



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 228 www.wendatprograms.com

AUGUST 2024

Coordinator's Message:

Welcome to the August edition,

We are kicking off August with our long awaited Niagara Falls Trip. Be sure you touch base and pick up your itinerary by Friday, July 26th and say your prayers for nice weather or dress accordingly.

Members had a super fine day, rainy but..., casting their line in June, we are going again. Come practice casting and trying your luck. No worries about worms on hooks or taking off a fish, Janice has you covered. She has to be one of the fastest fish cleaners around.

Flowerfest is happening on Tuesdays, and Playdates with Darlene is happening on Fridays. You do not have to attend all the dates, just come along, play, experiment and create. It is nice to see so many attendees. You can purchase the mixed media journal for \$15.00. It is so much nicer to keep all your art in one place. We do sometimes have bits and pieces lying around. Boston Pizza has donated pizza boxes to store your crafts. Please try to keep all your things in your uniquely painted box with your name on it. We will store them on the file cabinet at the front, not on windowsills etc.

Foodland continues to donate to the bun run and some desserts on Tuesdays, Wednesdays and Thursdays. We are grateful, Help yourself, limited to two items each unless we have a huge overstock.

When available, we do have take out meals for \$3.00 in our freezer.

Oh, and we have another cook on board, welcome Frank Valertero. He was the previous owner of Rooted.

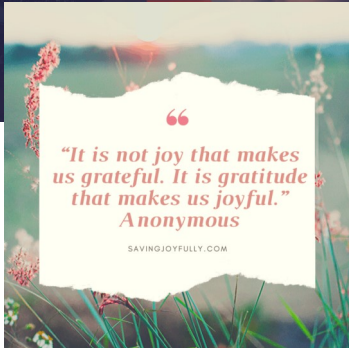
Janice will return to Wellbeing Connections on Tuesday, August 27th. Come learn some wellness skills, share some stories, meet some new friends. This is not counselling, simply science based coping skills and a time to share and socialize.

Thursdays, please come finish some your art projects, start something new, or bring something you are working on. You can also play cards this day. We love see your smiling face.

Thank you for supporting the club and creating a positive, safe place to belong.

Growth isn't linear, Give yourself the Grace to learn from your mistakes and stay patient.

Always have something to look forward to.



WELLBEING CONNECTION

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



Always Re-Creating

DARLENE FORGET
~CLUB COORDINATOR~ and the TEAM

Practice of Journaling

Some of you have come across the 52 List Books by Moorea Seal. You feel creating a list is an easy way of journaling. You are correct. You deepen connections with yourself by journaling and see how far you come, what you have accomplished and what you may want more of in your life.

With Art Journaling sometimes we forget it is our unique journal. We are going to start including more of our own hand writing in the journals. I will give you a few prompts to think on. Even if you are doing art with us, take the time and think about what the prompt might mean to you. Just write in a regular notebook, it doesn't have to be anything fancy.

Did any of you have diaries as a child, the lock and key one, the one that you might your secrets and your childhood crushes and just might die if anyone read it.

I like to think of journal more as a growth record, a dream journal but with actional steps.

Dreams don't come true unless you put some action behind them. It doesn't have to be traveling to Italy or spending big dollars, it can simply be time reserved for YOU, or time reserved with others. Just list what you want to bring into your life.

We do have a few authors in the house who have written and produced their own books.

A diary is a book to record events as they happen, kind of a scrap book of handwritten memories.

A journal on the other hand is a record of significant experiences and used to explore ideas that take shape. It contains feelings, emotions, problems, and reflections that can be used to evaluate one's life.

Let's imagine both books are like the sea.

The diary is just the surface level stuff you see, almost like floating on top of the water while a journal is much like a deep sea diver—it goes

way deeper and explores everything that can't be seen by someone sitting nearby on the beach.

There is so much power in journaling.

Two Journal Prompts

Prompt #1: Dream Weaver

Imagine you're in a room filled with your wildest dreams. What do you see, hear, and feel? Describe this dream world in intricate detail. Then, ponder: What's the first step you can take to bring one of these dreams closer to reality?

Prompt #2: The Time Capsule

Imagine that today is the day you'll seal a time capsule to be opened in 10 years. What objects, thoughts, or moments from today would you preserve in this capsule? Why are these things meaningful to you, and how do they reflect your current self?

July brought us an opportunity to adorn a Tomato cage altering it to a mixed media chandelier. There was a whole lotta wrapping going on to complete these.





"The flower that blooms in adversity is the rarest and most beautiful of all."
--Walt Disney

Flowers are blooming this Summer and Wendat loves to get in nature with it's members. We visited a Lavender Farm in Collingwood again this year and were lucky enough to catch the Poppy Blooms, so vividly colourful.

Victoria will again be taking a group to Bombshell Blooms down near Orillia. Bring your own dollars for lunch at the Mariposa or go out for coffee on your own.

Bring a bucket to put your bouquet in. Wander the Sunflower Maze, and pick your own bouquet, or just meander through the maze, Another lovely day to explore our own area....



We know the fight for mental wellness — and we're ready to be in yours with you.



Welcome to some of our new members and our all members who are willing to step out of their comfort zones and try something new. The coordinator is constantly rethinking and adding new ideas to our monthly calendar.

Currently, we do a little creative playtime on Tuesdays and Fridays at Flowerfest. Some days we work in our Mixed Media Journals, and sometimes we are making pieces to add into our journals later.

The first comment I often here when asking someone to join us is.....but, I am not an artist, I do not have a creative bone in my body..... Boo.... Think back to when you were in kindergarten and your teacher placed paint, paper and brushes in front of you. You picked it up and made a mark. That is really what Playdates at the club is all about. I teach abstract and the techniques of just doing you. I don't like cookie cutter art. No one can create the same. We do get better practicing skills, but at first that Inner Critic can step in and say, this really sucks. But, push through that ugly stage as we can always rescue

the art you are not loving. Don't compare yourself to others, they too were beginners. I do work quite quickly. I do this so that you really don't have much time to think about choices and just dive in. This brings you into flow state so much quicker.

Look at all of our art projects at the club as simple experiments. We are lucky to be able to offer such fabulous products and have facilitators who truly love doing what they do.



It is wonderful watching your pages emerge. Within this Flowerfest adventure, we also incorporate some of your own poetry and words. Don't get intimidated, I will offer quotes but your own hand writing makes YOUR journal so uniquely you.



Wendat offers many ways to connect with others through meals on Wednesdays and

Saturdays for \$3.00, Mental Health Programs on Tuesdays starting again Aug 27th, or going out in the community on outings. Our role is to help you bring more joy into your life through Therapeutic Recreation, fine tune your motor skills, boost your mood, get physically more fit, enjoy nature, self expression, and along the way learn a few fun or new ideas. Always stay curious. We are constant learners.



We know...

reaching out takes strength you may not feel like you have. We also know you're braver than you think.

Follow your inner wisdom to create happiness, health & success, Suzanne Heyn

I remember feeling like I was failing at life because I hadn't found my purpose.

I used to feel like I was supposed to be somewhere else, doing something else very important, and worried I'd waste my entire life if I didn't figure it out.

I blamed myself, feeling like I was falling behind, somehow simultaneously unworthy of my dreams while also responsible for some great fate I couldn't find no matter how hard I tried.

Even while working as a journalist, which did briefly feel like a purpose, all my energy funneled into plotting my path to the The New York Times. I thought making it big would make me happy. Every moment was spent working to get somewhere else, never appreciating the here and now.

Oh, the pressure.

By my early 30s, my personal life was peaceful although my career was at a frustrating crossroads. I was happily married, but lived in a place I didn't like without any job opportunities in my field. My husband had a great job. That's why we stayed.

I felt backed into a corner, but it turned out to be the greatest blessing of my life.

One day, I made a choice that changed my life.

Temporarily, I released the need to figure it out. I committed to finding happiness here and now.

I committed to a 30-day gratitude practice, which led to a 40-day yoga practice, which led to unrooting and healing decades of repressed emotional pain that caused me to suffocate the life out of my life.

The choice may seem small, but it triggered a spiritual awakening. The chain of events that followed set my life into an entirely new direction, directly toward my purpose.

Because this is the truth: Finding your purpose, figuring out the thing you are meant to do, is less about thinking and more about aligning with the pure energy of your soul, and moving from that place.

Over the years, I've realized life isn't something to figure out. It's a process of aligning to your unique path and following it wherever it goes.

You have unique gifts and talents, a fate carved into your soul. Exploring your soul's potential requires connecting to your core, expanding fully into the present chapter of your life, which leads you naturally into the next.

There's nothing to figure out, only things to express. Trying to figure things out creates tension, separating you from your soul. Instead, relax into who you really are and move from that place. After all, it is much easier being you than trying to be someone you are not. needed to achieve created space. In that space, the path forward became clear.

Read until the end for a collection of powerful journal prompts for releasing resistance blocking you from soul connection.

Accept the present

Resistance to current life circumstances separates us from our true selves. We tell ourselves the lie that because of where we are or who we are, we can't get where we want to be.

The truth is, you're exactly where you're meant to be. If you were meant to be someplace else, you would be.

As you gratefully accept where you are, you'll see new openings and opportunities where before there were only walls.

How to accept your present: Cultivate gratitude. Every time you find yourself focusing on what's wrong, find something to be grateful for. I don't preach relentless positivity, but if you're in a negative space, jumpstarting your brain in a new direction through gratitude will change things fast.

Journal to understand your fears about letting go.

Purpose is followed not found.

Your purpose is to be who you really are, not only as a creative or in a career, but also to cultivate your natural qualities, ways of being and energetic essence.

The need to figure things out is based in fear. When we're afraid, we don't trust ourselves, our gifts, our instincts, or a higher power.

Yet any moment, we can return to faith. Faith in our paths, our potential, and our inner knowing to guide us along that path.

The moment
you accept
yourself you
become
Beautiful
-osho

Wendat Social Club



Proud Fundraising Partner with Delta Bingo Penetanguishene

August 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>Art Playdates are time to get creative trying out new techniques. Get your mixed media journal \$15.00 and come play along</p>	<p>You can choose your days to attend, you do not need to come to all but are welcome if you wish.. Signing up helps us prepare better.</p>	<p>1 Niagara Falls, 6:30 a.m. to 10:30 p.m.</p> 	<p>2</p> 	<p>3 BLT's & Fries 11 a.m.</p> 
4	5	<p>6</p>  <p>12:45 p.m. – 3pm</p>	<p>7 Shepard's Pie 11 a.m.</p>  <p>Mixed Media Book</p>	<p>8 Come enjoy time with others, catch up days....</p> 	<p>9</p>  <p>12:45 – 3:00 p.m.</p>	<p>10 Toasted Westerns 11 a.m.</p> 
11	12	<p>13</p>  <p>12:45 p.m. – 3pm</p>	<p>14 Tortellini, Bruschetta 11 a.m.</p> <p>Tarot Card Art, Come Create Mixed Media Journals With Darlene</p>	<p>15 Come enjoy time with others, catch up days....</p> 	<p>16</p>  <p>12:45 – 3:00 p.m.</p>	<p>17 Pancakes/Sausages 11 a.m.</p> 
18	19	<p>20</p>  <p>12:45 p.m. – 3pm</p>	<p>21 Stuffed Chicken, Veg, Garden Salad 11 a.m.</p> 	<p>22 Come enjoy time with others, catch up days....</p> 	<p>23</p>  <p>12:45 – 3:00 p.m.</p>	<p>24 Cheese Omelets 11 a.m.</p> 
25	26	<p>27</p>  <p>Budget our Time, our energy. Come socialize, connect, A new learning experience, 12:45 – 3:30 p.m.</p>	<p>28 Pork Chops, Scalloped Potatoes, Vegetable 11 a.m.</p>  <p>Mixed Media Book</p>	<p>29 Come enjoy time with others, catch up days....</p> 	<p>30 9:30 – 3:30 Join Victoria at Bombshell Blooms, lunch at Mariposa, Bring your own dollars. Bouquet \$15.00</p> 	<p>31 Waffles, Fruit Salad 11 a.m.</p> 

Wendat Social Club Hours

Club is OPEN:

Tues/Thurs./Fri 12:45 pm—3:30 pm

Wednesday: 11 am— 3:00 pm

Saturday: 11 am—3pm

Outing hours are posted on calendar

Club is CLOSED:

Sunday & Monday

Come join the fun!

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.



Vans-BP Bullets

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 ~*

Fridays **Watercolour Painting** Gold class and our Tuesday **Mental Health Coping Skills** are pre register only. Call to see if space is available. 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.



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



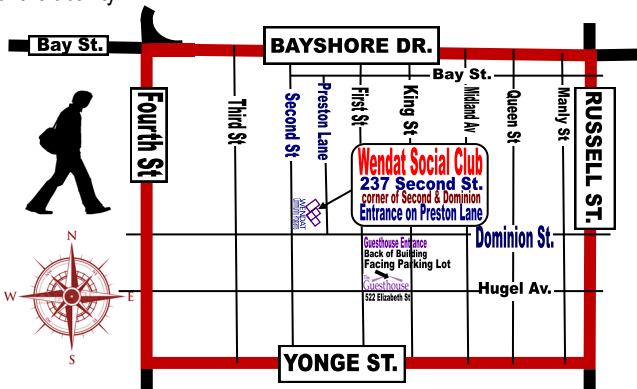
DINNER: Wed's — \$3
you must be signed-up in advance

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 Wednesday and stay for a new, art experience weekly at 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