

Mackay Messenger

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MACKAY CENTRE FOR SENIORS

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Director:

Stephanie Hartwick

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Check out our web page and follow us on Facebook

www.mackaycentreforseniors.com

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APRIL 2025



Hello Spring! Is that really you? We all deserve a big pat on the back and lots of sunshine for making it through this winter. We would like to take this opportunity to wish our members and their families a "Happy Easter". With the return of nice weather, we will also be welcoming back the Parkinson's Society of Southwestern Ontario meetings on the second Thursday of every month at 1pm, upstairs in the Main Hall.

We have a lot in our baskets this month with the announcement of the Federal Election on April 28th. Initially we thought we would be a polling station however, we are not. As this is being dubbed an "historic election", please don't forget to get out and vote.

A big thank you to Ellie Montgomery for teaching line dancing while Betty Anne was away. We really appreciated you stepping in. Betty Anne returns to lead line dancing this month.

Stephanie will be away on vacation from April 2nd until April 14th soaking up the sun in Mexico. Kim will be available in her absence. Happy Spring!

Stephanie & Kim

Fitness: Irene's classes are held on Mondays and Fridays at 9:20 am. **Kathleen's** classes will be virtual this month and are on Mondays and Wednesdays at 10:45 am. **ALL attendees must be registered through One Care.**

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.

Bridge: Mondays 1 pm downstairs. We play "Kitchen Bridge" and are always looking for spares. Cost is \$2.00

YOGA: Sarah's Yoga classes are on Tuesdays at 9:30 am. **Pam's** Joyful yoga class is on Thursdays at 10:00 am. **Rhian's** Seated Yoga on Thursdays at 2:00 in the meeting room downstairs. Please call the office if you wish to take part next month.

Tai Chi: Tai Chi will be upstairs on Mondays 1– 2:30, Wednesday mornings 9:00 - 10:30 am and Saturdays from 10:30– 11:30 am . Beginner classes are Mondays at noon and Wednesday mornings at 8:30 am Cost is \$2 each class.

Art Club: Is on Wednesdays from 1-3 pm & Saturdays from 10—noon downstairs.

Euchre: is on Fridays from 1-4 pm upstairs in the Main Hall. Cost is \$2.

Knitting & Crochet: Downstairs Friday mornings from 10 am to noon. Want to learn to knit or crochet? Let us know as we have instructors to help you learn.

Coffee & Chat: Thursdays at 11 am after Pam's Joyful Yoga. Donations for coffee gratefully accepted.

Canasta//Hand & Foot: Monday mornings at 10 am downstairs. Cost is \$2.

Scrabble: First game is Tuesdays at 1pm, **second game** at 2pm downstairs. Cost is \$2.00 **Chess** is taking a break this month and will resume in April.

Pepper: Wednesday April 9th

Line Dancing: Absolute beginner class Mondays from 3-4, followed by beginner level 1 from 4-5 cost is \$2.00. Level 2 line dancing on Fridays from 10:45—Noon. All classes are \$2 and are held in the main hall. Betty Anne is returning this month

Men's Group with Jeremy: Tuesdays at 11– noon. Donations for Coffee gratefully accepted.

Drum Circle: The last Wednesday of the month from 3:00-4:00pm. Cost is \$5.00

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

Three Tuesday Lunches in April!

All lunches feature the main course, Tea/coffee and Pam's homemade desserts. Please call the office to sign up by the prior Friday at noon.

April 8th: Lasagne, Caesar Salad & Garlic Bread-
Members \$15.00, Non-members-\$20.00

April 15th: Easter Luncheon Turkey & Ham with all the trimmings, Members \$20.00, Non-members \$25.00

April 29th: Hot Roast Beef Sandwiches, Members-\$15.00, Non-members \$20.00



A big THANK YOU to **Lighthouse Money Management** for sponsoring our Easter Luncheon! Your generosity is greatly appreciated! Please make sure you stop in and Thank—Julie Anne and Glen if you see them.

Join us on Tuesday, April 15th for Music & Memories at 3pm

Upstairs in the Main Hall. This month's session is going to feature Canadian Folk Singers. Bring some of your favorite folk songs to share with the group.





SAVE THE DATES FOR FRIDAY ZOOM SESSIONS in APRIL **11:00AM-NOON**

We are counting down to our last Friday Zoom session which will be held on Friday, April 11th. We have not currently finalized our April guests. Stay tuned for more



The MacKay Centre Book Club will be meeting on April 24th at 3:00pm in the Library. This month we will be discussing a book that you either found difficult to read or you did not enjoy reading. Come join in the discussion.

Monday	Tuesday	Wednesday
MH—Main Hall	LL-Lower Level	B-Bannister Room
	1 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1:00-3:00pm Scrabble LL 1-5pm Income Tax Program B IODE 7:00 pm	2 8:30—Noon Foot Care B 9:00am Tai Chi MH 10:45 am Kathleen's Fitness MH 1:00-3:00pm Art Club LL
7 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12:00-2:30pm Tai Chi MH 1:00-3:30 pm Bridge LL 3:00 Beginner Line Dancing MH 3:30-5:00 pm Line Dancing MH	8 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Luncheon 12:30-3:30 RJA Computers 1-5pm Income Tax Program B 1:00-3:00pm Scrabble LL	9 9:00am Tai Chi MH 10:45 am Kathleen's Fitness MH 1:00 pm PEPPER MH 1:00-3:00pm Art Club LL Horticultural Executive 5:00pm
14 9:20am Fitness with Irene MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12:00-2:30pm Tai Chi MH 1:00-1:30 pm Bridge LL 3:00 Beginner Line Dancing MH 3:30 Line Dancing Continued MH	15 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00 Tuesday Luncheon 1-5pm Income Tax Program B 1:00-3:00pm Scrabble 3:00pm-4:00pm Music & Memories with Charles MH 7:00 pm Horticultural Society	16 8:30— Noon Foot Care B 9:00am Tai Chi MH 10:45am Kathleen's Fitness 1:00-3:00pm Art Club LL 3:00 PM Harp Heals Guided Meditation
21 9:20am Fitness with Irene MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12:00-2:30pm Tai Chi MH 1:00 Bridge LL 3:00 Beginner Line Dancing MH 3:30 Line Dancing Continued MH	22 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1-5pm Income Tax Program B 1:00-3:00pm Scrabble LL	23 8:30— Noon Foot Care B 9:00am Tai Chi MH 10:00 am Caregiver Café LL 10:45am Kathleen's Fitness 1:00-3:00pm Art Club 3:00-4:00pm Drum Circle
28 9:20am Fitness with Irene MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12:00-2:30pm Tai Chi MH 1:00 Bridge LL 3:00 Beginner Line Dancing MH 3:30 Line Dancing Continued MH	29 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12 Noon-Tuesday Luncheon 1-5pm Income Tax Program B 1:00-3:00pm Scrabble LL	30 9:00am Tai Chi MH 10:45am Kathleen's Fitness 1:00-3:00pm Art Club 1— 3pm Art Workshop MH

Thursday	Friday	Saturday
MH—Main Hall	LL-Lower Level	B-Bannister
<p>3</p> <p>10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1-5pm Income Tax Program B 2:00pm Rhian's Seated Yoga LL 1:00pm Bid Euchre MH</p>	<p>4</p> <p>9:20am Fitness with Irene MH 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Level 2 MH 11:00am Friday Zoom Session 1:00-4:00pm Euchre MH</p>	<p>5</p> <p>10:00am-Noon Art Club LL 10:30 –noon Tai Chi</p>
<p>10</p> <p>10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1:00pm-3:00pm Parkinson's Group MH 1-5pm Income Tax Program B 2:00pm Rhian's Seated Yoga LL 1:00pm Bid Euchre</p>	<p>11</p> <p>9:20am Fitness with Irene MH 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Level 2 MH 11:00am Friday Zoom Session 1:00-4:00pm Euchre MH</p>	<p>12</p> <p>10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL</p>
<p>17</p> <p>10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1-5pm Income Tax Program B 1PM Bid Euchre MH 2:00pm Rhian's Seated Yoga LL</p>	<p>18</p> <p>Good Friday CLOSED</p> 	<p>19</p> <p>10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL</p>
<p>24</p> <p>10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1-5pm Income Tax Program B 2 pm Rhian's Seated Yoga LL 3:00pm MacKay Centre Book Club LL NEW 1:00-4:00pm Bid Euchre MH</p>	<p>25</p> <p>8:15am Yoga with Sarah LL NEW 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Level 2 MH 1:00-4:00 pm Euchre MH</p>	<p>26</p> <p>10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL 1:00pm-3:00pm Line Dancing Open House</p>
		



Spring Dance! An introduction to the Argentine Tango will be held in the main hall on April 6th from 1:00pm-5:00pm. This is a fundraising event for the MacKay Centre and admission is by donation. Come and Go, Refreshments will be served. Observe or participate. No partner required. All forms of dance welcome.

Our website is currently under construction as we update it to make it more user friendly. We would love to have members input regarding the changes we have made. Please visit our website at **www.mackaycentreforseniors.com** and provide us with your feedback on the changes. Is it easy to see and find your way around the site? Are there things you would change?

Our website and Facebook page are two of the best ways to keep up to date with last minute schedule changes or cancelations. If you haven't already liked and followed our Facebook page, please consider doing



Do you have a computer, laptop, or cell phone that is giving you a hard time? Let Rob from RJA Computers help take some of the frustration out of using these modern technologies. Rob will be available on **April 8th and April 24th. Cost is \$20.00 for one hour.** Please contact the office to register.



If you haven't paid your 2025-2026 membership renewal, it was due on April 1st. Please drop your renewal off to the office at your earliest convenience.

There will be a Line Dancing Open House on Saturday, April 26th from 1:00pm-3:00pm in the main hall. Come on out and find about this very popular and fun class.



Our Fundraising Book Sale will be on Saturday, May 17th. Are you spring cleaning? Do you have books or puzzles that you would like to donate to our sale? We will be collecting through out April & May. Please call first before you donate your gently

**Thank
You**

To all of our members who donated to the Maple Leaf Motel food drive. Your generosity and support helped make this another successful community event.

APRIL ART WORKSHOP

Rock Painting 101 with Reeka Spence
Wednesday, April 30th 1:00pm-3:00pm MH
Cost: \$20.00 per person
Limited to 20 participants



Briefly learn about the Kindness Rock Movement and how it is impacting people globally. Learn the basics of rock painting and explore other methods of decorating beach rocks. Participants will have the opportunity to complete two or more rocks during this two hour session. Inspiration can be sourced on Pinterest ahead of time. Wearing an apron is recommended.

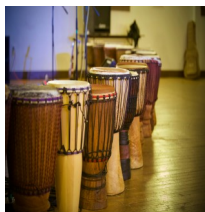
There are still some spaces left in this workshop. Please contact the office to register.

MAY ART WORKSHOP

Beginner painting with Tania Gregotski from Miniature Masterpieces
Wednesday, May 7th 1:00pm-3:00pm
Cost: \$20.00 per person
Limited to 20 participants



If you have always wanted to try your hand at painting then this beginner workshop is for you. Tania is an experienced and energetic artist who sprinkles happy everywhere she goes. All supplies are provided. Please contact the office to pre-register.



This month's drum circle will be held on **Wednesday, April 23rd at 3:00 pm** in the main hall. Cost is \$5.00 pp and all are welcome. Please call, or email to register. There are a few drums to share and if you have your own, please bring it with you.

Harp Heals guided meditation with Martha returns on **Wednesday, April 16th at 3pm**. Cost is \$5.00 and there is a minimum of 8 people required for the class to take place. Call the office to sign up.



SAVE THE DATES



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Learn how with the **FREE**
Powerful Tools For Caregivers
workshop!

MacKay Center For Seniors

Thursdays

April 24 – May 29, 2025

10:00 a.m. – 12:00 p.m.

To register:

855-463-5692

info@swselfmanagement.ca



WWW.SWSELFMANAGEMENT.CA

Join us for a Daffodil Afternoon Tea.

When: Sunday April 27th 2025

Time: 1:00 pm—3:00pm

Upstairs in the Main Hall

Pam will be making lots of tea sandwiches,
desserts, scones with cream Jam and a
choice of tea.



Tickets are \$20.00 pp. and can be purchased at Charnwood Villa . Call
Pam at 226-421-2116 or at the Office.

Help us raise funds for the Canadian Cancer Society.