



# FULL CIRCLE BULLETIN

JULY 2024

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

## Coordinator's Message:

Rain continues to hamper our outing days. Enough already... But as Janice says, we are not made of sugar and can brave the elements.

We did have a fabulous day at Little Town in Penetanguishene last month. See page 2 for photos. They have worked very hard at creating the feel of an old town complete with costumes. Thank you Shelly and Mike Duval.

A few of our staff are working reduced hours over the summer; therefore we will introduce Flowerfest beginning Tuesday, July 2nd for 8 weeks. You will need the mixed media journal. We have them available here for a \$15.00 charge. Everything else is included. Come play along. You'll be guided by 8 incredible mixed media artists, exploring various techniques and creating beautiful projects inspired by flowers. Wanderlust will also continue on Fridays. Thursdays, (nice weather please) will be our outdoor day exploring different areas.

Thank you to C.Weber for coming in and assisting our members in creating their own dreamcatchers. You did a fabulous job in facilitating. As well, thank you to Tina Mathieson for joining the team as cook for her brief period. She continues with Wendat but from our Dufferin location.

Welcome Jon Dyer as our 2nd Janitor and Lallie Mathieson as Rec Worker.

We just completed our annual Golf Tournament. Hurray, we had a wonderful day for golfing. The roster was full again this year. We thank all sponsors, the **Boston Pizza** and the **Wendat Team** for putting in so much effort each year to make this a success. This is how we provide transportation for all to attend our programs.

*Janice, Rose, Victoria, Lallie, Paulette, Nancy, JP., Jon, Paul, Randy, and Hannah*



*Always Re-Creating*  
**DARLENE FORGET**  
~CLUB COORDINATOR~



**HAPPY CANADA DAY**



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



WENDAT

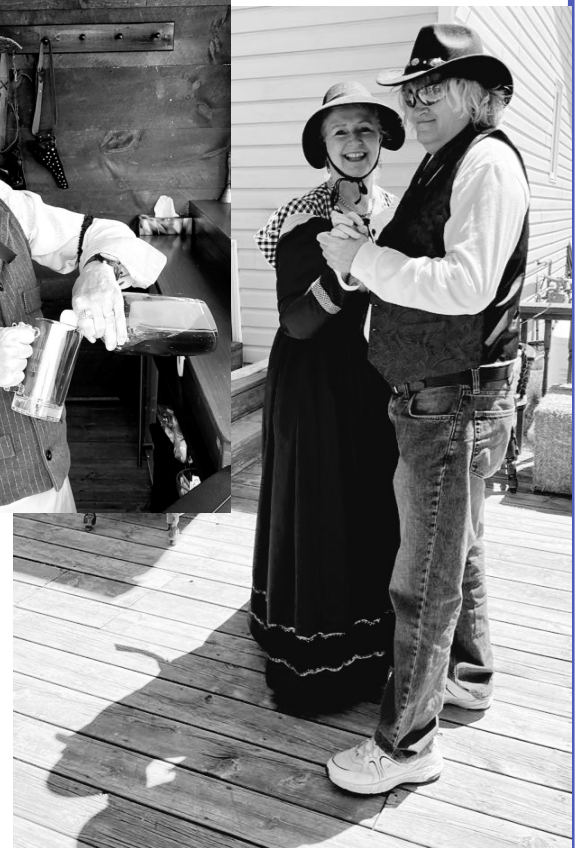


# Little Town

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Shelly and Mike Duval have created a fabulous Western Town in their backyard. We visited their Little Town in June and spent a few hours. The couple designed and built it all within the last two years adding as they went. It is quite an amazing endeavor. Mike spent much of his life working with wood at Discovery Harbour and St. Marie Among the Hurons. He is a great story teller. They provide all this for free. The costumes are kept in the general store. It was a wonderful afternoon of laughter.







**You will have another opportunity to come FISH with us in August, Join in the fun.....**

## **What Does Emotional Well-Being Look Like?**

***Amy Johnson is a psychologist and Change Coach***

**Emotional well-being looks like being curious about your emotions while being compassionate that you are having a human experience.**

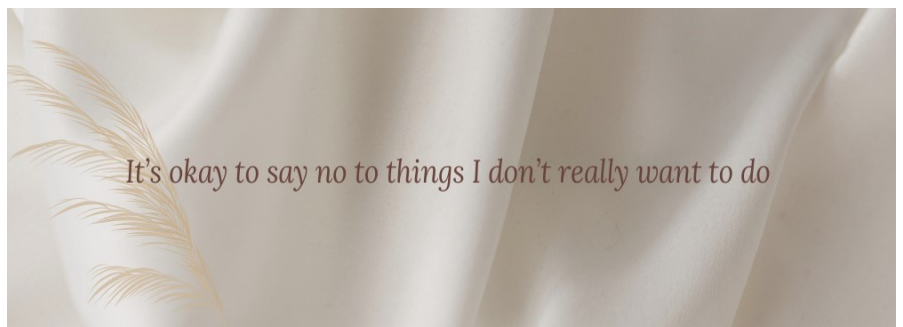
**Emotional well-being is having an idea of how your mind and thoughts impact the flow of your emotions and this means nothing about who you are. It is simply the human design.**

**Emotional well-being is slowing down, listening within, and honoring your truth.**

**Emotional well-being is allowing space for the uncomfortable and knowing you will move through.**

**Emotional well-being is listening to your physical self and following healthy actions to help support you through emotional shifts. Examples can be yoga, exercise, social engagement, reading, writing, and whatever is unique to your voice of well-being.**

**Emotional well-being is having the understanding that you are safe even if you are experiencing heavy or uncomfortable emotions. To be clear, this is not to dismiss your intuition when you are in an uncomfortable situation.**



**UPCOMING EVENTS**



Last year was a beautiful day at Pick Your Own Bouquet followed by lunch at the Mariposa,

**BOMBSHELL BLOOMS**

Join us again this year in August.



We will return to Apple Picking and lunch Out in September....



**ROSSEAU FARMER'S MARKET,  
A DAY in the MUSKOKA'S  
Friday, July 26th, 10—4 p.m.**

**OUR MARKET**

We are proud to showcase a wide variety of vendors to satisfy your every wish. We take time and consideration in choosing a diverse range of vendors to bring their offerings to you, our valued guest. Come to shop, come to browse, come to have lunch and come to enjoy the great live music. We are right on the waterfront.

**YOU MUST BE ATTENDING THE CLUB REGULARLY to ATTEND OUTINGS,**

**Do not sign up if you have no intention of going or simply to hold your spot, Thank you**



## 2024 July Full Circle Calendar

### Full of Adventures and Excitement



### July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> FLOWERS MAGIC ART FEST  12:45 p.m.	<b>3</b> Altered art Tomato Cage  Kabobs and Greek Salad 11 – 2:30	<b>4</b> WALK THIS WAY 12:45 	<b>5</b> Art Playdates with Darlene 12:45 	<b>6</b> Lunch wraps & Fruit Cocktail BINGO 11 a.m. 
<b>7</b>	<b>8</b>	<b>9</b> FLOWERS MAGIC ART FEST  12:45 p.m.	<b>10</b> Altered art Tomato Cage  Hamburgers Pasta Salad 11 – 2:30	<b>11</b> WALK THIS WAY  10 – 3 p.m., We will bring some snacks and drinks....	<b>12</b> Art Playdates with Darlene 12:45 	<b>13</b> Egg Salad Sandwiches 11 a.m. 
<b>14</b>	<b>15</b>	<b>16</b> FLOWERS MAGIC ART FEST  12:45 p.m.	<b>17</b> What is a Zine and How Do I Make one with Victoria Spaghetti, Garlic Bread 11 – 2:30	<b>18</b> Fun afternoon with Rose, Healthy Eating and TRUE COLOURS 12:45 p.m.	<b>19</b> Art Playdates with Darlene 12:45 	<b>20</b> Individual Pizzas Out for Ice Cream  11 a.m.
<b>21</b>	<b>22</b>	<b>23</b> FLOWERS MAGIC ART FEST  12:45 p.m.	<b>24</b> Chicken Burgers and Fries 11 – 2:30 SEEDS of LIFE ART with Victoria	<b>25</b> WALK THIS WAY with Rose 12:45 	<b>26</b>  Muskoka, Rosseau, Come enjoy a day away in the Muskoka's 9 – 4 p.m. \$5.00 Lunch included	<b>27</b> 11 a.m – 2:30p.m. 13 Bridges from the other side, Salmon/Tuna Croissants
<b>28</b>	<b>29</b>	<b>30</b> FLOWERS MAGIC ART FEST  12:45 p.m.	<b>31</b> 11 – 2:30 FATIQUE and Night Owl Art	<b>We will be fishing again in August;</b>  <b>Come enjoy. We had a blast....</b>		

# 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

Club is CLOSED:

Sunday & Monday

*Come join the fun!*



Vans-BP Bullets

## Transportation

For a ride to the club, call **705-526-1305 Ext. 228**, on the day you plan on attending. Leave a voice message with your name & address. Rides home are provided for those whom participate in club activities. Please be ready for driver upon pickup. Drivers decisions are to be respected.

*Remember Safety First.*

**During inclement weather**, the coordinator decides at 9 am whether to close the club. **Call at 10 am to the voice mail (x228)** 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

### 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**  
**ANYWHERE ON WENDAT**  
**PROPERTY,**

including the Bus Shelter. *~Please  
move off the property, onto the  
public sidewalk to smoke ~*

Come join us for Creativity  
Playdates on Fridays, Mental  
Health Wellness seminars on  
Tuesdays, Slow Stitching on  
Thursdays 12:45

705 526 1305, ex 227



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.**

**NOTE: A \$2 deposit MAY be required to assure your  
attendance.**



### JULY GFB HAS BEEN CANCELLED

Don't forget to order your Good  
Food Box for \$20.00 before the  
7th of every month. Delivery is  
usually the 4th Tuesday of the  
month.



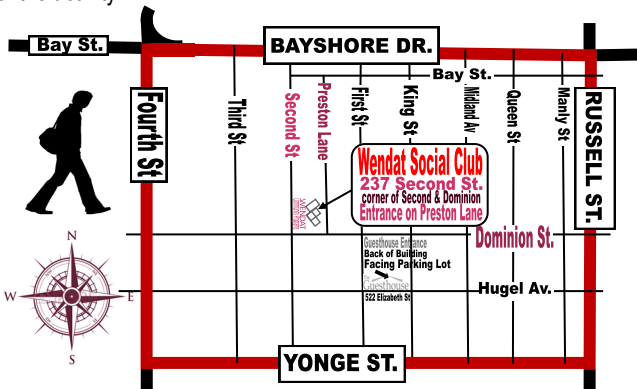
**DINNER: Wed's — \$3**  
*you must be signed-up in advance*

**LUNCH: Sat's — \$3**  
*no sign-up necessary*

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

### TRANSPORTATION

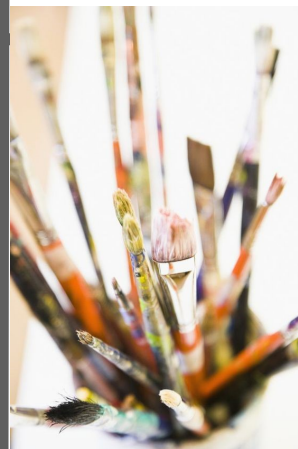
- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 228 for pickup by 10am, on the day of the activity.



Come for lunch \$3 on  
a Wednesday and  
stay for a new, art  
experience weekly @  
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