



# 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

FEBRUARY 2025

## Coordinator's Message:

### Oh February, the month of Self Love....

Join us at our Wellness group on **Tuesdays from 1-3** as we continue to put joy into our year. We will be diving deeper into bringing our January Manifestations to fruition. If you do not have anyone in your life, always LOVE yourself.

**Tuesdays and Friday** groups are closed groups. You must be signed up or speak to the coordinator. Sometimes, the program carries over a 2—3 week period; therefore we cannot start someone new mid program. **Fridays** are Creativity Playdates. We like to be set up for those attending, often supplies are necessary.

You are still welcome to attend **Wednesdays, Thursdays and Saturdays** simply by dropping in.

The new ladies Creativity Connections is hosted on **Thursday mornings**. This activity is art journaling, abstract water colour and acrylic and collage. We work with videos or the coordinator teaches. Currently this is a full group and closed.

**Thursdays afternoons** is our drop in, do some slow stitch, light stretching, bring your own craft, finish your started projects or just come to socialize. We also do a community outing on Thursdays most often.

On **Tuesdays, Wednesdays and Thursdays**, we have food donations on our tables for the taking. Foodland donates these products. We call this the Bun Run. You can take two items per person. Please record you have taken them so we know this program is valuable and needed. Thank you to Randy for picking this up daily.

Glen, our Supervisor from Case Management and his wife do a **Sunday Soup for the Soul Service**. This is biweekly on a Sunday starting at 10:30 a.m.

Following **Wednesday and Saturday** luncheons (\$3.00), an activity is hosted. (see calendar) You do not have to stay for the program. However, if you used our transportation system, (a ride from your home to the club within Penetang and Midland), outside six blocks from the club or have a disability, the ride home will not be until after the afternoon activity. Stay and socialize. If it is a very snowy, cold, wet day, we will provide a ride home to all as long as you are engaging in the programs. In Spring, you are responsible to get yourself home within our six blocks of the club.

If there are any closed programs you are interested in attending, please call the coordinator at 705 526 1305, ext 227.



*Always Re-Creating*

**DARLENE FORGET**  
~CLUB COORDINATOR~  
705 526 1305, ext227



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



A simple practice of “watching for glimmers” to what your bringing into 2025—a simple yet profound practice that can create big shifts and help you move into the year with more presence, ease, and self-awareness.

What are glimmers?

Glimmers\*: the opposite of triggers. These are the micro-moments in your day that whisper to your nervous system, "You are safe." They can foster a sense of well-being and shift the way you experience life.

Think of the sun’s warmth on your face, the gentle sway of trees in the wind, a favourite song, the smile of a stranger or a loved one, or the quiet joy of a heartfelt "thank you." These small, beautiful moments are worth noticing.

Here's how to welcome them into your daily life:

✦Seek Them Out: Look for tiny sparks of beauty and connection in your surroundings.

✦Capture the Feeling: Keep a journal to jot down these glimmers and how they make you feel.

✦Notice the shifts in your breath, posture, muscle tone, and energy. Every time you notice shifts and let yourself sink deeper into them, you train your nervous system to develop different neural pathways.

✦Create Art: Translate your glimmers into art. Draw, paint, or collage your way to deeper connection with yourself and the world.

The more you pay attention to glimmers, the more they’ll show up—helping to guide you back to yourself.

So pay attention.

Notice them.

It really matters.



## Daily Glimmers\*

Glimmers are those micro moments in your day that make you feel joy, happiness, peace, or gratitude. Once you train your brain to be on the lookout for glimmers, the more these tiny moments will appear.

Use the following page to write down your own ‘glimmers’ which can include moments of kindness or gratitude.

glimmers of hope



“Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth”. – Khoshaba

Self-love is appreciating your positive qualities in life and reminding yourself of them.

In a nutshell, using positive affirmations can help you:

Reduce negative thoughts and negative self-talk

Help you see the good things you have to offer yourself and others (maximizing self-confidence)

Daily positive affirmations focused on self-love help you feel better in your own skin, reducing low self-esteem

Improve body confidence and body image

Giving yourself unconditional love through affirmations positively impacts your subconscious mind

Helps you have a positive mindset in your day-to-day life

### **How To Use Daily Self-Love Affirmations Effectively**

1. Create time in your daily schedule for your affirmations

I highly recommend adding daily self-love affirmations to your morning routine or bedtime routine.

It's a great way to focus on building your self-esteem as well.

Get out your list of positive self-love affirmations and choose one to focus on

Stand in front of a mirror, close your eyes and take a deep breath

Open your eyes and say your affirmation 3 times

so you can really let it sink in.

Throughout your day leave reminders of your self love affirmation by writing it in your journal, daily planner or calendar.

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This practice only takes a few minutes but can make a huge impact on your day and your life.

#### 2. Write Your Own List of Self Love Affirmations

Once you get in the habit of practicing daily affirmations I would love for you to write your own self-love affirmations.

This will make your affirmations more personal and relevant to your specific needs today.

To write your own affirmations get a good quality journal or notebook and a pen you love to write with.

Begin by writing down your personal thoughts – good and bad.

Now circle the negative thoughts and feelings that you need to change into positive thoughts

Repeat this and circle the positive thoughts (with a different colour pen) that you want to remind yourself of

Write 2 to 3 affirmations for each thought that you feel will help you focus on a positive outcome.

#### #3. Writing Prompts

So many people use journaling as a helpful tool in their daily lives and this can absolutely be used to practice self-love too.

Try using some self-love journal prompts to support your emotional wellbeing.

Some examples you can use:

I am worthy of happiness because...

List 10 little things that make you happy

Write about a happy moment in your life.

#### #4. Practice Saying No

Do you have people in your life who are constantly asking you to do things, yet they may not be there for you? These are the perfect people to practice saying no to.

#### #5. Get Physical

Whether you're someone who's active on a daily basis or someone who wants to get more active, try something new today that physically works your body.

#### #6. Create a Relaxing Bedtime Routine

Create a relaxing bedtime routine for yourself with no screens 30 mins before bed.

Focus on adding things to your routine that will help you relax (reading, bath, or journaling) and also will make your morning a little easier (meal prep, writing a to-do list).

#### #7. Try a New Activity or Hobby

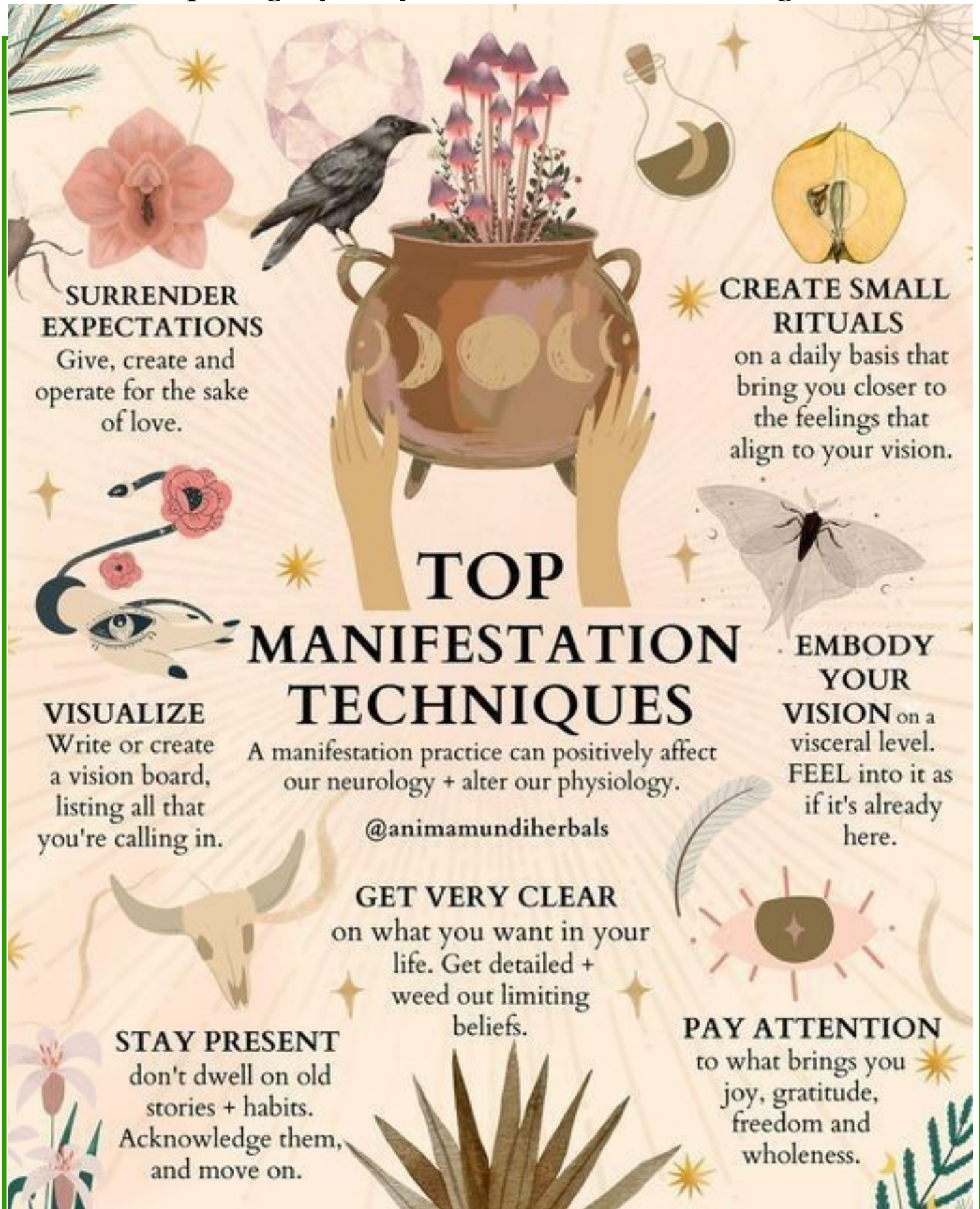
Been wanting to try a new hobby or activity? Today is the day!

#### #8. Write a List of 10 Things You Love About Yourself.

Think big and small on this one and make sure to think about all aspects of your life.

**Practicing self-love means loving yourself first.**





**SURRENDER EXPECTATIONS**

Give, create and operate for the sake of love.

**CREATE SMALL RITUALS**

on a daily basis that bring you closer to the feelings that align to your vision.

**TOP MANIFESTATION TECHNIQUES**

A manifestation practice can positively affect our neurology + alter our physiology.

@animamundiherbals

**EMBODY YOUR VISION**

on a visceral level. FEEL into it as if it's already here.

**VISUALIZE**

Write or create a vision board, listing all that you're calling in.

**GET VERY CLEAR**

on what you want in your life. Get detailed + weed out limiting beliefs.

**PAY ATTENTION**

to what brings you joy, gratitude, freedom and wholeness.

**STAY PRESENT**

don't dwell on old stories + habits. Acknowledge them, and move on.

Proud Fundraising Partner with  
Delta Bingo Penetanguishene



February 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Cheese Sausages & Sauerkraut 
<b>2</b> <b>SOUP For The Soul</b> 10:30 a.m.	<b>3</b>	 HUMAN CONNECTION 1-3	 Valentine Stained Glass Meatloaf, Potato, Veg 11-2 \$3	<i>Ladies Creative</i> Connections 9 am-11:30 am Drop In 1 - 3 Crafting/ Light Stretching	<b>7</b> Art Journal Page Playdates 12:30 - 3 	<b>8</b> BINGO 11 - 2 p.m. \$# Bisquick Breakfast Casserole
<b>9</b>	<b>10</b>	 ADVENTURE & JOY 1-3	 Love Letters to Yourself 11-2 \$3 Chicken Dinner	<i>Ladies Creative</i> Connections 9 - 11:30 a.m. Drop In 1 - 3 Crafting/Light Stretching	<b>14</b> Valentine's Day Mixed Media Playdates  12:30 - 3	<b>15</b> TOASTED WESTERNS WYE MARSH, walk/snowshoe Rose, Paul, Paulette
<b>16</b> <b>SOUP For The Soul</b> 10:30 a.m.	<b>17</b> Family Day	 HEALTH & WELLNESS 1-3	 Magazine Love Yourself 11-2 \$3 Pork w/mushroom gravy, potato and veggies	<i>Ladies Creative</i> Connections 9 - 11:30 a.m. 1 - 3 p.m. 	<b>21</b> Colour Palette Playdates  12:30 - 3	<b>22</b> Movie and Popcorn Peameal Bacon on a Bun \$3
<b>23</b>	<b>24</b>	 PERSONAL DEVELOPMENT 1-3	<b>26</b> Shepherds Pie \$3  Snowy Landscapes 11-2	<i>Ladies Creative</i> Connections 9 - 11:30 a.m. Drop In 1 - 3 Crafting/Light Stretching	<b>28</b> Art Journal Page Playdates 12:30 - 3	



# 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

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*

### FLU / 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 ~*

Come join us for Creativity Playdates on Fridays, Mental Health Wellness seminars on Tuesdays, Slow Stitching on Thursdays 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.



**February Good Food Box Order and pay by February 7th and pick up date is:**

**Tuesday, February 25th in the Social Club**



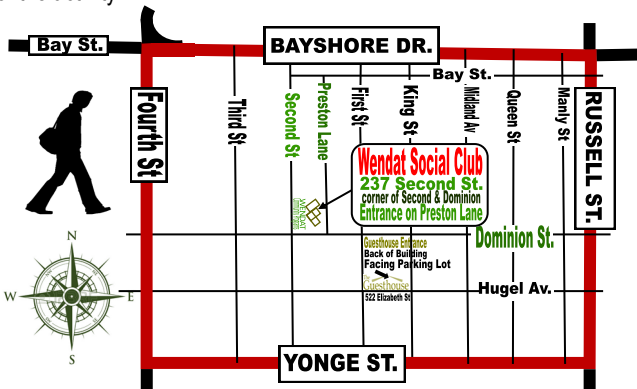
**DINNER: Wed's — \$3**  
*you must be signed-up in advance*

**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