MacKay Messenger

Board of Directors

Chair: Kent Gillin
Secretary: Kim Dumont
Treasurer: Larry Papernick

Directors
Pam Somers
Judy Keightley
Peggy Denomme
Silvija Hall
Bonnie Walter

Dungannon Representative

Jane Hoy

Town Representative
Trevor Bazinet

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-

DECEMBER 2026



DECEMBER……I'm not ready for Santa! I'm sitting here writing this on November 16th and trying to figure out how we got here already. This year has been a whirlwind of activity in many different ways. We have more fun planned before we start winding down for the holidays.
There is a Christmas **Turkey Luncheon on December 8th** and a Christmas **Ham Luncheon on December 15th**. These lunches are limited to 55 people, so sign up early! On December 22nd we are planning a casual lunch, ordering pizza and having Dave & Doug here to play some Christmas music for us. We encourage Christmas attire, whether it's a Christmas sweater or pj's.
December 21st will be the last day of regular programing at the MacKay Centre. Some programs will be offered on the 22nd, please check the calendar Please note the office will be **closing at noon on December 23rd** and will re-open on **January 4th, 2027.** We would like to wish all of our members, families, and community, a special, old fashioned kind of Christmas. We look forward to an exciting New Year with all of you. *Stephanie & Kim*

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 currently on hold.

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 are changing the day and time this month to Friday **December 11th** from 1:30 to 3pm. If you are a caregiver and want to drop in to chat, please join us.

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: Absolute **beginner class is on Mondays from 3-4 followed by beginner level 1 from 4-5 pm. Level 2 line** dancing is on Friday mornings from 10:45-Noon. All Classes are $2 and are held in the main hall.

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** classes are on Mondays and Wednesdays at 10:45 am.

Harp Heals: is taking a break until the Spring

Knitting & Crochet: Downstairs Friday mornings from 10 am to noon. Want to learn to knit or crochet?

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



Music & Memories: is taking a break for December**.**

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, December 9th.**

Scrabble: Tuesdays at 1 pm, downstairs. Cost is $2.00.

Tai Chi: The Introductory tai chi classes are Mondays 12 to 1pm
Continuing classes are Mondays 1 to 2:30 pm and Wednesdays 9 to 10:30 am. Beginners may also attend Continuing classes if they wish.
There is also an open tai chi practice on Saturdays 10:30 to 11:30, which is available to all levels.



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. **Sarah's class on December 8th is cancelled and December 15th will be her last class for this year. She will return on January 5th.**

Pam's Joyful Yoga class is on Thursday at 10:00am upstairs in the main hall. This class is seated but bring a mat if you want to try some of the floor exercises. Please plan to arrive 15 minutes before the class starts to make sure you get a spot.



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
	1 9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1:00-3:00pm Games LL 2—3pm Stepping UP MH	**2** 9-10:30am Cont. Tai Chi MH 10:45 am Kathleen's Fitness MH 11:30 **Art Club Christmas Potluck LL** 1-3:00pm Art Club LL
7 9:20am Irene's Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12-1 pm Beginner Tai Chi 1- 2:30pmTai Chi MH 1:00-3:30 pm Bridge LL 3-4pm Ellie's Line Dancing-beginner 4-5pm Ellie's Line Dancing L1	8 9:00– Noon Foot Care B 9:30am Yoga with Sarah Cancelled MH 11:00am Men's Group LL **12:00pm Christmas Turkey Luncheon MH** 1:00-3:00pm Games LL 2—3pm Stepping UP MH	9 9-10:30am Cont. Tai Chi MH 10:45 am Kathleen's Fitness MH 1- 4:00pm **Pepper** MH 1-3:00pm Art Club LL **5 pm GDHS Exec meeting**
14 9:20am Irene's Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12-1 pm Beginner Tai Chi 1- 2:30pmTai Chi MH 1:00-3:30 pm Bridge LL 3-4pm Ellie's Line Dancing-beginner 4-5pm Ellie's Line Dancing L1	15 9:00am-Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL **12:00pm Christmas Ham Luncheon** MH 1:30pm Board Meeting LL 1-3:00pm Games LL **7 pm GDHS meeting**	16 9-10:30am Cont. Tai Chi MH 10:45am Kathleen's Fitness MH 1:00pm-3:00pm Art Club LL 1-3:00pm **Art Workshop-Decoupage Christmas Door Hanger** MH
21 9:20am Irene's Fitness MH 10 am Canasta LL 12-1 pm Beginner Tai Chi 1- 2:30pmTai Chi MH 1-3:30 pm Bridge LL 3-4pm Ellie's Line Dancing-beginner 4-5pm Ellie's Line Dancing L1	22 9:00– Noon Foot Care B 11:00am Men's Group LL **12:00pm Christmas Pizza & PJ's Luncheon MH** 4:30 Guys Grief and Grub	23 **Closing at NOON**
28 **CLOSED**	29 **CLOSED**	30 **CLOSED**

Thursday	Friday	Saturday
MH–Main Hall	**LL-Lower Level**	**B-Bannister**
3 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 12-4pm **Bid Euchre Christmas Party** MH	4 9:20am Fitness with Irene MH 10 am Knitting/Crochet LL 11-12pm Ellie's Line Dancing L2 MH 1-4 pm **Euchre Christmas Party** MH	5 10am-Noon Art Club LL 10-11:30 Tai Chi MH
10 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 1-4pm **Parkinson's Group last meeting until Spring** MH **NO BID EUCHRE**	11 9:20am Fitness with Irene MH 10 am Knitting/Crochet LL 11-12pm Ellie's Line Dancing L2 1-4 pm Euchre MH 1:30 Caregiver Café LL	12 10-Noon Art Club LL 10-11:30 Tai Chi MH
17 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 1-4pm Bid Euchre MH	18 9:20am Fitness with Irene MH 10 am Knitting/Crochet LL 11-12pm Ellie's Line Dancing L2 MH **11:00am-Noon Friday Zoom**, Victorian Christmas Virtual 1-4 pm Euchre MH	19 10-Noon Art Club LL 10-11:30 Tai Chi MH
24 **CLOSED** **Christmas EVE**	25 **CLOSED** 	26 **CLOSED** **Boxing Day**
31 **CLOSED** **New Years Eve**	**CLOSED** 	**Programs Begin January 4 th** **See you then!**

THREE Tuesday Lunches in December

This month we have been honored with a $500.00 donation towards our meals from the Goderich Salt Mine. We would like to thank them for their generosity and support of our Tuesday Lunch events. We are pleased to offer that this month our meals will be priced at $15.00 for members for either of the Christmas Luncheons. Non-members will be $25.00 per person. Due to the popularity of these meals the cut off time is firm as **prior Friday at noon**.





December 8th-, Roast Turkey, Dressing, Mashed Potatoes, Gravy, Root Veggies, Trifles, Coffee/Tea



December 15th-Ham, Scalloped Potatoes, Veggies, Dinner Roll, Pie, Coffee/Tea

December 22nd-Pizza, Christmas PJ's or Sweater, and a Performance by Dave & Doug. Come sing along to your favorite Christmas songs.



We will have a special gift wrapping elf here on December 18th and December 22nd, so if you have gifts that need wrapping, bring them along. Donations for gift wrapping are greatly appreciated.



Just a friendly reminder that the MacKay Centre for Seniors is a registered Charity #BN 11924 3525 R0001. A formal tax receipt will be issued for any donations over $20.00. Any and all donations are greatly appreciated.

FRIDAY ZOOM SESSIONS 2026-2027

It's that time of year again, when the weather and travel becomes unpredictable. Even old man winter can't stop our Friday fun. Held every Friday starting in January from 11:00am-Noon

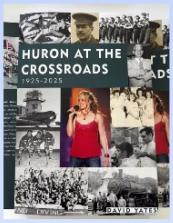




We are kicking off our Friday Zoom Sessions on **December 18th** with a **"Victorian Christmas"**. This will be presented by Sinead Cox from the Huron County Museum.

January 8th-Brayden Lisiecki, BPH, MPH, from the MaitlandValley Health Team, will be talking with us about **special diets**.

Maitland Valley
Family Health Team



January 15th-**David Yates** is back to share his book **"Huron at the Crossroads 1925-2025".**



January 22nd-Cam Yuill, one of our MacKay-Dungannon members, will be sharing experiences from his trip to **Kenya**.



January 29th-Michelle Unsworth-Ufoote from First Foot Forward and author of the book **"Getting Your Sh*t Together".**

Please contact the office for the Zoom link at 519-524-6660 to register

"Stay Connected From Home with Connect Along the Shore! "

Looking for opportunities to connect with others, learn something new, and enjoy engaging activities?

Gateway CERH is launching **Connect Along the Shore**, a FREE telephone-based social connection and wellness program for adults aged 55+, serving Huron County and surrounding communities.

The program brings social, educational, and wellness activities directly into participants' homes through group telephone sessions.

Activities include educational guest speakers, stories and conversation, current affairs, games and trivia, mindfulness, and more.

No internet, computer, or transportation required. Just a telephone!

Programming begins **January 11, 2027** with sessions offered throughout the week.

Interested in participating or learning more?

Contact Gateway CERH at 519-612-1053 or lauryn@gatewayruralhealth.ca

Visit https://www.gatewayruralhealth.ca/connectalongtheshore for more information and registration details.

December Art Workshop

Check out the cute decoupage Christmas Door Hanging on Stephanie's office door ! Join us for you opportunity to make one of your own with Karen Fooks

WHEN: Wednesday, **December 16th**

TIME: 1:00pm-3:00pm

COST: $15 per person

Space is limited to 12 participants

Please contact the office to register 519-524-6660





Inclement Weather Centre Closures: As we move into winter weather, the Centre may be closed when the highways are closed. If you are unsure if a program is running, please call the Centre and check the phone message and/or Facebook. It will be updated to reflect the status of the Centre. Please note there may be days when Stephanie cannot get into the Centre but the weather in Goderich is fine. Again, Stephanie or Kim will change the message on the phone to reflect this. Please check the program sign in sheets & make sure your phone number is up to date. That way, if we have to make a weather closure decision during the day, we are able to contact you. We want everyone to be safe.

Name: _____

Word Search

DECEMBER 2026

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

Find the following words in the puzzle.
Words are hidden ↑ and ↓ and → and ← and ↘

ADVENT	CHESTNUT	FROSTY	NUTMEG	SNOWGLOBE
ANGEL	CHOIR	FRUITCAKE	PARCEL	SNOWMAN
BAUBLE	CRACKER	GARLAND	SCARF	STARLIGHT
BETHLEHEM	CRANBERRY	MANGER	SHEPHERD	STOCKING
BLITZEN	DECEMBER	MARZIPAN	SLEDGE	STUFFING
BOXINGDAY	EGGNOG	MERRY	SLEIGH	TURKEY
CANDLE	ELVES	MIDNIGHT	SNOWDRIFT	WREATH
CAROL	FIREPLACE	NUTCRACKER	SNOWFLAKE	YULETIDE

Complete the puzzle and drop it off at the office for a chance to win a gift certificate to one of our Tuesday Luncheons. Congratulations to our November puzzle winner Eileen Sleightholm. Please come to the office to pick up your gift certificate.

Created by MacKay Centre using the Word Search Generator on Super Teacher Worksheets (www.superteacherworksheets.com)