



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

SEPTEMBER 2024

Coordinator's Message:

This month we are running with a Full Crew... all but the coordinator, she is off on holidays returning at month's end. Hold the fort....

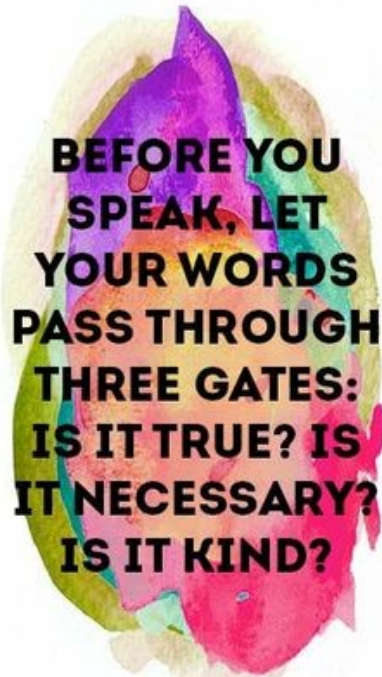
Janice is resuming her Tuesdays, with Wellbeing Connections. Nancy is back on Thursdays with Slow Stitch and catch up days. Playdates and Victoria's Visuals will be hosted by Victoria accompanied by Paulette.

Rose will be here to take you on a few outings including the Collingwood Apple Farm that you loved last year.

Welcome aboard Franco, our new cook. We hope to see Hannah back in October. Paul and Lallie are doing a fabulous job at fitting in and are loving their new roles. Thank you J.P. and Jon for keeping our club so clean. Randy is our go to, ever so polite driver, and Mr. Bun Run man. He has done a few Saturdays as well.

It is never to late to sign up for anything. All programs always accept new people. You just jump in and start anytime you wish. Come when you please.

Darlene is working on our annual day to Six Mile Lake, our make believe camping day. If you have any ideas you want incorporated into the program, let us know. We will try our best as long as it is budget friendly and not as long as Niagara Falls. We did have a blast on a very hot day.



WACHABUY.COM

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



Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~

Join Janice on Tuesdays to learn more about connecting, sharing and your wellbeing.

- Where can you get out to today for some fresh air and sunshine?
- Stay in the present, not the past, not the future, one day at a time.
- Everyone has ups and downs, like the seasons, we don't love them all.
- How do you nourish your mind?, your Soul?, Your Body? Feed them well.

MENTAL HEALTH REMINDERS

- You are enough as you are.
- Focus on what you can control.
- Your emotions do not define you.
- Get outside for fresh air and sunshine.
- Be where your feet are, not where the mind is.
- Growth is not a linear process, and that's okay.
- What is personal is universal, and you are not alone.
- You have got through 100% of your hardest moments.
- Focus on the moment you're in, not the moments to come.
- Do something to nourish your mind, body, and soul each day.
- You are the most important relationship you have. Be kind to yourself.
- Emotions are neither good nor bad; they are merely sources of information.
- The judgments, stories, and worries of the mind are judgments, stories, and worries of the mind; they are not you. *You* are the one who is listening.

Just get out, close to home or further away will make a difference in your day.



Last month some of the Wendat club members make a short trek north to Lake Roseau. It is such a pretty little town, but super busy on a Friday. We visited the Farmer's Market, listened to a little music, checked out the old fashioned General Store and had a tailgate lunch.



Up next, we visited Bala, we enjoy going here once a year. It is has such a vacation feel to it.

The Retro Ice Cream shoppe is fabulous as are the Falls, a beautiful walk overlooking the waters.

Make a habit of trying new things.



See any detour as an opportunity to experience new things.
H. Jackson Brown, Jr.
BrainyQuote

LOST IN THE BEAUTY OF NIAGARA

What started out as a simple question on the floor, “who has not every been to Niagara Falls?” turned into an amazing full day adventure. Yes, the drivers were tired upon return. We began this expedition at 6 a.m. that morning stalking the coolers with lunch. By 6:50 a.m., we were on the road, all picked up and ready to christen our new Ford Transit. Members were delighted to be riding in a van you could actually stand up in.

Our first stop was the Butterfly Conservatory for lunch after two pitstops on the way. We had prepared wraps in advance and cautioned everyone to stay well hydrated as it was 35 degrees celcius. Hot, hot, hot. Now we need to go into an even hotter place to witness the beauty and abundance of many butterflies fluttering around. The Blue one truly catches your eye.

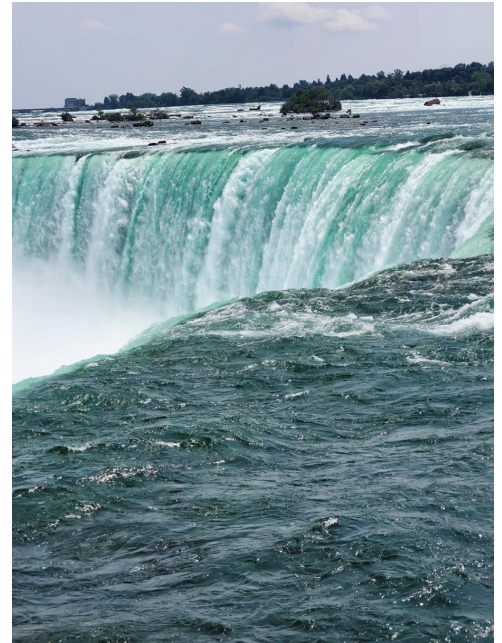
Secondly, we headed for the Falls. Steve, Andre and Desmond had never been, but the beauty does not get old as abundant water plunges. We all agreed that the Canadian Falls were much prettier. Some were amazed that the United States were just.....there, that is them ...

Next we headed to the strip on Clifton hill. Parking was not that easily found. We opted to grab two ten dollar day spots rather than drive around looking for the parking lot that we feel never existed. There was a lot of walking involved in this trip but we had fearless leaders and constant troopers.

It was nice to be in air conditioned buildings for a change. We hit Ripley's Believe it or not and the Selfie museums. Lot of laughter Was heard taking Selfies. Many photos are on display at the club.

We saved the wax museum for last. My fav's were Michael Jackson and Jimmy Fallon, although John Lennon and Yoko Ono were well done too. By this time we were dragging along. The vans picked us up quickly and we made our way to the Flying Saucer Restaurant. A fifteen minute wait in the scorching heat and we were li sitting on a chair and not moving, Phew... Many heads were Drooping by this time. We had many thirsty members. The portions were super big. With bellies full, we headed home arriving back in in Midland at 11:30 p.m., everyone dropped off and staff home,

Thanks for a wonderful day, *Victoria and Darlene*





Chauffeurs, Victoria & Darlene
The Walking Crew, Ben, Steve and JP

Keeping it classy with a 50's Diner Vibe
Catherine, Victoria, Andre, Joanne & Terry



Swallowed up at Ripley's Believe it or Not!
Life is just a reflection of what we allow
ourselves to see. Choose Joy....

What's another word for.....?

PROBLEM FOCUSED

SOLUTION FOCUSED



bossy



natural leader, manager and director

defiant



holds strong beliefs, bold, determined

demanding



knows what they want, outspoken

dramatic



expressive, passionate

fearful



cautious, careful, protective

fussy



has strong preferences

hyperactive



energetic, enthusiastic, on the go

impulsive



spontaneous, instinctive

inflexible



prefers order and predictability

oppositional



advocates for a different perspective

stubborn



persistent, tenacious, steadfast

talkative



enjoys communicating, articulate

tattletale



seeks justice, respects rules

unfocused



multitasks, pays attention to many things

just wants attention



seeks connection

Wendat Social Club



Proud Fundraising Partner with Delta Bingo Penetanguishene

September 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	<p>3</p> <p>Budget our Time, our energy. Come socialize, connect, A new learning experience, 12:45 – 3:30 p.m.</p> 	<p>4</p> <p>Pasta a la Bolognese</p>  <p>Working with Masking Fluid</p>	<p>5</p> <p>12:45</p>  <p>Quarter LRC Slow stitch</p>	<p>6</p>  <p>Envelope Window Art Page 12:45 p.m.</p>	<p>7</p> <p>Peameal Bacon on a Bun</p>  <p>Out for Ice Cream 11 a.m.</p>
8	9	<p>10</p> <p>Budget our Time, our energy. Come socialize, connect, A new learning experience, 12:45 – 3:30 p.m.</p> 	<p>11</p> <p>Chicken Mixed Veggies Crepe paper flowers for your Flowerfest Journals</p>  <p>11 a.m.</p>	<p>12</p>  <p>12:45 – 3 p.m. Local Hike....</p>	<p>13</p> <p>12:45 p.m.</p>  <p>Fodder, come play with watercolours creating a stash</p>	<p>14</p> <p>9-3:30 Apple Farm</p> 
15	16	<p>17</p> <p>Budget our Time, our energy. Come socialize, connect, A new learning experience, 12:45 – 3:30 p.m.</p> 	<p>18</p> <p>Chile Con Carne/ Garlic Bread 11 a.m.</p>  <p>Victoria's Visuals</p>	<p>19</p> <p>12:45</p>  <p>Quarter Left Right Centre Slow Stitch</p>	<p>20</p>  <p>12: 45 p.m.</p>	<p>21</p> <p>Little Lake Picnic 11 -2</p> 
22	23	<p>24</p> <p>Budget our Time, our energy. Come socialize, connect, A new learning experience, 12:45 – 3:30 p.m.</p> 	<p>25</p> <p>Chicken Wings Rice Dish 11 a.m.</p>  <p>Victoria's Visuals</p>	<p>26</p> <p>Rosemount Road Hike</p>  <p>12:45 – 3 p.m.</p>	<p>27</p>  <p>12:45 p.m.</p>	<p>28</p>  <p>Scrambled Eggs and Toast 11 a.m.</p>
29	30					

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!



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 ~*

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.



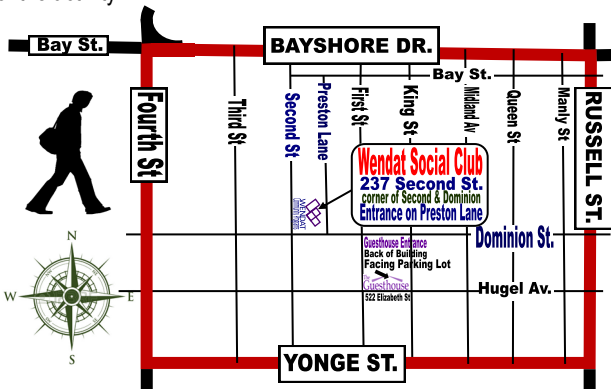
DINNER: Wed's — \$3
you must be signed-up in advance

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