

# Mackay Messenger

## JANUARY 2018

### Board of Management

President: Vicky Culbert

Secretary: Holly Morrison

Treasurer: Stephanie Hartwick

### Directors

Gun McLean, Madeleine Roske,  
Joe Austin, Richard Madge, Art  
Fitzgerald, Jim Collins, Karen  
Lehnen

### Town of Goderich

Jim Donnelly

Coordinator: Kathleen Buckley



***We wish you a happy, healthy, New Year.***

***2017 was a busy year for the centre—also a successful year, we are proud of our accomplishments.***

***The Board of Management worked hard on forming a strategic plan for the next five—ten years; the Personnel Policy Manual is almost completed and we are continuing to work on updating our Constitution. We bought new equipment for the Technology Room, renovated the downstairs level, celebrated Seniors Month with our “Seniors Expo” and Canada’s 150th Birthday. We saw our membership increase by 20%.***

***We look forward to continued success in 2018 -  
MacKay Centre Board of Management***

### ♦ MACKAY CENTRE FOR SENIORS

10 Nelson East

Goderich

519-524-6660

Coordinator

Kathleen Buckley

**TUESDAY DINING PROGRAM—EVERY TUESDAY AT NOON**

**Lunch Menu**



**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.

**January, 2018**

**Tues. Jan. 9:**

- Soup**
- Quiche**
- Salad**
- Dessert**

**Tues. Jan. 23**

- Salad**
- Ham & Scalloped Potatoes**
- Dessert**

**Tues. Jan. 16**

- Soup**
- Shepherds Pie**
- Salad**
- Dessert**

**Tues. Jan. 30**

- Cole Slaw**
- Roast Beef Dinner**
- Birthday 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. January 10 —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.

**Foot care—Wednesdays - January 10 & 24** 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. Jan. 9**—we feature a health presentation on the first Tuesday of the month—1 p.m. come eat with us or just come along to hear the speaker.

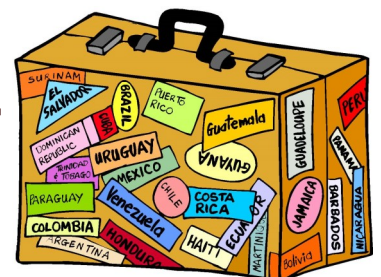
### 2018 Membership



Membership cards for 2018 are available from the office. The fee will remain the same for 2018—\$10.00. Please support our centre and renew your membership.

**From Kathleen—I will be away from January 25th—February 13th.**

Sarah Hussey will be working part time in the office. Mondays, Tuesdays and Thursdays. She will be available to answer questions, take reservations for lunch and take membership dues.



# JANUARY—2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>happy new year</i></p> <ul style="list-style-type: none"> <li>• New Years Day</li> <li>• Centre Closed</li> </ul>	<p>2</p>	<p>3</p> <p>1pm Art Club</p>	<p>4</p> <p>1pm Bid Euchre</p> <p>1pm Tai Chi</p>	<p>5</p>
<p>9:30am Fitness 8</p> <p>10:30 Fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	<p>9</p> <p>Blood Pressure</p> <p>Clinic Day</p> <p>12 noon Dining Program</p>	<p>8am Foot Care 10</p> <p>10a.m. Fitness</p> <p>12:30pm Lunch&amp;Cards</p> <p>1p.m. Art Club</p> <p>7pm Tai Chi</p>	<p>11</p> <p>9:30am Gentle Yoga</p> <p>9:30am Choir</p> <p>1p.m. Tai Chi</p>	<p>12</p> <p>9:30am Fitness</p> <p>10:30am Fitness</p>
<p>9:30am Fitness 15</p> <p>10:30am Fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	<p>16</p> <p>12 noon</p> <p>Dining Program</p>	<p>17</p> <p>10am Fitness</p> <p>1p.m. Art Club</p> <p>7p.m. Tai Chi</p>	<p>18</p> <p>9:30am Choir</p> <p>9:30am Gentle Yo-ga</p> <p>1p.m. Tai Chi</p>	<p>19</p> <p>9:30am Fitness</p> <p>10:30am Fitness</p>
<p>9:30am Fitness 22</p> <p>10:30am Fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	<p>23</p> <p>12 noon</p> <p>Dining Program</p>	<p>8am Footcare 24</p> <p>10 am Fitness</p> <p>1pm Art Club</p> <p>7pm Tai Chi</p>	<p>25</p> <p>9:30am Gentle Yoga</p> <p>9:30am Choir</p> <p>1pm Bid Euchre</p> <p>1pm Tai Chi</p>	<p>26</p> <p>9:30 fitness</p> <p>10:30am Fitness</p>
<p>9:30am Fitness 29</p> <p>10:30am Fitness</p> <p>1pm Bridge</p> <p>1pm Tai Chi</p> <p>4pm Nia</p>	<p>30</p> <p>12 noon</p> <p>Dining Program</p>	<p>31</p> <p>10a.m. Fitness</p> <p>1pm Art Club</p> <p>7p.m. Tai Chi</p>		