

Mackay Messenger

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MACKAY CENTRE FOR SENIORS

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

Director:

Stephanie Hartwick

mackaycentre@hurontel.on.ca

Check out our web page and follow us on Facebook

www.mackaycentreforseniors.com

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JUNE 2025



JUNE.....IS THAT YOU? You are feeling a little more like October. Hopefully, we can put away our fall clothes soon. We have put in an order for sunshine on June 15th for Father's Day. Wishing all the Dads a great Father's Day. It has been a flurry of activity around the Mackay Centre as we prepare to begin programs at the Mackay Centre-Dungannon site. I am sure that many of you have had a chance to meet Logan Curran, our new Program Assistant in Dungannon. He has been spending time with us here at the Centre in preparation for the Grand Opening on June 4th. Check out the invitation inside for more details. We are hoping some of our Goderich members are able to attend in support.

We are gearing up for the summer calendar of events. Please note that some programs are taking a break for the summer. Please make sure to check the calendar and our Facebook page for changes.

Last, but not least, Stephanie is leaving us for a Mexico girls trip from June 7-14th. If she comes back, it will be on June 16th. Happy June!

Stephanie & Kim

Fitness: 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. **ALL attendees must be registered through One Care 1-877-502-8277**

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 9:30am & Friday at 8:15am. **Sara will be away on June 24th. 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. **Rhian will be away on May 22, 29 & June 5th.** 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. Plus \$10.00 monthly for Tai Chi Academy.

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 until September

Pepper: Wednesday June 11th

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.

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

Drum Circle: takes a break for the summer

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

Three Tuesday Lunches in June

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**. Cost is \$15.00 for members and \$20.00 for non members

June 10th-Roast Pork, Potatoes, Veggies & Dessert

June 17th-Ham & Cheese Quiche & Soup

Lunch & Learn

June 24th-Roast Beef Lunch & Learn

**Topic: Self Defense for Seniors with
Grand Master Gus Michalik**



Yoga updates: Please note that Rhiann will be away for the Seated Yoga class on June 5th. She will return for class on June 12.

Join us on Tuesday, June 17th for Music & Memories at 3pm downstairs in the meeting room. Bring your favourite songs to share or request a song from Charles. The topic is all Folk songs.



Our Annual Fundraiser Book Sale was held on Saturday, May 17th. Thank you to everyone who attended in spite of the damp, rainy weather. A huge thank you to our incredible volunteers Sharon Kirkey, Alice Koopmans, Elaine Martin, Kim Dumont, Wendy Rush, Christy Lomax, Irene Bromley & Bonnie Walter for all of their hard work organizing the books and setting up the sale. We can't forget a special mention to Joe MacIsaac for hauling books up and down in the lift. Our Reading Café was a big hit. Thank you Pam Mazurek for all of the yummys and for tending the café. All of your efforts helped to raise over \$850.00 for the MacKay Centre. The library looks fantastic! A huge thank you to Alice for reorganizing the library!

thank you!



I ♥

Book Club

The MacKay Centre Book Club will be meeting on June 26th at 3:00pm in the Library. This month we will be continuing to share recent books that you read that you really enjoyed, along with members' recommended reads. Come join in the discussion.

Monday	Tuesday	Wednesday
MH—Main Hall	LL-Lower Level	B-Bannister Room
<div>2</div> 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	<div>3</div> 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1:00-3:00pm Scrabble LL 3pm Creative Movement MH IODE 7:00 pm	<div>4</div> 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 1pm Art Workshop MH
<div>9</div> 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	<div>10</div> 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Luncheon 1:00-3:00pm Scrabble LL 3pm Creative Movement MH	<div>11</div> 9:00am Tai Chi MH 10:45 am Kathleen's Fitness MH 1:00 pm Pepper 1:00-3:00pm Art Club LL Horticultural Executive 5:00pm
<div>16</div> 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	<div>17</div> 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Luncheon 1:00-3:00pm Scrabble 3pm Creative Movement MH 3:00pm-4:00pm Music & Memories with Charles LL 7:00 pm Horticultural Society	<div>18</div> 8:30— Noon Foot Care B 9-11 Memory & Aging LL 9:00am Tai Chi MH 10:45am Kathleen's Fitness 1:00-3:00pm Art Club LL 3:00 PM Harp Heals Guided Meditation
<div>23</div> 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	<div>24</div> 9:30am No Yoga with Sara 11:00am Men's Group LL 12:00 Tuesday Lunch & Learn with Grand Master Gus Michalik 1:00-3:00pm Scrabble LL	<div>25</div> 8:30— Noon Foot Care B 9:00am Tai Chi MH 9-11 Memory & Aging LL 10:45am Kathleen's Fitness 1:00-3:00pm Art Club 1:00 Art Workshop with Moses Lunham

Thursday	Friday	Saturday
MH—Main Hall	LL-Lower Level	B-Bannister
<div>5</div> <p>10:00am Pam's Joyful Yoga MH 11:00am Coffee & Chat MH 2:00pm NO Seated Yoga LL 1:00pm Bid Euchre MH</p>	<div>6</div> <p>8:15am Yoga with Sarah LL 9:20am Fitness with Irene MH 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing L2 MH 1-4 pm Euchre MH</p>	<div>7</div> <p>10:00am-Noon Art Club LL 10:30 –noon Tai Chi</p>
<div>12</div> <p>10:00am Pam's Joyful Yoga MH 11:00am Coffee & Chat MH 12:30– 4pm Computer lessons with Rob LL 1:00pm-3:00pm Parkinson's Group MH 2:00pm Rhian's Seated Yoga LL 1:00pm Bid Euchre</p>	<div>13</div> <p>8:15am Yoga with Sarah LL 9:20am Fitness with Irene MH 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing L2 MH 1:00-4:00pm Euchre MH</p>	<div>14</div> <p>10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL</p>
<div>19</div> <p>10:00am Pam's Joyful Yoga MH 11:00am Coffee & Chat MH 1PM Bid Euchre MH 2:00pm Rhian's Seated Yoga LL</p>	<div>20</div> <p>8:15am Yoga with Sarah LL 9:20am Fitness with Irene MH 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing L2 MH 1:00-4:00pm Euchre MH</p>	<div>21</div> <p>10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL 1:00pm-3:00pm Strawberry & Rose Tea Tickets \$20.00</p>
<div>26</div> <p>10:00am Pam's Joyful Yoga MH 11:00am Coffee & Chat MH 10:00 am Caregiver Café LL 2:00pm Rhian's Seated Yoga LL 1:00-4:00pm Bid Euchre MH 3:00pm MacKay Centre Book Club LL</p>	<div>27</div> <p>8:15am Yoga with Sarah LL Cancelled 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing L2 MH 1:00-4:00 pm Euchre MH</p>	<div>28</div> <p>10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL</p>



STRAWBERRY & ROSE TEA

Mackay Centre for Seniors



Saturday, June 21st
1:00pm-3:00pm
in the main hall



Tickets \$20

on sale June 1st in the office
Only 50 tickets available



Finger Sandwiches~Scones~Jam-Chocolate Strawberries

Door Prizes



The Drum Circle will take a break for the summer as Cheryl will be busy performing. We would like to thank Cheryl bringing for her energy to the MacKay Centre. We are hoping you come back in the fall. All the best on your summer tour and we will see you at the Celtic Festival in August.

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 **June 12th from 12:30– 4 Cost is \$20.00 for one hour.** Please contact the office to register.



Harp Heals guided meditation with Martha is on **Wednesday, June 18th 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.



****Date Change for Caregivers Café**** Due to the Memory and aging course being held this month, we will be holding the Caregiver Café on Thursday June 26th from 10-11:30. Please call to let us know you are coming.

Art workshop with Moses Lunham from Kettle and Stoney Point

We are very excited to welcome renowned Anishinaabe Artist Moses Lunham from Kettle and Stoney Point First Nation to the MacKay Centre. Moses will lead us through a paddle painting session recreating one Moses' original designs called the Hummingbird. This workshop is unique as we will be painting on a handcrafted paddle. Join us for an afternoon of tradition, art and inspiration. **Wednesday June 25th 1– 3pm**

Cost is \$60.00 for members \$85.00 for non members and includes all supplies for the workshop. Pre payment is required to reserve your space

Space is limited to 20 Participants. Please call the office to sign up.



Public Education for persons 55+

Alzheimer Society
HURON PERTH

Memory aging & PROGRAM

Healthy Brain Workshop

What kinds of memory changes should I expect as I grow older?
What changes are normal and which ones are not?
Can I improve my memory? Find answers at this **4-week** course!

Location: MacKay Centre, 10 Nelson Street East, Goderich

Wednesday, June 18	9:30 - 11:30 am
Wednesday, June 25	9:30 - 11:30 am
Wednesday, July 2	9:30 - 11:30 am
Wednesday, July 9	9:30 - 11:30 am

“Excellent program – I have already recommended it to everyone I meet! Thank you!”

“Very informative – Great Instructor. Easy to speak with, very helpful and approachable.”

“There is a lot of information. I would love to take this again and definitely recommend it to EVERYONE!”

\$25 Workbook Fee. Registration required.
Register with Jeanette at 1-800-561-5012 or email jeanettes@alzhp.ca

Our knitting group is looking for donations of yarn. If you have any unfinished projects or left over yarn, we would gladly take it off your hands.



WHAT'S HAPPENING IN DUNGANNON

Everything is starting to come together at the NEW MacKay Centre-Dungannon. We have hired two new staff members for the Dungannon location. Many of you may have had an opportunity to meet Logan Curran, our new Program Assistant in Dungannon, as he has been job shadowing at the MacKay Centre-Goderich. We have also hired Matt Strong as the custodian at the Dungannon location. Welcome aboard Logan & Matt. Mark your calendars for the Grand Opening on June 4th. We are still finalizing the June 2025 Calendar for Dungannon and we will make it available as soon as possible. Watch this space in next months issue for an added MacKay Centre-Dungannon section. We hope many of you are able to attend the Grand Opening.



We Are Excited to Announce
The **“NEW”**
MacKay Centre-Dungannon

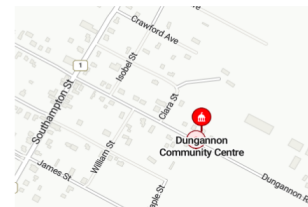


GRAND OPENING & PICNIC LUNCH



Wednesday, June 4th
1:00 pm-4:30 pm

78 Albert Street Dungannon



Official Ribbon Cutting Ceremony~ Food~ Drinks~ Door Prizes

Drop in for cake & coffee. Euchre starting at 2:00pm

For more information call 519-529-3189 or email dccmackay@hurontel.on.ca



Funding provided by:



DUNGANNON SENIOR
CITIZENS CENTRE



CALL OUT FOR VOLUNTEERS FOR THE BOARD OF DIRECTORS

Greetings Everyone. With our fiscal year end March 31st and the AGM (Annual

General Meeting) only 2 months away, we are putting a request out for applications to fill one (1) member position to join the Board of Directors.

The addition of one new member will give our Board a great mix of knowledgeable, committed existing members with fresh ideas and energy.

Below is the position description for a Director of the Board. The Board meets the 3rd 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;
- Assist Executive Director in areas of expertise, for example, fund raising;
- Participate fully in one or more committees or task forces, as required;
- Participate in strategic and organizational planning
- Ensure behaviors as outlined in the Code of Conduct for Board Members is strictly adhered to.
- Commit to a minimum 3-year term subject to renewal at end of term

To be considered for a Board position, please complete and submit the Board of Directors Application form. These forms can be up at the office.

If you have questions, you can speak with Stephanie, or give me a call, Kent Gillin, Chair, Board of Directors at 226 222-1235.

Kent Gillin

Chair