

# Mackay Messenger

## April 2024



April has arrived and there have been a few promises of spring. I am hopeful that this time, it is finally here. The Centre is busy with lots going on. The Parkinson's support group returns on the first Thursday afternoon of each month. Please note the new time of 2:00 pm.

The Men's coffee group is continuing on Tuesdays and all fellows are welcome to stop in for a coffee and chat. Rob will be here to help out with your lap top or iPad so make sure you call ahead to book an hour with him.

We have been fortunate to receive two copies of the updated "Technology and You". This guidebook was created by one of our sister SALC's in Wallaceburg and is a great resource for learning how to use your tablet to stay connected. They are both in the Library if you would like to borrow one.

Save the Date... We will be hosting another used book and puzzle sale on May 18, stay tuned for more details.

I will be away from April 1, retuning to the office on April 22nd. There will be volunteers available to assist you in my absence.

**Till Next Month, *Stephanie***

### Board of Directors

**Chair:** Nancy Allin

**Secretary:** Kathleen Buckley

**Treasurer:** Larry Papernick

**Past Chair:** Vicky Culbert

### Directors

Richard Madge

Sharon Kirkey

Irene Bromley

Gun McLean

### Town Representative

Trevor Bazinet

### **MACKAY CENTRE FOR SENIORS**

**10 Nelson East**

**Goderich N7A 1R6**

**519-524-6660**

### **Director:**

Stephanie Hartwick

[mackaycentre@hurontel.on.ca](mailto:mackaycentre@hurontel.on.ca)

Check out our web page and follow us on Facebook

[www.mackaycentreforseniors.com](http://www.mackaycentreforseniors.com)

FB/Mackay Centre for Seniors

Fitness program Participants must register with ONECARE before they can attend. This is not a drop-in program. Please call the office to have your name added to the waiting list as classes are currently full.

**Fitness: Irene's** classes are held on Mondays and Fridays at 9:20 am. **Kathleen's** classes are Mondays and Wednesdays at 10:45 am.

**Bid Euchre:** Bid euchre is in the Main Hall on Thursdays from 1:00 to 3:30 pm. Cost is \$2.00. Please call to be added to the regular program list of players. There is **No Bid Euchre on April 11** as Pepper is being played at the Legion.

**Bridge:** Mondays 1 pm downstairs. Are you interested in playing "Kitchen" Bridge? Please call the Centre for more information.

**YOGA: Sarah's** Yoga class is on Tuesdays at 9:30 am. Gentle Yoga with **Pam** is on Thursday mornings at 10 am. Classes are \$5 each.

**There will not be any Saturday Yoga this month.**

**Tai Chi:** Tai Chi will be upstairs on Monday at 1 pm & Wednesday 9:30 -10:30 am. For regular Tai Chi you need to be able to complete the set of movements to join the group. Cost is \$2 each class.

**Art Club:** The group meets on Wednesdays from 1-3 pm and Saturdays from 10-noon downstairs. If there is an Art workshop program, times may be different and the class will be held upstairs. Pre-registration is required for all art workshops.

**Euchre:** Euchre is played on Fridays from 1-3 pm upstairs in the Main Hall. Cost is \$2.

**Knitting:** Downstairs Friday mornings from 10 am to noon.

**Coffee & Chat:** Join us for coffee and a chat in the main hall after Thursday morning yoga. All are welcome to attend. Donations towards coffee are gratefully accepted.

**Canasta/Hand & Foot:** Monday mornings at 10 am downstairs in the meeting room. Cost is \$2.

**Scrabble:** Tuesdays at 1 –3 pm downstairs. First game starts at 1, second game starts at 2 pm. Cost is \$2.00.

**MacKay Choristers:** Upstairs in the Main Hall on Tuesdays, 2—4 pm.

**Pepper:** Wednesday April 10th at 1 pm. Preregistration is required.

**Line Dancing:** This advanced class is Mondays at 3 pm cost is \$2.

**Please Note: You must be a current member of the Centre to participate in our programs.**



As a life long dancer and dance teacher, one of our members; Suzette Sherman has recently relocated to Goderich. Suzette would like to share the joys and benefits of movement through dance with our members. Physical benefits such as strength, flexibility and balance are all a natural part of any movement-based class. Suzette hopes to offer an opportunity for expression through movement class here at the MacKay Centre. This will be a gentle class for those with or without previous dance experiences. We will start slowly to gain confidence in your abilities and evolve to help you move through space. Largely an exercise class with a creative component, this program will be designed for those who are curious to learn about expression through moving. Classes would be offered as a 4 week session in May and would be about an hour long. Dates and time to be decided. Cost would be \$20.00 for the 4 week session. If this sound like something that you might be interested in taking part in, please call the office to sign up, 519 524-6660. A minimum of 8 participants are required for this program to start.

**Men's coffee group with Jeremy.** We are having great success with the Men's coffee group. Come out and join us every Tuesday from 11 am—noon downstairs in the meeting room. The group is informal and the conversations varied. Donations towards coffee are appreciated.



Martha Lawrance returns to lead her guided Harp Meditation on Tuesday April 30th at 3:30 pm. Cost is \$5.00 and a minimum of 8 participants is required for this class to occur. Please call the office to pre-register.

## **Watercolour workshop With Stephanie Scholten**

**When: Wednesday, April 24**

**Where: Main Hall (upstairs)**

**Time: 1– 3 pm**

**Cost is: \$20 pp**

**Registration is required and class will be max of 20 people**

Beginner or old hand? All levels of watercolour painting experience will enjoy this workshop. We will use simple watercolour techniques and a limited palette to create a basic design. Then using more paint, pens and decorative line work we will complete a piece that is pleasing and original.



Monday	Tuesday	Wednesday
MH—Main Hall	LL-Lower Level	B-Bannister
<p style="text-align: right;"><b>1</b></p> 10:45am Fitness with Kathleen MH 10am Canasta LL 10am Knitting and Crocheting—B 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH	<p style="text-align: right;"><b>2</b></p> 9:30am Yoga with Sarah MH 11am Men's group LL 1pm Scrabble & Games LL 2-4pm Choristers MH  <b>7 pm IODE</b>	<p style="text-align: right;"><b>3</b></p> 9– 12 Countywide foot care B 9:00am Tai Chi MH 10:45 Fitness with Kathleen MH 1–3pm Art Club LL
<p style="text-align: right;"><b>8</b></p> 9:20am Fitness with Irene MH 10:45am Fitness with Kathleen MH 10am Canasta LL 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH	<p style="text-align: right;"><b>9</b></p> 9:30am Yoga with Sarah MH 11am Men's group LL 1pm Scrabble & Games LL 2-4pm Choristers MH	<p style="text-align: right;"><b>10</b></p> 9:00am Tai Chi MH 10:45 Fitness with Kathleen MH <b>3pm Pepper MH</b> 1–3pm Art Club LL
<p style="text-align: right;"><b>15</b></p> 9:20am Fitness with Irene MH 10:45am Fitness with Kathleen MH 10am Canasta LL 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH	<p style="text-align: right;"><b>16</b></p> 9:30am Yoga with Sarah MH 11am Men's group LL <b>12:30pm iPad Lessons with Rob</b> 1:00pm Scrabble & Games LL  <b>7pm Goderich Horticultural Club MH</b>	<p style="text-align: right;"><b>17</b></p> 9– 12 Countywide Footcare B 9:00am Tai Chi 10:45am Fitness with Kathleen MH 1-3pm Art Club LL
<p style="text-align: right;"><b>22</b></p> 9:20am Fitness with Irene MH 10:45 Fitness with Kathleen MH 10am Canasta LL 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH	<p style="text-align: right;"><b>23</b></p> 9:30am Yoga with Sarah MH 11am Men's group LL 1:00pm Scrabble & Games LL 2-4pm Choristers MH	<p style="text-align: right;"><b>24</b></p> 9:00am Tai Chi MH 10:45am Fitness with Kathleen MH 11 am Caregivers Support group LL 1- 3pm Art Club LL 1:30–3pm Art Workshop MH
<p style="text-align: right;"><b>29</b></p> 9:20am Fitness with Irene MH 10:45 Fitness with Kathleen MH 10am Canasta LL 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH	<p style="text-align: right;"><b>30</b></p> 9:30am Yoga with Sarah MH 11am Men's group LL 1:00pm Scrabble & Games LL <b>3:30 Harp Heals Guided Meditation. MH</b>	

Thursday	Friday	Saturday
MH—Main Hall	LL-Lower Level	B-Bannister Room
<p>10am Pam’s Yoga MH 11–12 Coffee &amp; Chat MH 1 pm Bid Euchre MH <b>2 pm Parkinson’s Support Group</b></p> <p style="text-align: right;"><b>4</b></p>	<p>9:20am Fitness with Irene MH 10-noon Knitting LL 1–3pm Euchre MH</p> <p style="text-align: right;"><b>5</b></p>	<p>10—noon Art Club LL <b>NO Tai Chi today</b> <b>Livery Childrens Workshop 10-4 MH</b></p> <p style="text-align: right;"><b>6</b></p>
<p>10am Pam’s Yoga MH 11–12 Coffee &amp; Chat MH <b>NO Bid Euchre</b> 2 pm Beginner Seated Yoga LL</p> <p style="text-align: right;"><b>11</b></p>	<p>9:20am Fitness with Irene MH 10-noon Knitting LL 1–3pm Euchre MH</p> <p style="text-align: right;"><b>12</b></p>	<p>10—noon Art Club LL 10:30am Tai Chi</p> <p style="text-align: right;"><b>13</b></p>
<p>10am Pam’s Yoga MH 11-12 Coffee &amp; Chat MH 1 pm Bid Euchre MH 2 pm Beginner Seated Yoga LL</p> <p style="text-align: right;"><b>18</b></p>	<p>9:20am Fitness with Irene MH 10-Noon Knitting LL 1–3pm Euchre LL</p> <p style="text-align: right;"><b>19</b></p>	<p>10—noon Art Club LL 10:30am Tai Chi</p> <p style="text-align: right;"><b>20</b></p>
<p>10am Pam’s Yoga MH 11-12 Coffee &amp; Chat MH <b>12:30 pm iPad Lessons with Rob Library</b> 1pm Bid Euchre MH 2pm Beginner Seated Yoga LL</p> <p style="text-align: right;"><b>25</b></p>	<p>9:20am Fitness with Irene MH 10-Noon Knitting LL 1–3pm Euchre MH</p> <p style="text-align: right;"><b>26</b></p>	<p>10—noon Art Club LL 10:30am Tai Chi</p> <p style="text-align: right;"><b>27</b></p>



**Calling caregivers!** Join us for a casual coffee, chat and get together once a month for those who are caring for loved ones, friends or neighbours. This month it will be held on Wednesday, April 24th at 10 am downstairs in the Lower level meeting room.



## **Strategic Plan Update from your Board of Directors**



Greetings Everyone and Happy Spring. Work on our Strategic Plan has continued and we are excited to announce that the Board approved the final version of the Mission and Vision Statement at our Board meeting on Friday, March 22<sup>nd</sup>. See below :

**Mission:** The MacKay Centre for Seniors is an inclusive, registered non-profit charity, that provides social activities in a friendly and welcoming environment, encouraging older adults and seniors to give back by volunteering and sharing their skills and experiences.

**Vision:** The MacKay Centre is leading the way in developing programs in an accessible, convenient location, that promotes a valuable experience for all members.

We will now be focusing on finalizing our core values and prioritizing the goals for the Centre over the next 3 years. Watch for more updates in the May newsletter. Again, thank you to all for your input.

**Footcare:** Nurse Renee of County-Wide Mobile Footcare will be booking footcare appointments for the 1st and 3rd Wednesday of each month, April 3rd and 17th. Cost is \$35.00. To make an appointment; please call or text Renee at 226 880-1064 or email her at [renee@county-widefootcare.com](mailto:renee@county-widefootcare.com)



**iPad Lessons with Rob Ayres** Do you need help with your iPad or laptop? Rob will be at the Centre on Tuesday April 16th from 12:30 to 4:30 & Thursday April 25th. Please call the office to sign up for one of 4 one-hour individual sessions. Cost is \$20 for the one-on-one class. Please bring your iPad, cell phone & passwords with you.



**Beginners Seated Yoga with Rhian:** We are offering a beginner seated yoga class three Thursday's per month (April 11, 18 & 25th). This class is an introductory level and is approximately 30 minutes in length. Cost is \$5.00 and registration is required. Class size is a maximum of 12 participants. Please call the office for more information.

## **CALL OUT FOR VOLUNTEERS FOR THE BOARD OF DIRECTORS**

Greetings Everyone. With our fiscal year end (March 31<sup>st</sup>) approaching and the AGM (Annual General Meeting) only 3 months away, we are putting a request out for three (3) members to join the Board of Directors.



A number of individuals have participated and contributed to The Board of Directors over the past 3 to 6 years. I want to thank them (**Gun McLean, Vicky Culbert, Irene Bromley, Richard Madge and Mary Lercel**) for their commitment, ideas and energy. But now, they have completed the maximum years allowed on the Board or are ready to move on to other aspects of their lives.

The addition of three new members, to the three remaining Board members - Kathleen Buckley, Secretary; Larry Papernick, Treasurer and Sharon Kirkey, Director will give our Board a great mix of knowledgeable, committed existing members and "newbies", with fresh ideas and energy.

Below is the position description for a Director of the Board. The Board meets the 3<sup>rd</sup> Friday of each month.

### **Position Description for Board Member**

- Prepare for, attend and actively participate in Board meetings;
- Review all background materials received, relevant to the topics to be discussed;
- Participate fully in one or more committees or task forces, as required;
- Participate in strategic and organizational planning
- May assist Executive Director, in area of expertise (eg. Fund raising, etc,) if required
- Ensure behaviors as outlined in the Code of Conduct for Board Members is strictly adhered to;

To be considered for a Board position please complete and submit to Stephanie the Board of Directors Application form. These forms can be found on our website or you can request a paper copy from Stephanie.

If you have questions, you can speak with Stephanie, or give me a call, Nancy Allin, Chair, Board of Directors at 226-421-2070.

Nancy Allin; Chair

### **REMINDER THAT THE NEW MEMBERSHIP YEAR STARTS APRIL 1ST 2024.**

Please pick up a form to update your information and drop it off at the office along with your payment of \$15.00. We accept cash, cheque or e-transfer to mackaycentre@hurontel.on.ca. Current membership is required to participate in Centre programming. Thanks for supporting the Centre.



# April Word Search

T	O	V	M	U	M	B	R	E	L	L	A	T	K	L	P	C	R	O	C	U	S	C
U	S	W	O	B	N	I	A	R	V	H	G	B	B	M	E	T	E	O	R	S	T	S
N	A	J	D	R	P	S	E	G	G	S	A	L	O	O	N	S	E	V	A	E	L	Z
D	F	P	L	S	G	P	V	S	P	E	R	P	S	L	I	D	O	F	F	A	D	S
R	Y	W	R	G	W	R	R	L	K	U	D	S	K	N	U	M	P	I	H	C	I	H
A	L	X	W	I	B	I	E	U	W	U	E	S	D	U	B	Y	Y	V	W	U	A	A
S	S	N	W	S	L	E	N	E	N	N	N	U	Y	P	A	N	S	I	E	S	M	K
W	G	H	U	N	O	F	A	D	N	I	I	K	L	E	C	T	Y	G	Y	T	O	E
A	N	K	A	O	O	J	O	R	Y	S	N	P	S	N	E	K	A	W	A	O	N	S
N	I	Y	E	W	M	I	T	O	S	E	G	G	G	N	I	M	M	I	R	T	D	P
S	N	G	A	D	S	C	A	D	L	H	K	Y	A	D	R	O	B	R	A	M	B	E
S	N	R	S	R	N	N	U	R	N	S	Q	H	T	R	O	W	S	D	R	O	W	A
E	I	E	T	O	I	I	R	A	S	O	G	S	N	M	I	N	S	E	C	T	S	R
K	G	N	E	P	B	V	U	I	P	L	H	S	M	R	O	T	S	E	Y	O	M	E
O	E	E	R	S	O	A	S	N	D	A	H	B	Z	E	A	R	T	H	D	A	Y	B
J	B	Q	H	E	R	D	K	C	M	G	N	C	G	C	S	P	I	L	U	T	U	G

Find the following words in the puzzle.  
Words are hidden and .

- |             |           |           |             |              |
|-------------|-----------|-----------|-------------|--------------|
| APRIL FOOLS | CROCUS    | GALOSHES  | PANSIES     | STORMS       |
| ARBOR DAY   | DAFFODILS | GARDENING | PRUNING     | TAURUS       |
| AWAKEN      | DA VINCI  | GREEN     | RAIN        | TRIMMING     |
| BEARS       | DIAMOND   | INSECTS   | RAINBOWS    | TULIPS       |
| BEGINNINGS  | EARTH DAY | JOKES     | ROBINS      | TUNDRA SWANS |
| BLOOMS      | EASTER    | LEAVES    | SHAKESPEARE | UMBRELLA     |
| BUDS        | EGGS      | LOONS     | SKUNKS      | WINDY        |
| CHIPMUNKS   | ENERGY    | METEORS   | SNOWDROPS   | WORDSWORTH   |

Complete the puzzle and drop it off at the office for a chance to win a gift certificate to our Tuesday dinners. Congratulations to the February puzzle winner: Barb Woolley

Name \_\_\_\_\_ Phone # \_\_\_\_\_