

Mackay Messenger

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AUGUST 2026



AUGUST.....you arrive too soon, and leave before we are ready to let you go. Things are buzzing around our beautiful, butterfly garden. A big THANK YOU to the Butterfly Way Project for this garden addition. There will be no Line Dancing with Ellie, and no Pam's Joyful Yoga/Coffee & Chat during the month of August. Please check the calendar for other changes. We will still be busy getting our fall schedule set up and ready to welcome everyone back in September.

The centre will be closed on Monday, August 3rd, for the Civic Holiday Weekend.

On August 4th, we will be hosting our fourth annual Caring for the Caregiver Day. This is a wonderful opportunity for those who care for others to be on the receiving end for a day. Lots of great topics, relaxation, light lunch, and connecting with other caregivers.

The Goderich Art Club will also be having their annual Art Show & Sale from August 7-9. More details inside. Make sure you stop by to have a look at the beautiful work the local artists create. You will be glad you did.

Until next month.....

Stephanie & Kim

MACKAY CENTRE FOR SENIORS

**10 Nelson East
Goderich N7A 1R6
519-524-6660**

Director:

Stephanie Hartwick

Admin Assistant:

Kim Elson

mackaycentre@hurontel.on.ca

Check out our web page and follow us on Facebook

www.mackaycentreforseniors.com

Office Hours

Monday-Friday 10:00am-4:30pm

MacKay Centre Program List

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

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 regular players or spares. Cost is \$2.00 to play and \$0.25 to "the pot." Please call Elaine if interested at 905-867-2743.

Mackay Centre Book Club: Book club is held on the fourth Thursday of the month at 11:00 a.m. in the lower level. Dubravka Bright leads the group through a **variety of discussions about wide range of reading material. This months book club is on August 27th at 11:00am and will be held at Anyone for Books, 21 Victoria St. St. (Entrance off of St. Patrick St.)**

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

Caregiver Café—is an informal coffee and chat for those who are caregiving. We have tentatively booked the café for the last Wednesday morning of the month. **This month's session will be cancelled as we are hosting our Caregiver Day event on Tuesday August 4th. Please call the office to register.**

Coffee & Chat: Takes place Thursdays at 11 am upstairs after Pam's Joyful Yoga.

Dominos: Anyone interested in joining us to play dominos can join us downstairs on Tuesdays from 1– 2 pm in the meeting room. We will be playing along with the scrabble group. Cost is \$2.

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

Ellie's Line Dancing: is taking a break for the month of August and will resume in September.

Fitness: These fitness classes are **Level 3** and are a combination of weights , bands and cardio. Anyone wishing to attend must first register through ONE CARE to be added to the waiting list (1-877-502-8277).

Irene's classes are held on Mondays and Fridays at 9:20 am.

Kathleen's only classes this month are on Monday, August 10th and Wednesday, August 12th at 10:45 am.

Brayden's Beginner; Fitness Level 1 is on Monday & Wednesday from 8:00am-9:00am in the lower level.

Harp Heals: Is taking a break for the summer. See you in the fall.



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

Men's Group with Jeremy: Tuesdays at 11– noon. Cost is \$2.00 for coffee and cookies.



Music & Memories: Happens on the third or fourth Tuesday of each month at 11:30am downstairs in the meeting room. Join Charles as he takes us through a musical journey of songs and singers from days gone by. There is a new musical theme each month. **Music & Memories is taking a break for August and will return in the fall.**

Pepper: Euchre is one deck, Bid Euchre is two, and Pepper is three decks of cards!! This game is held on the second Wednesday afternoon of each month from 1:00pm-4:00pm. **This month pepper is on Wednesday, August 12th**



Scrabble/Dominos: Tuesdays at 1 pm, downstairs. Cost is \$2.00. please note we will be in the Bannister room when Music and Memories is on.

Tai Chi: For the summer months Tai Chi will be on **Wednesdays from 9:00am-10:30am only. This is not a beginner class. The next beginners class will begin in the fall along with regular class scheduling.**

The cost is \$2.00 each time you attend. There is also a fee of \$10.00 per month that goes to the Canadian Tai Chi Academy.

Yoga:

Sarah's Yoga classes are upstairs in the main hall on Tuesdays at 9:30am. Plan to arrive at least 15 minutes before the class starts and bring your yoga mat with you.

Pam's Joyful Yoga class is taking a break for the month of August. See you in September.



Rhian's seated yoga Thursdays at 1:00pm in the meeting room downstairs.

Please call the office if you wish to participate in any of the classes to have your name added to the regular list. Cost for all yoga classes is \$5 per person, per session.

Please Note: You must be a current member of the Centre to participate in our programs. Membership forms can be picked up at the office, membership is \$25.00 for the year

Ontario

Monday	Tuesday	Wednesday
	Goderich Art Club Show & Sale August 7th & 8th 9:00am-3:00pm August 9th 10:00am-4:00pm	
CENTRE CLOSED CIVIC HOLIDAY	9:00– Noon Foot Care B 9:00am-3:00pm Caring for the Caregiver Day	NO PROGRAMS RUNNING Set up for Art Show & Sale
8-9 am Beginner Fitness LL 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 1:00-3:30 pm Bridge LL	9:00am-Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Lunch 1-3:00pm Games LL	8—9 am Seated Fitness LL 9-10:30am Continuing Tai Chi MH 10:45 am Kathleen's Fitness MH 12:30-2:00 Volunteer Meeting 1:00pm-4:00pm Pepper MH 1-3:00pm Art Club LL
8-9 am Beginner Fitness LL 9:20am Irene' Fitness MH 10 am Canasta LL 1-3:30 pm Bridge LL	9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Lunch MH 1-3:00pm Games	8—9 am Seated Fitness LL 9-10:30am Continuing Tai Chi MH 1 -3:00pm Art Club LL
8-9 am Beginner Fitness LL 9:20am Irene' Fitness MH 10:00am Canasta LL 1:00-3:30 pm Bridge LL	9:00– Noon Foot Care B 9:30am Yoga with Sarah- Canceled MH 11:00am Men's Group LL 12:00pm Tuesday Lunch 1– 3:00pm Games	8—9 am Seated Fitness LL 9-10:30am Continuing Tai Chi MH 1 -3:00pm Art Club LL

Thursday	Friday	Saturday
MH—Main Hall	LL-Lower Level	B-Bannister
		1 10am-Noon Art Club LL
6 NO PROGRAMS RUNNING Set up for Art Show & Sale	7 GODERICH ART CLUB SHOW & SALE 9:00am-5:00pm	8 GODERICH ART CLUB SHOW & SALE 9:00am-5:00pm
13 1-2 pm Rhian's Seated Yoga LL 1-4pm Bid Euchre MH 1-3pm Parkinson's Group	14 9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL 1-4 pm Euchre MH	15 10-Noon Art Club LL
20 1-4pm Bid Euchre MH 1-2 pm Rhian's Seated Yoga LL cancelled	21 9:20am Fitness with Irene MH 10am Knitting/Crocheting LL 1-4 pm Euchre MH	22 10-Noon Art Club LL
27 11 am-Noon Book Club at Anyone For Books, 21 Victoria St. S. 1-4pm Bid Euchre MH 1-2 pm Rhian's Seated Yoga LL	28 9:20am Fitness with Irene MH 10am Knitting/Crocheting LL 1-4 pm Euchre MH	29 10-Noon Art Club LL

Two Tuesday Lunches in AUGUST

Thank you to everyone who completed a luncheon survey at the July 21st luncheon. This really helps us to identify what is working and what is not. If you haven't completed a survey, and you would like to, you can pick them up as they are available in the office. Due to summer holidays and lower attendance at our Tuesday Luncheons, we are only offering two lunches in August. We will go back to three lunches in September. All regular 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**. Lunches are **\$20.00** for members and **\$25.00** for non-members.



August 11th— Updated menu!! Chinese Food from Wing Hong, Chicken Fried Rice, Chicken Balls, Beef & vegetables, Sesame Chicken, Egg Roll, Dessert, Coffee/Tea Sign up **By FRIDAY AUGUST 7 at 1 pm!**

August 25th-Meatloaf, Baked Potato, Veggies, Dessert, Coffee/Tea

Attention MacKay Centre Volunteers

We are conducting a review of our Volunteer Program and updating contact information. If you are a volunteer, you would have received a **"MESSAGE TO ALL MACKAY VOLUNTEERS"** email from Wendy Rush and Elaine Martin. If you haven't already done so, please complete the information and return it to the office. The first of two volunteer meetings took place on July 24th. If you were unable to attend this meeting, there is a second meeting date on **Wednesday, August 12th**.

Thank you for taking the time to complete the updates and to attend one of the meetings. Our goal is strengthen, streamline and improve the Volunteer Program. We could not do that without all of you.



Would You Like to Learn How to Knit or Crochet?

If you are interested in learning how to knit or crochet, there is no time like the present. We will be starting a beginner class in September, on Mondays at 2:00pm if there is enough interest. The class will run for six weeks and the cost will be \$20 and needs to be paid ahead of the first class. Please contact the office to register.



Goderich Art Club Annual Show & Sale



August 7-9, 2026 at the MacKay Centre, 10 Nelson St. E at the corner of North and Nelson Streets) in Goderich.

Hours - Friday and Saturday – 9 am – 5 pm; Sunday – 10 am – 4 pm

Free Admission and Accessible Air -Conditioned Building - accepting cash, cheque, debit, credit cards.

This year we have 29 artists and over 300 original works of art – in addition to original art cards!

This year's feature artist is Cindy Fisher, a Goderich artist, who enjoys painting in acrylics and water colours. Her favourite six subjects are: landscapes, florals and clotheslines....oh my! -

pears, collages and abstracts, oh my!

The Goderich Art Club has been going for over 70 years - since 1952 - and has 50 members currently – a great community of painters.

This is a 'free' community event – no charge for public to attend. Each artist pays a fee to be in the show and that fee supports the programming of the art club and the MacKay Centre for Seniors which is a non-profit organization.

This is a show and sale, so there is no pressure to purchase when you attend the event. The Goderich Art Club and Mackay Centre do not take a commission/percentage of sales from each artist. If a piece of art is sold, the entire amount goes to the artist.



Mackay Centre Book Club



located at 21 Victoria St. S. (entrance from St. David St).

Hello dear readers, I hope everyone is enjoying summer. We are going to do something a little different this month. Join us at Anyone For Books on Thursday, August 27th at 11:00am for the monthly book club. This will give everyone a chance to spend some time with Dubravka at her new store. The store is

Lunch & Learn in Dungannon

There is a Lunch & Learn taking place in Dungannon on August 13th.

Lunch will be a cold plate, salad, sandwiches, and dessert.

Meaghan Cosgrove, MSC PT, from Huron Pelvic Health will be on site to teach us about pelvic floor issues. They are common, but not normal. If you experience leaking, urgency, pelvic pain, or chronic constipation, these issues are treatable and don't have to be just a normal part of aging. These issues affect Men & Women. Please register with Logan by Friday, August 7th at 519-529-3189



Goderich Art Club

SHOW AND SALE



The MacKay Centre
10 Nelson St. E., Goderich
(corner of North and Nelson)

August 7th, 8th, 9th

Friday & Saturday 9am – 5pm
Sunday 10am – 4pm

Admission Free & Accessible Building