

Mackay Messenger

November 2017

Remembrance Day—Saturday November 11, 2107

Daylight Savings Time ends Sunday November 5



Board of Management

PPresident: Vicky Culbert

Secretary:

Treasurer: Stephanie Hartwick

Directors

Holly Morrison, Madeleine Roske, Joe Austin, Richard Madge, Art Fitzgerald, Jim Collins, Karen Lehnen

Town of Goderich

Jim Donnelly

Coordinator: Kathleen Buckley

♦ MACKAY CENTRE FOR SENIORS

10 Nelson East

Goderich

519-524-6660

Coordinator

Kathleen Buckley

We are saddened by the loss of two of our members—Doug McIsaac and Ralph Foster.

Doug served as President of the Board, volunteered and enjoyed attending programs at the centre. Ralph served on the board, the building committee, volunteered and enjoyed the fellowship and meals at our Tuesday Lunch Program, they will be missed.

A wreath will be laid at the Cenotaph on behalf of members of the centre on Saturday, November 11, please support our local legion, wear your poppy with pride and attend the Remembrance Day Service.

TUESDAY DINING PROGRAM—EVERY TUESDAY AT NOON



Call 519-524-6660 by Monday to reserve

Cost \$10.00 (members) - \$12.00 (non-members)

Gift certificates are available. We serve cake on the last Tuesday of the month. Join us and let us help you celebrate your birthday with your friends.

November Menus

November 7:

Soup

Quiche/Salad

Dessert

Tea/Coffee

November 21st:

Salad

Lasagne/Garlic Bread

Dessert

Tea/Coffee

November 14—Lunch & Show

The Irish Cowboys & Irish Food!

Salad

Beef Stew/Biscuits

Mashed Potatoes

Dessert

November 28th:

Coleslaw

Roast Beef Dinner

Cake



Card Events



Bridge every Monday at 1:00 p.m.

New players and spares always welcome—call the centre for details. .

Bid Euchre—1st, 3rd and 4th Thursdays at 1 p.m. Everyone welcome. No partner required.

Lunch & Cards—Wed. November 8 —Euchre & Bid-Euchre -Lunch served at 12:30 p.m. Cards at 1 p.m. No partner required. \$5.00.

Enjoy sandwiches, cheese, pickles and squares and a friendly afternoon of cards. Everyone welcome.

Promoting
Healthy
Living

Foot care—Wednesdays - November 8 & 22 Call Nancy at 519

-525-2192 to make an appointment. Walk ins accommodated but you may have to wait. Fee: \$20.00. Please bring your own towel.

Blood Pressure Clinic—Tues. Nov. 7—we always feature a health presentation on the first Tuesday of the month—1 p.m. after lunch, come eat with us or just come along to hear the speaker.

Gentle Yoga—New time 9:30 a.m. every Thursday morning, \$15.00 for 4 weeks—\$5.00 drop in fee.



Saturday, November 25th—2 p.m.

The Glee sisters present “the Grinch” Nov. 25th in the auditorium at MacKay Centre. This is a free concert, please bring a food item or make a donation to the food bank. There will be hot chocolate and cookies. A fun way to get into the Christmas spirit—a great afternoon treat for your grand children.



Follow us on Face Book—

The MacKay Centre for Seniors Face Book
Check it out and “Like” us!



Find us on
Facebook

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>10am Fitness</p> <p>1pm Art Club</p> <p>7pm Tai Chi</p>	<p>9:30am MacKay 2</p> <p>Choristers</p> <p>9:30am Gentle Yoga</p> <p>1 p.m. Bid Euchre</p>	<p>3</p> <p>9:30am Fitness</p> <p>10:30am Fitness</p>
<p>9:30am Fitness 6</p> <p>10:30 Fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	<p>7</p> <p>Blood Pressure</p> <p>Clinic Day</p> <p>12 noon Dining Program</p>	<p>8am Foot care 8</p> <p>10am Fitness</p> <p><u>12:30pm Lunch&cards</u></p> <p>1p.m. Art Club</p> <p>7pm Tai Chi</p>	<p>9:30 a.m. 9</p> <p>MacKay Choristers</p> <p>9:30am Gentle Yoga</p> <p>1p.m. Tai Chi</p>	<p>10</p> <p>9:30am Fitness</p> <p>10:30am Fitness</p>
<p>9:30am Fitness 13</p> <p>10:30am Fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	 <p>14</p> <p>12 noon</p> <p>Dining Program</p> <p>& The Irish Cow-boys</p>	<p>15</p> <p>10am Fitness</p> <p>11p.m. Art Club</p> <p>7p.m. Tai Chi</p>	<p>9:30am 16</p> <p>Mackay Choristers</p> <p>9:30am Gentle Yoga</p> <p>1p.m. Bid Euchre</p> <p>1p.m. Tai Chi</p>	<p>17</p> <p>9:30am Fitness</p> <p>10:30am Fitness</p>
<p>9:30am Fitness 20</p> <p>10:30am Fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	<p>21</p> <p>12 noon</p> <p>Dining Program</p>	<p>8am Foot care 22</p> <p>10am Fitness</p> <p>1pm Art Club</p> <p>7pm Tai Chi</p>	<p>9:30am 23</p> <p>MacKay Choristers</p> <p>9:30am Gentle Yoga</p> <p>1pm Bid Euchre</p> <p>1pm Tai Chi</p>	<p>24</p> <p>9:30 fitness</p> <p>10:30am Fitness</p>
<p>9:30 fitness 27</p> <p>10:30 fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	<p>28</p> <p>12 noon</p> <p>Roast Beef Dinner</p>	<p>29</p> <p>10am Fitness</p> <p>1pm Art Club</p> <p>7pm Tai Chi</p>	<p>30</p> <p>9:30am MacKay</p> <p>Choristers</p> <p>9:30am Gentle Yoga</p> <p>1pm Bid Euchre</p>	