



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

JANUARY 2025

Coordinator's Message:

THE LESSON IN EVERYTHING

Anything that annoys you is teaching you patience. Anyone who abandons you is teaching you how to reclaim your autonomy. Anything that angers you is teaching you forgiveness and compassion. Anything you judge is teaching you acceptance. Anything that has power over you is teaching you how to take your power back. Anything you hate is teaching you unconditional love. Anything you fear is teaching you courage to overcome your inhibitions. Anything you can't control is teaching you how to let go. Anything you encounter in life is teaching you a lesson of personal mastery.



Don't leave anything for later.
Later, the coffee gets cold.
Later, you lose interest.
Later, the day turns into night.
Later, people grow up.
Later, people grow old.
Later, life goes by.
Later, you regret not doing something...
When you had the chance.

Life is a fleeting dance, a delicate balance of moments that unfold before us, never to return in quite the same way again.

Regret is a bitter pill to swallow, a weight that bears down upon the soul with the burden of missed chances and unspoken words.

So, let us not leave anything for later. Let us seize the moments as they come, with hearts open and arms outstretched to embrace the possibilities that lie before us. For in the end, it is not the things we did that we regret, but the things we left undone, the words left unspoken, the dreams left unfulfilled.

~ from 'Before the Coffee Gets Cold'
a novel by Toshikazu Kawaguchi

~ Art by Inge Löök



Lets make 2025, your best year yet.

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



Always Re-Creating
DARLENE FORGET
~CLUB COORDINATOR~

In a culture obsessed with productivity and success, “wintering” is a radical call to rest, reflect, and restore—an antidote to burnout and a deep exhale for the soul.

We gently invite you into a world where life’s cold, harsh seasons—those periods of isolation, illness, heartbreak, or loss—are no longer something to fear, but something to embrace.

The book “Wintering” by Katherine May: is a great book for the Winter Season.

Here are eight takeaways from “Wintering”.

1. Embrace Life’s Cycles: Just like nature has its seasons, so does life.

There are times for growth and productivity , but also times for quiet retreat.

Instead of resisting these cycles, embrace them as necessary for long-term well-being.

2. Rest as a Form of Healing

Wintering teaches that rest is not a luxury but a necessity.

During difficult times, it’s okay—and essential—to step back, slow down, and allow space for healing without guilt of feeling unproductive.

3. The Power of Retreat

Sometimes, retreating from the world is the bravest thing you can do.

In moments of emotional or physical exhaustion, stepping away from obligations and expectations allows you to gather strength for the journey ahead.

4. Resilience Through Reflection

Instead of pushing through pain or ignoring it, reflect on it.

Understanding your pain or crisis can help you emerge stronger.

Wintering encourages self-awareness and introspection as tools of resilience.

5. The Importance of Community:

Even in times of isolation, community matters.

Sharing your wintering experiences with trusted loved ones can be a life-line, helping you feel less alone during tough times.

6. Nature as a Teacher: Nature’s cycles—winter, spring, summer, fall—are reminders that nothing last forever, including pain.

By attuning ourselves to these rhythms, we can better navigate life’s ebbs and flows with grace and patience.

7. Redefining Success: Success doesn’t always mean constant achievement or productivity.

Sometimes success is simply surviving, healing, and emerging from a tough season intact.

Wintering challenges the societal definition of success.

8. Radical Self—Compassion: Wintering is a call to treat ourselves with kindness during times of hardship.

Instead of berating ourselves for being “weak” or “unproductive,” we must learn to give ourselves permission to rest and be gentle with our inner world.

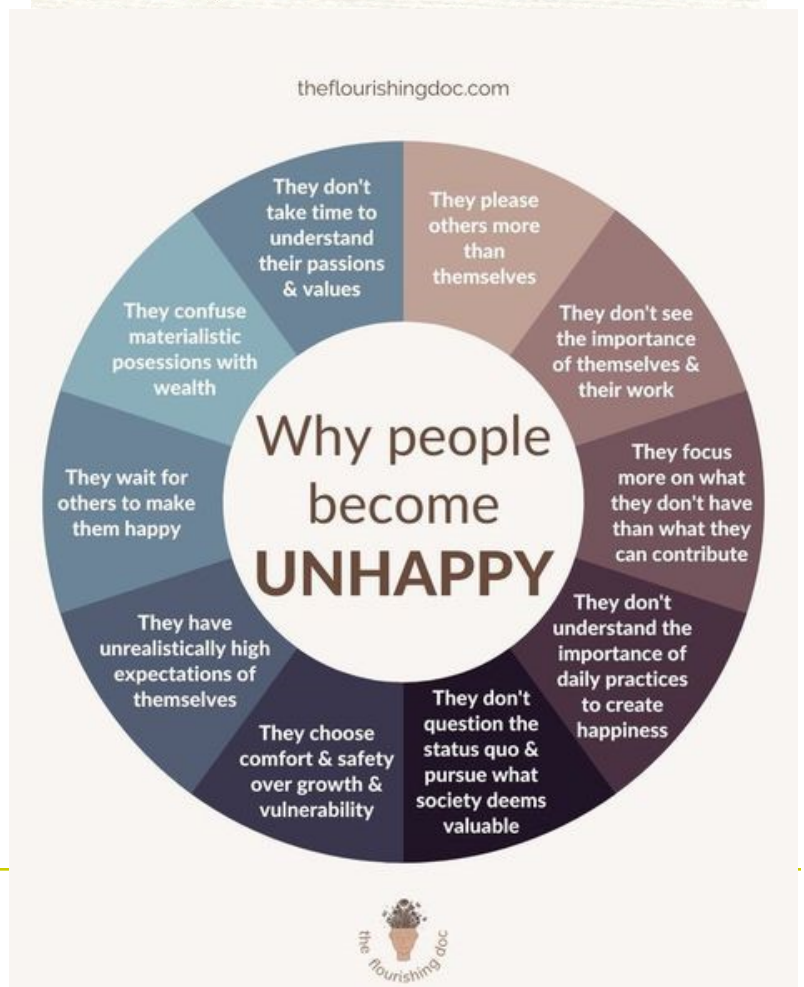
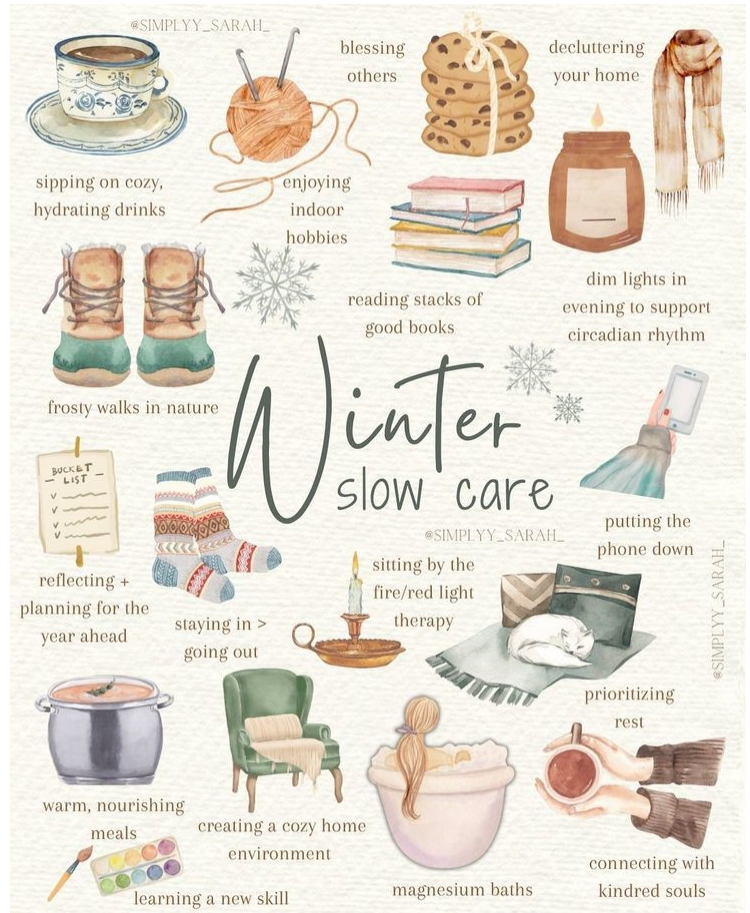
“Wintering” is a reminder that winter, both literal and metaphorical, is not a time of death but a time of deep preparation for what’s to come.

Throughout this Winter practice going through life’s winter with grace, patience, and the knowledge that spring will eventually return.



May you Never be Perfect, but Always Be Kind Stephen Warren, Quincy

To the me that once was, and the me that will be,
 May this letter remind you to pause and to breathe,
 May you silence the noise and the voices inside,
 May you never be perfect, but always be kind.
 May only some of your wishes ever come true
 Like the ones that will bless not just benefit you
 To each door with your name may you never be blind
 May you never be perfect, but always be kind.
 May the words meant to bleed never cause you to fall
 May your soles and your soul never wear down at all.
 May you sleep ever deep then rise always on time.
 May wherever you go, the moon guide you and shine.
 May you look to your past with soft empathy
 May you live in the present ever patiently
 May you strive for your future so excitedly
 May your heart ever find sweet Serenity
 May your time be so full that regret cannot find
 Even one ounce of worry or doubt in your mind.
 To your truest of selves may you be so aligned.
 May you truly achieve all your dreams all combined.
 There are so many blessings I wish I could give
 But they echo the same that I wish you to live.
 And no matter what comes, do your best.
 You'll be fine.
 May you never be perfect, but always be kind.
 Be Safe Out There.....



Rest Redefined, the 7 types of Rest

Susan Dalton-Smith M.D.

Imagine a culture where all individuals could operate at their best without constantly running on empty. That vision of well-being and vitality is possible, but only when we recognize the true power of rest. Proper rest is not just about stopping or cessation. It brings restoration in seven key areas of life, each contributing to our capacity for resilience, focus, creativity, and joy. Real rest pours back into our places of depletion and corrects our rest deficits. So instead of saying, "I'm so tired," start answering the question "What type of fatigue am I experiencing?" Let's take a look at each type of rest in detail, starting with one that's often assumed to be the only type we need.

1. Physical Rest: More than Just Sleep Physical rest is the most obvious form of rest, yet it goes deeper than simply getting a good night's sleep. There are two primary forms of physical rest: passive and active. Passive physical rest includes sleep and napping—vital for cellular repair and rejuvenation. Active physical rest includes restorative practices like yoga, stretching, and massage therapy. These activities support the body by improving circulation, flexibility, and muscle recovery, leaving us feeling physically refreshed.

Our bodies require both passive and active forms of rest. Incorporating gentle physical activities into your day helps address tension and fatigue in ways that sleep alone cannot. The ergonomics of your work area are also a part of accessing physical rest deficits. Do you experience neck or back pain after sitting at your desk for long periods of time? Are your legs swollen at the end of the day? Pay attention to how your body responds throughout the day to different situations to counter the effects of poor circulation and a sedentary lifestyle.

2. Mental Rest: Quiet Your Overactive Mind Have you ever worked with someone who seems clueless, battles forgetfulness and irritability? Such a person may be in desperate need of mental rest. That same person may find they struggle with overthinking and decision fatigue. Mental rest involves allowing space in your day to let your mind slow down. By clearing the mental clutter, you give your mind a chance to concentrate and refocus. Multitasking worsens mental rest deficits and can lead to increased errors in your work. Rather than downing another cup of coffee, taking a moment for a meditative or mindfulness practice may be the very thing needed to improve your mental clarity.

Mental rest is for those who lie down at night, only to find their mind racing with unresolved thoughts from the day. Practicing flow-break cycles can help alleviate brain fog. Try scheduling five-minute breaks every two hours, jotting down thoughts in a notepad before bed, or doing an evening wind-down routine to calm the mind. These practices reduce cognitive overload and support mental clarity. They also prepare your mind for deeper, more restorative sleep. Sleep and rest are not the same thing, but getting rest in the different areas can improve the quality of your sleep.

3. Sensory Rest: Downgrade the Overstimulation In today's hyper-connected world, sensory overstimulation is often unavoidable. Whether it's the bright screens of our devices, the background noise of a bustling office, or the endless notifications vying for our attention, our senses are constantly under assault. This type of overload can exhaust our nervous systems, leading to psychological responses such as irritability, agitation, and even anger. Evaluate the sensory inputs in your environment and your natural response to stimulation. Those with ADD, ADHD, or neurodivergent classifications, or who consider themselves to be a highly sensitive person, will be more prone to sensory rest deficits. Sensory rest helps us step back from this overstimulation. Consider closing your eyes for a minute midday, donning a pair of noise cancellation earbuds to combat the noise in your environment or in your own head.

You could dim the lights, choose quieter environments when possible, or take deliberate breaks from screen time. Sensory rest empowers us to find peace and focus amid today's overwhelming sensory landscape, allowing our bodies to reset.

4. Creative Rest: Find Inspiration and Wonder For those who solve problems or create regularly—or those who think way too much,—creative rest is essential. Creative rest invites us to reconnect with awe and wonder, which is foundational to innovative thinking. Think of the last time you were mesmerized by a stunning landscape or moved by a powerful piece of music. These experiences remind us that creativity thrives not in nonstop productivity but in moments of genuine connection with beauty. While oceans, mountains, and sunsets provide incredible opportunities for creative rest, you can also cultivate creativity by surrounding yourself with meaningful inspiration unique to you. When we make space for creative rest, we fill up on inspiration and activate innovation.

5. Emotional Rest: Freedom to Be Authentic One of the most unacknowledged types of rest, emotional rest involves the freedom to express your emotions openly and authentically. Imagine that friend who's always the one you call when you're in a bind—the one who says "yes" even when she wants to say "no." She's always accommodating and rarely gets the chance to voice her own needs. She is lacking emotional rest. Emotional rest requires us to be honest about our feelings, to step away from people pleasing, and to allow

ourselves to be vulnerable without fear of judgment. This form of rest involves building supportive spaces where we can admit we're not always okay and release the weight of constant emotional restraint. Emotional rest allows us to feel deeply, helping us develop resilience, inner peace, and authenticity. Emotional labor is the weightiness felt when you mask or hold back your emotions. Those who work in customer service experience this when they respond to a yelling customer with calmness. Counselors and healthcare workers experience this when they navigate the painful experiences of those they support. Many carry an unhealthy amount of emotional labor related to their profession. Although this is a normal part of the job, it must still be addressed or it can lead to an emotional rest deficit, resulting in compassion fatigue, depression, or emotional burnout. Seek the rest of disclosure with a trusted counselor, therapist, or friend.

6. Social Rest: Life-Giving Connections Closely tied to emotional rest, social rest addresses the need for nourishing relationships. It's not just about being around people; it's about being around the right people—the ones who give energy instead of only taking it. A social rest deficit happens when we are in relationships that drain us rather than revive us. To cultivate social rest, we need to spend more time in relationships that pour into us. This could mean surrounding ourselves with uplifting friends, family, or colleagues and being mindful about choosing people who bring positivity. actively engaging can foster deeper connection and meaning, even in a digital space. Whether you identify as being an introvert or an extrovert, we all need life-giving connections.

7. Spiritual Rest: Reconnect with Purpose This final type of rest goes beyond our mental and physical experience and touches the very core of who we are. Spiritual rest isn't necessarily just about religion. It's about finding a sense of connection, meaning, and purpose that transcends the daily grind. Those who experience spiritual rest feel grounded in love, acceptance, and a deep-seated understanding of belonging. Spiritual rest can be achieved through practices that connect us to something greater than ourselves, such as prayer, meditation, or community involvement. For some this means engaging with a faith community, while for others it might involve immersing in nature or supporting a cause they believe in. Spiritual rest offers the fulfillment of knowing that our lives matter and that we're contributing to a bigger purpose. **Why Understanding the Types of Rest Matters** Imagine trying to recharge your phone by plugging it into the wrong outlet. The same holds true for our bodies, minds, and spirits; they each require a specific form of rest to recharge fully. Rest is complex and multifaceted. It's important you get the type of rest you need to restore the places where you are experiencing a rest deficit. Each type of rest restores us in unique ways. Only by understanding your specific rest needs can you address your exhaustion holistically. Visit RestQuiz.com to identify your own rest deficits. Do you need more emotional rest to feel authentic in your relationships, or are you craving mental rest to regain your focus and clarity? Perhaps creative rest feels most missing in your life, and it's time to reconnect with what inspires you. By approaching rest intentionally and embracing these seven forms of restoration, you can recover your life from burnout, renew your energy, and restore your sanity. Rest is not just a luxury—it's a necessity for anyone desiring to live their most productive and most fulfilling life.

What is a vision board?

A dream board or a vision board is a collage of images, quotes, pictures, and affirmations of one's dreams and desires.

It is designed to be a source of inspiration, motivation, and manifestation to help you attain your goals with the law of attraction.

Obviously just wishing and dreaming isn't going to get anyone anywhere, but the visualization process will help you remember why you started, what you want, and set your plan on track.

That's the power of vision boards. If luck favors the prepared, we will be helping the law of attraction, right?.

You can make a board with any resources you have: magazine pictures, printables, colored paper, or just drawings.

The important aspect is that you visualize your goals and dreams and that you represent them with words and pictures.

Purpose of a vision board

Learn how to use a vision board and enjoy some of the following benefits:

1. Visualization

As we mentioned before, visualization is a powerful tool to help our brain prepare our body for the reality in our mind.

2. Goal setting

To create a visual board you need to think about what you want to achieve and that will help clarify your goals and the path to achieve them.

3. Decision making

Your board will help you make decisions that are more aligned with your goals.

When faced with a decision-making situation take the time to visualize your end goal. This will help guide your decisions towards your goals.

4. Inspiration & Motivation

The visual board will be a source of motivation and inspiration when things don't exactly go to plan.

It will help you remember why you started and encourage you to take action.

5. Focus

It is easy to lose focus of the important things after some time has passed since you set your goals and actions.

The board will help clarify your goals and focus your energy on achieving them.

6. Develop good habits

The exercise of visualizing your board and the following actions you take to reach them, make you establish good new habits that in time will help shift your mindset to constantly work towards goals



NEW YEAR Affirmations

- This is my year to grow
- I trust the Universe in guiding me this year
- I am inviting healing and grace to this year
- I am forgiving all the hurts of this year
- I am letting go of this year
- I am grateful and thankful for this year
- This year I am creating abundance in my life
- I am letting go of perfection this year
- This year I am leveling up my life
- I choose to be happy this year
- I am worthy of a beautiful year ahead
- This year is for me

KITESANDROSES.COM


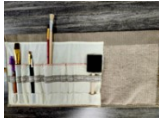



















Join Janice on Tuesday,
January 7th and 14th
creating your Visual
Manifestation board for
2025. This is a component
of our WELLBING
GROUP hosted on
Tuesdays from 1—3:00 p.m.

Wendat Social Club



Proud Fundraising Partner with Delta Bingo Penetanguishene

January 2025							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 CLOSED 	2 Design your paintbrush holder Day 1  1 – 3 p.m.	3 CREATIVE PLAYDATE Exploring Colour 12:30 - 3	4 Lasagna Soup, Garlic Bread 11 – 2 p.m. paint-brush holder Day 2 	
5 10:30 a.m.  Soup for the Soul		7 2025 Future You 1-3  MENTAL HEALTH MATTERS	8 Beef Stew/ Bun Shabby Angel Junk Journal Cover  11 a.m. – 2:00	9  9 – 11:30 Closed Group Light Chair Stretching Conversation Starters Slow Stitch 1 – 3 p.m.	10 Creative Playdates 12:30 – 3 p.m. 	11 Bacon/Cheese sandwich broiled Karaoke 11- 2 p.m.	
		14 2025 FutureYou 1-3  MENTAL HEALTH MATTERS	15 Chicken Alfredo  11 a.m. – 2 p.m.	16  9 – 11:30 Closed Group Light Chair Stretching Conversation Starters Slow Stitch 1 – 3 p.m.	17 Creative Playdates 12:30 – 3 p.m. 	18 Chicken Wings and Fries Movie and Popcorn 11 – 2 p.m.	
19 10:30 am.  Soup for the Soul		21 12-3 Let's Celebrate You Manifesters Luncheon 1—3  MENTAL HEALTH MATTERS	22 Super Cheese Macaroni Casserole Easy Watercolour Salt Landscapes 	23  9 – 11:30 Closed Group Light Chair Stretching Conversation Starters Slow Stitch 1 – 3 p.m.	24 CREATIVE PLAYDATE 12:30-3 pm	25 Homemade Soup, Grilled Cheese Winter Wonderland Wye Marsh Walk 11 – 2:30 p.m.	
		28 1-3 pm  MENTAL HEALTH MATTERS	29 Beef Stroganoff  Neutral Valentine Junk Journal cover 11 a.m. – 2 p.m.	30  9 – 11:30 Closed Group Light Chair Stretching Conversation Starters Slow Stitch 1 – 3 p.m.	31 CREATIVE PLAYDATE 12:30 – 3 p.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 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 /VAPING ANYWHERE ON WENDAT PROPERTY**

~Please move off the property, onto the public sidewalk to

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.



There is no January GFB. Please place your order by February 7th and then you are ready for February 25th pick up.



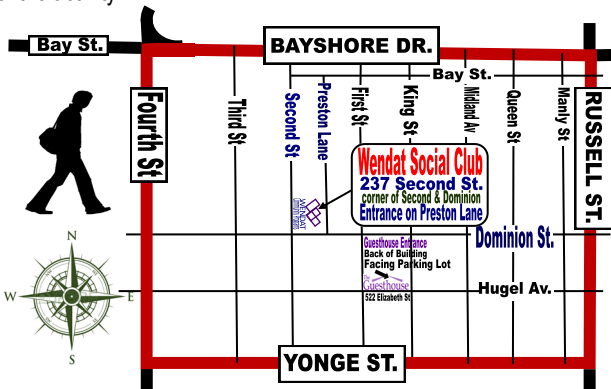
DINNER: Wed's — \$3
you must be signed-up in advance

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