



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

APRIL 2025

Coordinator's Message:

Spring is here, the grass begins to wake up, birds appear, with their happy songs.

The Wendat Social Club welcomes Adults 16+ Tuesday to Saturday. We provide Therapeutic Recreation to enhance your Mental Wellness.

It has been a long snowy Winter. We are going to reopen on Thursdays now that the nicer weather has arrived as long the club is supported with enough members. We think getting out in the community, visiting small towns, and connecting in Nature will bring joy to our lives and sensory connections. It is always fun doing something out of your normal routine.

The staff attended the long day planning meeting in March and have come up with some new ideas with the help of the Members ideas. This should be a wonderful year to get out socially, do some physical activity, learn a few things and bring more joy.

Over the next few months, keep an eye on the activity binder. I will be putting our Summer Events in periodically. You can now find Ripley's Aquarium and dinner at the Old Spaghetti Factory, and an Antique boat show in Gravenhurst. In April, we will visit Lucy's Farm again and gather with the animals and newborns. Wendat will provide a picnic lunch. On the way back, we will pop into Bradford Nursery to bring some more Spring into our lives. Meander through the Garden Centre. We will provide. Those that pay their admissions first will be reserving their spots.

What better time than to join us out in the Community, enjoying Nature, short walking trails or at our Monthly Themed Parties all hosted on Thursdays. Our plan is to coordinate a themed day on the last Thursday of every month with a luncheon and fun games.

Paul and Joanne have started working more on the floor and are enjoying time spent getting to know you.



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



705 526 1305, ext 227.

THE LET THEM theory

MEL ROBBINS

SAM CLUB Notes

Drop the oars & let go of control to create peace & ease in life.

Letting go of control over others & accepting situations as they are can help reduce anxiety & emotional abuse



- Conserve energy for what truly matters in life, such as creating more love & peace.

True control lies in having power over one's own actions & decisions.

Learn to accept & detach yourself from situations that don't go as planned

Letting go of expectations & embracing radical acceptance leads to inner peace & happiness.

Do NOT try to change people to fit your expectations

Taking responsibility for mistakes & learning from consequences is important in personal & professional situations.

Let people take responsibility for their own mistakes

Bri

We're so good at offering grace to others, but what if we practiced giving it to ourselves—letting rest be enough, moving through the hard with softness, and trusting the unfolding? That's where I'm landing today.

Maybe you need that reminder, too.

MASTERPLAN FOR A MORE JOYFUL WORLD

Sing. Dance. Throw More Parties. Just Remember: Joy is more than confetti and more than pancakes (and even more than confetti pancakes.) It is not just dessert. Joy is the meal. Joy is not some sweet little thin. Joy is rebellious. Joy knows there are challenges, but shows up anyway. Joy is essential. We forget, but joy reminds us. Joy points us back to who we are. Joy is pursuing us. Joy knows there's heartbreak, but also knows there is music. Joy knows there are dogs with heads awaiting little pats. There's that cashier who likes your shirt. There's birds. There's clouds. There's the snort laugh of your Aunt. There's You... Reaching to find forgotten money in an old Jacket Pocket....

That's Joy. It's waiting to be found and Hoping to be shared.

Because, here's the thing: Joy is also the sharing of Joy. I know it doesn't make sense. Joy can be confusing.

It defies Math & Physics.. And all things rational, but Joy doesn't run out, it multiplies.

Joy creates More Joy.

So here's the Plan:

**FIND JOY,
SHARE JOY,
REPEAT.....**



I AM HOPING OVER THE NEXT YEAR, WE CELEBRATE JOY IN SIMPLE WAYS, IN THE CLUB AND OUT IN THE COMMUNITY. FINDING JOY IN SMALL MOMENTS, IN DIFFERENT PLACES, TRY SOMETHING NEW, GO SOMEWHERE YOU'VE NEVER BEEN BEFORE. MAYBE IT IS JUST A NEW BUSH WALK, A SIT BY THE WATER, A CHAT WITH SOMEONE NEW OR MAYBE IT'S VISITING THE BIG CITY OR GOING NORTH ON A DAY TRIP OR WEST TO THE BLUE MNTNS. CHANGING YOUR DAILY ROUTINE, REALLY DOES PUT A SPRING IN YOUR STEP. AND WHAT BETTER TIME TO START STEPPING THAN SPRING....





Hustle. Hustle. Hustle. Life can be so stressful when we are hustling here and there trying to get everything done in as little time as possible. Were we created to live in such a hurry, or is it okay to embrace slow living?

What is Slow Living?

There is not one definition for slow living. Everyone approaches it a little bit differently, but for us it has come down to being intentional about where we spend our energy and money. It's about being mindful of what we let into our lives.

It's slowing down to enjoy the little things in life.

The Little Things

Take time to stop and smell the roses in life. Actual roses, but also the simple beauty that life holds. A flower that pops up in your yard, a sunset, a smile, a butterfly, something that makes you smile, when your child picks you a dandelion.

Don't let life get so busy that you forget what it feels like to have a gentle breeze on your face or the magical touch of grass under your barefeet. Admire the beauty of God's creation and the little things that are easily overlooked and forgotten.

Slow down and make time for the little things.

Slowing down includes consciously choosing to invest in a relationship over accomplishing a task.

Putting down the

phone and really listening to the conversation.

This year, we are going to make more time for just sitting and enjoying nature, enjoying chatting together and picnicking. Gentle walks by the Bay and trails, s l o w meanders.

More and more of our members have grown to love the escape into the F L O W of creativity, the calmness that comes over you, the joy of uniqueness, and the two hr. dedication of time to simple "BE".

Let's take our mixed media books out in Nature?? Anyone?





Proud Fundraising Partner with
Delta Bingo Penetanguishene

| April 2025 | | | | | | |
|-----------------------------|--------------------------------------|--|---|---|---|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 Mental Wellness 1-3 | 2 Chile/Caesar Salad 11-2 | 3 LADIES CREATIVITY CONNECTIONS 9 – 11:30 a.m. Tay Trail Hike | 4 Mixed Media 12:45 – 3 p.m. | 5 11-2 Pancakes & Sausages MOVIE AFT POPCORN |
| 6 | 7 closed | 8 Mental Wellness 1 - 3 | 9 Perogies/Sausages 11 - 2 | 10 LADIES CREATIVITY CONNECTIONS 9 – 11:30 a.m. Light Stretching | 11 Loose Flowers Creativity 12:45 – 3 p.m. | 12 Grilled Cheese and Soup 11-2 |
| 13 10:30 a.m. | 14 closed | 15 Mental Wellness 1 - 3 | 16 Stuffed Pepper Casserole 11-2 | 17 LADIES CREATIVITY CONNECTIONS 9 – 11:30 a.m. Rosemount Hike | 18 CLUB CLOSED | 19 11-2 Waffles & Fruit Salad |
| 20 10:30 a.m. | 21 Easter Monday closed | 22 Mental Wellness 1 - 3 | 23 11 - 2 Stuffed Chicken, Rice, Veg | 24 LADIES CREATIVITY CONNECTIONS 9 – 11:30 a.m. BEACH WALK Outing | 25 Lunch Included Come Share the joy at Lucy's Farm \$8.00 | 26 WYE MARSH WALK ABOUT, Come Enjoy Nature |
| 27 10:30 a.m. | 28 closed | 29 Mental Wellness 1 - 3 | 30 Hamburger Casserole 11-2 | <p>Sometimes, that's all it takes—a tiny move to get the momentum going again.</p> | | |

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.

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



**Tuesday, April 22nd 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."

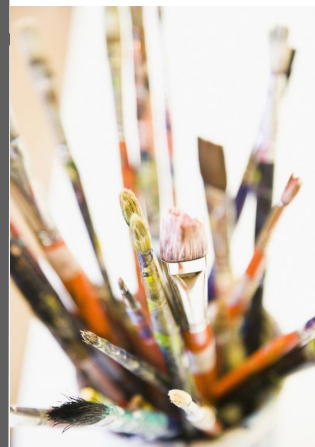
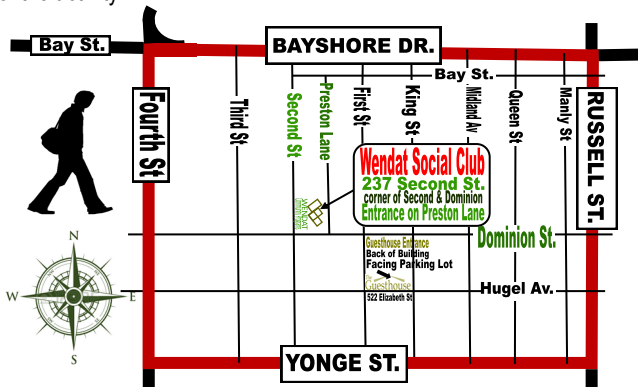
Come for lunch \$3 on
a Wednesday and
stay for a new, art
experience weekly @
11 am



**Please observe our
CODE OF CONDUCT
while attending.**
-Thank you-

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.



WENDAT
Community Programs
Providing Services for Seniors and Adult
Mental Health Services in North Simcoe-Muskoka