



# 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

NOVEMBER 2024

Sitting on the dock of the lake watching the sky roll away, wasting time....

An enjoyable day at Six Mile Lake, Proud of you for hiking.



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



## Coordinator's Message:

Wow, it is almost the end of the year already. Thank you for attending the Thanksgiving Dinner. Franco didn't realize the hours he needed to do to prepare the fabulous meal. It was lovely to see and hear the joy in the room.

You can now sign up for the Christmas Dinner to be held on Wednesday, December 18th. We will follow it with a Christmas Bingo.

Just a reminder that Fridays is a focused art group that is meant to be therapeutic, technique based. It is a quiet, serene environment. All the facilitators spend time planning their activities for you to enjoy. Be respectful and appreciative.

The coordinator will be hosting a Full Art Retreat day at Wendat again on December 13th from 10—3 p.m. There is a \$5.00 fee to attend as we need to purchase supplies and will provide a Chile lunch. This is a mixed media board canvas activity. It will be a fun relaxing day broken into five components. It is an extension to your creative journey, come dive in, explore and approach new ideas with curiosity. Enjoy the process, leave that inner critic at home. There is no right or wrong way, it is simply an experiment.

We will return this year to A Festival of Lights on December 19th, an evening activity. Bring along money for a coffee or hot chocolate.

For those of you who did not get to attend the Caring Closet in October, we will be visiting the Elmvale Community Closet in December, followed by the Georgian Bay Mall outing on the same day, Saturday, December 7th.

Transportation is provided for the Soup for the Soul Sunday Services with Rev. Glen and Darlene Lucas. Ext.228

We are working at stocking the fridge back up with some Winter take home meals for \$3.00. You will soon find a hardy Turkey Pasta soup in the freezer.

All meals this month were chosen by our members. Enjoy.....

What you think, you *become*.  
What you feel, you *attract*.  
What you imagine, you *create*.



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

As a society that spends increasingly less time outdoors, it's not surprising that many of us experience nature deficit disorder. It's unfortunate that we don't get outside more often because being surrounded by nature has all kinds of health-boosting benefits.

Here are seven science-backed health reasons to get outside right now:

#### 1. Increases physical activity

We move more when we're outdoors. We take more steps and explore our surroundings. In fact, Statistics Canada reports that every hour spent outdoors is associated with seven more minutes of heart-pumping physical activity, taking 762 more steps and spending 13 fewer minutes being sedentary.

#### 2. Lowers blood pressure

Studies from the Center for Environment, Health and Field Sciences found that in comparison to city environments, getting a 30-minute dose of nature can lower your pulse and blood pressure.

#### 3. Provides access to improved air quality

Air quality indoors is often worse than outdoors. In fact, spending large amounts of time indoors increases exposure to infectious diseases and common allergens (like pet dander and dust), and may even lead to the development of chronic respiratory conditions.

#### 4. Harnesses improved social interaction

Being outdoors enhances our desire to seek and enhance social connections. Improved social interactions help fend off excessive feelings of loneliness while boosting mental wellness more generally.

#### 5. Boosts moods

Forests and natural environments are considered therapeutic landscapes and have demonstrated many positive psychological effects. In fact, a recent study published in Public Health found that exposure to forests and trees led to increased liveliness, and calm, a time to breathe and let go.



Art of Flow Workshop  
Dec. 13th 10—3p.m.

"You were given life;  
it is your duty (and  
also your entitlement  
as a human being) to  
find something  
beautiful within life,  
no matter how slight."

Elizabeth Gilbert  
EST. 2014 | YALOWINE

#### 6. Benefits immunity

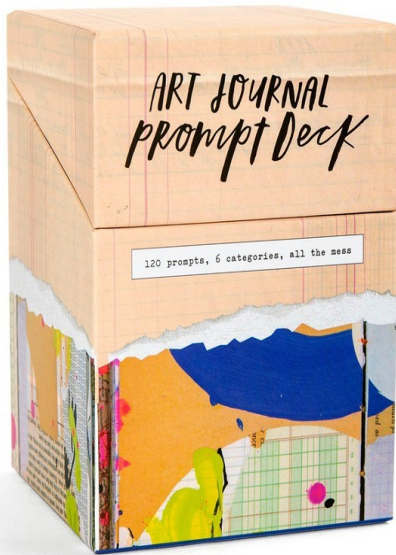
Breathing in the wilderness tonic of essential oils from the trees, leaves and soil (aka phytoncides) helps improve immune system function. A study in Japan found that individuals showed significant increases in NK cell activity (i.e., cells that fight infections and aid in cancer prevention) in the week after a forest visit, and these positive effects lasted a month following each visit to the woods.

#### 7. Decreases levels of stress and anxiety

Increased exposure to the outdoors, including forested environments, has been shown to decrease levels of the stress hormone cortisol. Being in nature can have a profound positive impact on a person's sympathetic (i.e., fight-or-flight) and parasympathetic (rest-and-digest) nervous systems. Essentially, people feel less stressed and more rested. Interestingly, some doctors are even prescribing walking outdoors as part of their patients' treatment plans for managing stress and anxiety.

dear self:  
when you start  
taking care of  
yourself, you start  
feeling better. You  
start looking  
better. You start to  
attract better. It  
all starts within  
you.

Opinion is really the  
lowest form of human  
knowledge. It requires  
no accountability, no  
understanding.  
The highest form of  
knowledge is Empathy,  
for it requires us to  
suspend our egos and  
live in another's world.  
~ Bill Bullard



**How to use the prompt deck: Prompts are not rules. They're a starting point, a catalyst. Take what you need from them. Prompts are a call to action. Use these cards as a spark. They are here to give you something to journal about when your mind is blank, push your art to the next level and express deeper meaning in your work, challenge you to explore new techniques, and to break you out of your creative rut. You can pair prompt cards together, start your page with a prompt, pull at random in the middle of the deck, and use the artwork to spark something too.**

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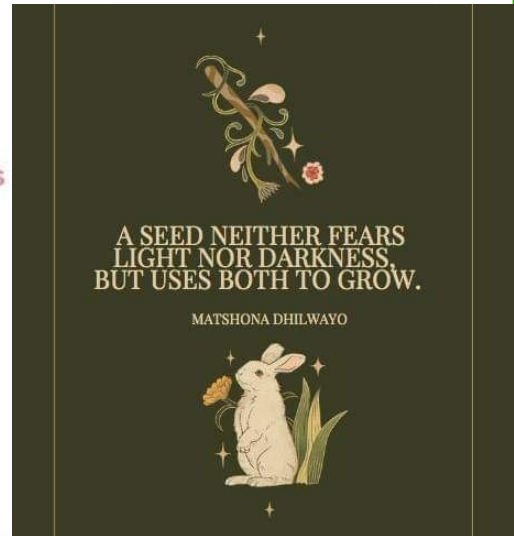
A

fun

**getaway day to the Blue Mountain neck of the woods. We visited an Icelandic sheep farm, a dairy farm and an apple orchard on a gorgeous day.**



Dr M | @thepsychologistandme



## Gentle questions to ask yourself on hard days:

- What's making today so challenging?
- What sensations do I notice in my body?
- What emotions do I feel?
- What story are these emotions telling me?
- What actions are they telling me to safely take?
- What words of kindness can I offer myself?
- What tools do I have access to that bring me back to connection with myself?
- When have I felt this before?
- What helped then? Can I try that now?
- Who can I reach out to?
- What's one small thing I can give myself in this moment that will bring some ease?

@h.e.l.e.n.m.a.r.i.e

Letting feelings have a voice and be heard      Examining your beliefs, values and habits      Addressing unhealed past pain and trauma

### "Doing the work" looks like

Noticing unhelpful behaviours and defenses which no longer serve you      Creating and setting clear boundaries      Paying attention to what energises, drains and inspires you



# November 2024



Proud Fundraising Partner with  
Delta Bingo Penetanguishene

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> WANDERLUST ART LESSON  1245-3	<b>2</b> 11 – 2 p.m. 
<b>3</b>	<b>4</b>	<b>5</b>  Friendships & Wellbeing 12:45 – 3 p.m.	<b>6</b> <b>TACO BAKE</b> The dark side of me.. reverse colouring.  11 – 2 p.m.	<b>7</b> 1–3 p.m. <b>Easy Geometric Embroidery</b>  	<b>8</b> ART JOURNAL PROMPTS (Mixed Media)  Crazy 8's	<b>9</b> 11 – 2 P.M. <b>Pancakes/Sausages</b>  Crazy 8's
<b>10</b> SOUP for the SOUL SERVICE 10:30 a.m. – 12:30 p.m.	<b>11</b> 	<b>12</b>  Friendships & Wellbeing 12:45 – 3 p.m.	<b>13</b> <b>Pork Chops, Scalloped Potatoes, Veggies</b> GUEST COLLAGE ARTIST, Susan Field <b>FOREST SCENE COLLAGE</b> 11 – 2 p.m.	<b>14</b> <b>Bayshore Lanes 1 - 3 p.m.</b> 	<b>15</b> <b>ART JOURNAL COLLAGE</b> (Mixed Media) Collage is a staple for so many art journalers because it allows us to indulge in our magpie-ness. We get to put those papers collected over time and put them in the journal.	<b>16</b> 11 – 2 P.M.  Grilled Cheese/Soup <b>BINGO</b>
<b>17</b>	<b>18</b>	<b>19</b>  Friendships & Wellbeing 12:45 – 3 p.m.	<b>20</b> Meatloaf, Mashed, Veggies  Autumn landscapes Mixed Media 11 – 2 p.m.	<b>21</b> 1 – 3 p.m. <b>Shadow Work Embroidery</b>  	<b>22</b> WATER COLOUR Sketching...	<b>23</b> 11 – 2:30 P.M. <b>OMELETTES, Mushroom/ Cheese</b> <b>SALVATION ARMY AWENDA PARK DRIVE, SHORT WALK</b> 
<b>24</b> SOUP for the SOUL SERVICE 10:30 a.m. – 12:30 p.m.	<b>25</b> NVCi Darlene Randy Janice	<b>26</b> Friendships & Wellbeing 12:45 – 3 p.m. 	<b>27</b> Lazy Cabbage Casserole 11 – 2 p.m.  Bring your Art Journal	<b>28</b> 1-3 p.m.  	<b>29</b> 1-330 pm <b>WYE MARSH OUTING</b> 	<b>30</b> Bacon/Potato/Egg Casserole 11- 2 p.m.  KARAOKE

# 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 & S oup  
 10:30—12:30, call for a ride before 9 a.m.

## Transportation

For a ride to the club, call 705-526-1305 Ext. 228, 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 (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

### 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, Drop in, hikes, and planned activities on Thursdays. 12:45



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.



Join us Twice a month for a wonderful nature hike. Please check our calendar for dates / times and the locations.

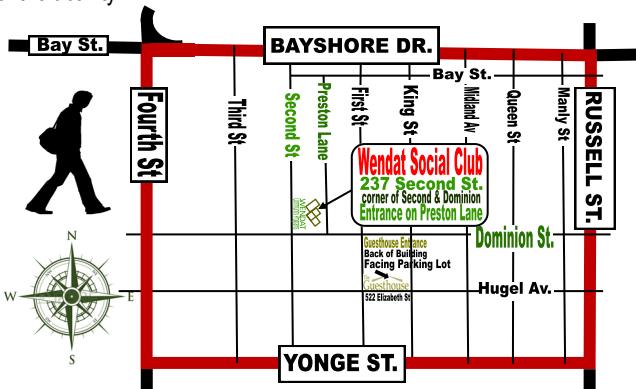


**DINNER: Wed's — \$3**  
 you must be signed-up in advance  
**LUNCH: Sat's — \$3**  
 no sign-up necessary

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

### TRANSPORTATION

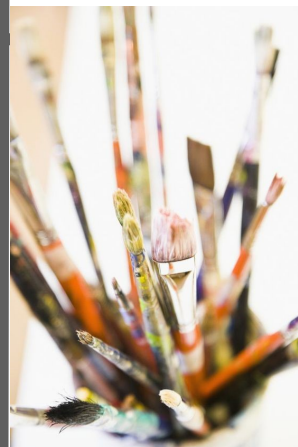
- Members who live within the map's parameters, must walk to Wendat.
- A ride home is available if you stay for all the planned activities of the day.
- If you live outside this area, call Ext 228 for pickup by 10am, on the day of the activity.



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