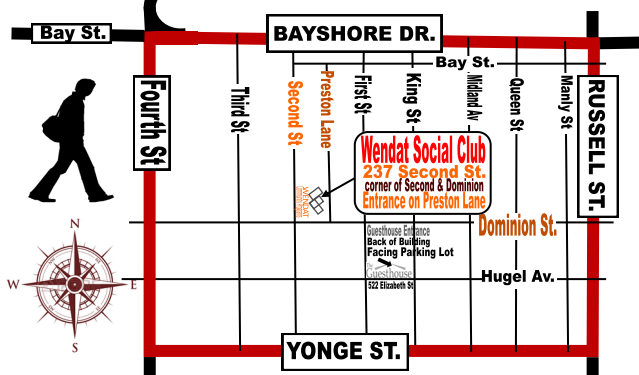
you must sign up in advance

Lunch: Sat's—\$4 no sign up necessary

Limit of 2 coffee or tea with meal. "Meals may change without notice, subject to availability."

TRANSPORTATION

- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 1228 for pickup by 10am, on the day of the activity.



Come for lunch \$4 on a
Wednesday and Saturday and
stay for a recreational activity
@ 11 am



*Please observe our
CODE OF CONDUCT
while attending.
-Thank you-*



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