



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

OCTOBER 2024

Coordinator's Message:

Hello, and here we Go, rolling into Fall,

We have some exciting adventures this month. We ask that you not sign up until you have paid your admission. This really only covers the lunch, an awesome opportunity to get out of town. We will be once again visiting Six Mile Lake on October 3rd for a hike, picnic and bonfire. On Saturday, October 5th, we will be doing a Farm Tour in the Blue Mountains. There are five farms on the circuit. It is doubtful we will see all five, but we'll give it our best shot. This is a full day. Please dress accordingly, proper footwear and layers.

Thanksgiving will be held on Wednesday, October 9th. There is a \$3.00 charge for this. Christmas will be a free event. We will host a fun Bingo after Thanksgiving.

New this month; join Reverends Glen and Darlene Lucas for on the 13th and 27th, yes Sundays for Soup for the Soul. This is a multi faith Sunday Service for the community. After the service, share some soup and social time with the other attendees. Call the club by 9 a.m. if you would like to participate. Glen also works at Wendat at the Case Management/Crisis supervisor.

Wyevale will soon be closing their Ice Cream doors again for the season. You have one more opportunity to come enjoy.

It is wonderful to see more people participating at the club. We will try to incorporate a bowling day in the November calendar.

CREATIVE
PEOPLE ARE
CURIOUS
FLEXIBLE
PERSISTENT &
INDEPENDENT
WITH A
TREMENDOUS
SPIRIT OF
ADVENTURE
AND LOVE OF PLAY



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



Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~

JESSICA ,submitted by Allison K.

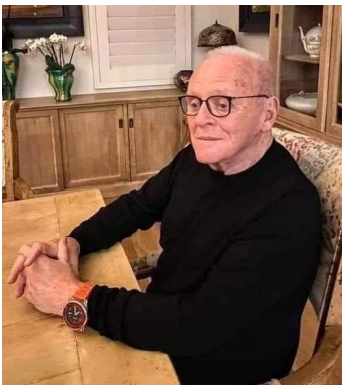
Jessica can be curious
 She's a Sunflower, glorious
 Petite, posey, and studious
 Her innocent fearless wild play
 She is motivated all day
 Pretty and posh, in her own ways

Jessica's queen on the dance floor
 She won the race by keeping score
 Popular and fun, you want more
 Her thrilling times she always shares
 She voices encouraging care
 Attentive and sweet, being there

Jessica with her winning smile
 She has you around her awhile
 Hair falls in place, much more in style
 Her brilliant eyes are twinkling
 She is very energizing
 Cute and quick, with lots of laughing

Jessica dishes meals she cooked
 She's a creator of good looks
 Glasses rest on pert nose in books
 Her family, friends and pets see her
 She is gentle like a feather
 Is kept inside our hearts forever

Allison K.



Let go of people who are not ready to love you.

This is the hardest thing you'll ever have to do in your life and it will also be the most important thing.

Stop having difficult conversations with people who don't want to change.

Stop showing up for people who are not interested in your presence.

I know your instinct is to do everything possible to gain the appreciation of those around you, but it's an impulse that steals your time, energy, mental and physical health.

When you start fighting for a life with joy, interest and commitment, not everyone will be ready to follow you to that place.

It doesn't mean you have to change who you are, it means you have to let go of people who aren't ready to be with you.

If you are excluded, insulted, forgotten or ignored by the people you give your time to, you are not doing yourself a favor by continuing to offer them your energy and your life.

Truth is you ain't for everybody and everybody ain't for you.

This is what makes it so special when you find people you have friendship with or mutual love.

You will know how precious it is because you have experienced what is not.

There are billions of people on this planet and many of them you will find at your level of interest and commitment.

Maybe if you stop showing up, they won't look for you.

Maybe if you stop trying, the relationship ends.

Maybe if you stop texting, your phone will stay dark for weeks.

That doesn't mean you ruined the relationship, it means the only thing sustaining it was the energy you only gave to keep it.

That's not love, that's attachment.

It's giving a chance to those who don't deserve it!

The most valuable thing you have in your life is your time and energy, as both are limited.

The people and things you give your time and energy to, will define your existence.

When you realize this you start to understand why you are so anxious when you spend time with people, activities or spaces that don't suit you and shouldn't be near you.

You will start to realize that the most important thing you can do for yourself and everyone around you is to protect your energy more fiercely than anything else.

Make your life a safe haven, where only people "compatible" with you are allowed.

You are not responsible for saving anyone.

You are not responsible for convincing them to do better.

It's not your job to exist for people and give them your life!

You deserve real friendships, true commitments and a complete love with healthy and prosperous people.

Decision to distance yourself from toxic people, will give you the love, esteem, happiness and protection you deserve.

We have control over how we THINK!

Something about the crisp air and colorful leaves of fall inspires a sense of creativity and reflection. I love the early mornings, the beautiful light, the chilliness, and the sweet smell of the autumn air. And with this new season approaching, I wanted to take a moment to share some thoughts about change and growth.

Life is constantly changing and evolving, just like the seasons. Sometimes, it can be overwhelming or even scary when we feel we have no control over what's happening. But here's the thing: We may not control external circumstances, but we do control how we react and adapt to them.

We have control over how we THINK!

There are no two ways about it: Our Thoughts—our mindset—shape our reality, it's the lens through which we interpret the world.

"We are what we focus on." When we focus on positivity, we open ourselves to a world of opportunities and growth. When we pay attention to negative and limiting thoughts,

we trap ourselves in a cycle of self-doubt and fear. **"All that we are is a result of what we have thought,"** said the Buddha.

Train yourself to focus on thoughts that empower you rather than those that keep you small. And let me tell you, it's like magic! It can be so confusing to believe one negative thought but not another, as if some are true and we should listen to them!

As soon as a negative thought pops into your mind (as they will, thousands of times a day if you let them!), choose to divert your focus to a positive thought instead. It takes practice (and a handy list of positive things to focus on helps), but the more you do it, the easier it becomes.

Before you know it, your mindset shifts from one of limitation to one with ONLY possibility.

I'm constantly amazed at how much this simple shift in thinking has affected every aspect of my life - from relationships to my sense of well-being and happiness, from work to personal growth. It's not about ignoring reality or pretending everything is perfect; it's about choosing to see things in a way that serves us and empowers us to live in the reality we dream about.

So, next time you feel overwhelmed or stuck, remember that you have control over how you think and perceive the world around you.

With curiosity and courage, choose thoughts that empower you and open yourself up to the endless possibilities that await.

A gentle reminder of energy givers:

- sunlight.
- movement.
- laughter.
- gratitude.
- meditation.
- nature.
- self-care.
- hydration.
- journaling.
- nourishing foods.
- creativity.
- boundaries.
- sleep.
- connection.

@helenmarie

"Enjoy what you can and ignore the rest. Let's not waste any energy fighting things that are outside our control."

Paulo Coelho

strikemecalm.com

Choose what helps you
B L O O M

What a beautiful day out at Laura's Farm Stand in Cookstown.

Zinnia's for Acres



DREAM
WEAVER



Up, Up, and Away in my
Beautiful Balloon

Wendat Social Club



Proud Fundraising Partner with Delta Bingo Penetanguishene

October 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----------|---|---|--|---|--|
| | | 1 WELLBEING Balance and Gratitude Social Connections 1-3 | 2 Lasagna/Garlic Bread MCC quest gallery tour after lunch, Kate Honey  Prepare Picnic lunch 11 – 2:30 | 3 6 Mile Lake outing 10 a.m. Picnic lunch, hike, bonfire...  | 4  ART PLAYDATES, 1 – 3 p.m. Mixed Media, Watercolour or Acrylics, Bring your Mixed Media Journals. We can provide one for a 50% discount. | 5 It's a Farmer's Life For me, Join us in the Blue Mountains for a Farm Tour. \$5.00 9 – 3:30/4 |
| 6 | 7 | 8 WELLBEING Balance and Gratitude Social Connections 1-3 | 9 Happy Thanksgiving Dinner BINGO  11 – 2:30 | 10 FRAME YOUR FAVOURITE PICTURE SEWING PIECE, Catch up day, Come socialize 1-3 | 11 ORACLE CARD ART INSPIRATION, Come create ART PLAYDATES, 1 – 3 p.m. | 12 French Toast, Scrambled Eggs  The last Ice Cream Outing, who is in? 11 – 2:30 |
| 13 Soup for the Soul Join Glen and Darlene Lucas, Multifaith Service followed by Soup and community connections 10:30 -12:30 | 14 | 15 WELLBEING Balance and Gratitude Social Connections 1-3 | 16 Egg Plant Parmesan  Magazine Collage, inspirations from Kate Honey 11 – 2:30 | 17 COLOURS and Light Stretching With Rose... Come learn more about your unique personality. 1-3 | 18  ART PLAYDATES, 1 – 3 p.m. Mixed Media, Watercolour or Acrylics, Bring your Mixed Media Journals. We can provide one for a 50% discount | 19 BLT Bagels Join us at the caring closet, come pick up some warm clothes, coffee out. 11 – 2:30 p.m.  |
| 20 | 21 | 22 WELLBEING Balance and Gratitude Social Connections 1-3 | 23 Card Making  Beef Stir Fry 11 – 2:30 p.m. | 24 Beach Walk with Nancy and Rose 1-3  | 25 HALLOWEEN MIXED MEDIA PAGES ART PLAYDATES, 1 – 3 p.m. | 26 Tortellini Soup/Crackers Local stroll, get outside, 11 – 2:30 |
| 27 Soup for the Soul Join Glen and Darlene Lucas, Multifaith Service followed by Soup and community connections 10:30 -12:30 | 28 | 29 WELLBEING Balance and Gratitude Social Connections 1-3 | 30 Mixed Media Journal  Pasta Al Forno with Garlic Bread and Salad 10-230 | 31 Come learn a few Slow Stitch techniques, Catch up day with Nancy... 1-3 | Instead of sitting home on Sunday, join us for fellowship at Soup for the Soul Service with Reverends Glen and Darlene Lucas, call by 9 a.m. if you would like a ride, otherwise we open at 10:30 a.m. | |

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 open this month for

Soup for the Soul, Sunday,

October 13th and 27th.

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 may be closed due to the weather conditions.



Vans-BP Bullets

Please observe our **CODE OF CONDUCT** while attending.

-Thank you-



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** or **VAPING** ANYWHERE ON WENDAT PROPERTY



Hours do change if the club is on an outing in the Community. We usually do 1—2 outings each month.



If you'd like to order a Good Food Box, see one of the staff. It is \$20.00 and delivered to the club for you to pick up, a big help with budgeting your groceries.



www.homegrownhospitality.typepad.com



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.

