

# Mackay Messenger



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# JULY 2026



**HAPPY CANADA DAY!** The MacKay Centre will be closed on Wednesday, July 1st to celebrate. Ellie's Line Dancing group will attempt year number two in the parade, led by the great Art Fitzgerald and his red hot scooter. The parade starts at 1:00pm. Hope to see you there. The months of July and August tend to be a little quieter than usual at the MacKay Centre while everyone enjoys the summer. Please be certain to check the calendar to ensure that your regular programs are running.

The MacKay Centre will be having our Annual General Meeting on Friday, July 17th from 1:00pm-3:00pm in the lower level meeting room. We encourage members to attend.

On Tuesday, July 21st, please join us for a special BBQ hamburger luncheon cooked up by John Dobie and the Goderich Fire Fighters. We will feature Music & Memories DJ Charles with great summer tunes too! Warning, Dancing may be a side effect.

Dungannon is hosting this year's OACAO Wellness Fair on Thursday July 23rd. The event will be hosted at the Dungannon Fairgrounds, register with Logan if you are coming for lunch. Please stop by and support this great Event.

Happy Summer!

*Kim and Stephanie*

## **MACKAY CENTRE FOR SENIORS**

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

### **Director:**

Stephanie Hartwick

### **Admin Assistant:**

Kim Elson

[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)

### **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.

**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:** Absolute beginner class is on Mondays from 3-4 followed by beginner level 1 from 4-5 pm. **Level 2 line** dancing is on Fridays 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. **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. This month is on **Tuesday, July 21st**. The topic will be the songs of Summer!

**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, July 8.**



**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.

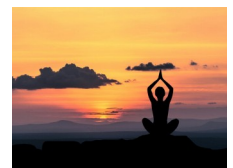
**Tai Chi:** For the summer months Tai Chi will be on **Wednesdays from 9:00am-10:30am only. This is not a beginner class. The next beginners class will begin in the fall along with regular class scheduling.**

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. **Sarah will be away July 14th, 21st & 28th.**

**Pam's Joyful Yoga** class is on Thursday mornings 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. **Rhian will be away on July 30th.** Cost for all yoga classes is \$5 per person, per session.

Ontario 

**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**



| Monday  | Tuesday   | Wednesday   |
|---|---|---|
|   |   | <p style="text-align: right;"><b>1</b></p> <p style="text-align: center;"><b>CANADA DAY</b><br/>MacKay Centre Closed</p>  |
| <p style="text-align: right;"><b>6</b></p> <p>8-9 am Beginner Fitness LL<br/>9:20am Fitness with Irene MH<br/>10:45 am Kathleen's Fitness MH<br/>10 am Canasta LL<br/>1-3:30 pm Bridge LL<br/>3pm Beginner Line Dancing MH<br/>4 -5:00 pm Ellie's Line Dancing MH</p>             | <p style="text-align: right;"><b>7</b></p> <p>9:00– Noon Foot Care B<br/>9:30am Yoga with Sarah MH<br/>11:00am Men's Group LL<br/>12:00pm Tuesday Lunch<br/>1:00-3:00pm Games LL</p>  | <p style="text-align: right;"><b>8</b></p> <p>8-9:00am Seated Fitness LL<br/>9-10:30am Continuing Tai Chi MH<br/>10:45 am Kathleen's Fitness MH<br/>1:00pm-3:00pm Art Club LL<br/>1:00pm-4:00pm Pepper MH</p> |
| <p style="text-align: right;"><b>13</b></p> <p>8-9 am Beginner Fitness LL<br/>9:20am Irene' Fitness MH<br/>10:45 am Kathleen's Fitness MH<br/>10:00am Canasta LL<br/>1:00-3:30 pm Bridge LL<br/>3:00 Beginner Line Dancing MH<br/>4 -5:00 pm Ellie's Line Dancing MH</p>          | <p style="text-align: right;"><b>14</b></p> <p>9:00am-Noon Foot Care B<br/>9:30am <b>Yoga with Sarah-Canceled MH</b><br/>11:00am Men's Group LL<br/>12:00pm Tuesday Lunch<br/>1-3:00pm Games LL</p> <p><b>7:00pm GDHS meeting</b></p>   | <p style="text-align: right;"><b>15</b></p> <p>8—9 am Seated Fitness LL<br/>9-10:30am Continuing Tai Chi MH<br/>10:45 am Kathleen's Fitness MH<br/>1-3:00pm Art Club LL</p>                                   |
| <p style="text-align: right;"><b>20</b></p> <p>8-9 am Beginner Fitness LL<br/>9:20am Irene' Fitness MH<br/>10:45 am Kathleen's Fitness MH<br/>10 am Canasta LL<br/>1-3:30 pm Bridge LL<br/>3:00 Beginner Line Dancing MH<br/>4 -5:00 pm Ellie's Line Dancing MH</p>               | <p style="text-align: right;"><b>21</b></p> <p>9:00– Noon Foot Care B<br/>9:30am <b>Yoga with Sarah-Canceled MH</b><br/>11:00am Men's Group LL<br/><b>11:30-Music &amp; Memories MH *New Time*</b><br/>12:00pm Tuesday Lunch BBQ<br/>1:30pm <b>NEW Member Meet &amp; Greet MH</b></p> | <p style="text-align: right;"><b>22</b></p> <p>8—9 am Seated Fitness LL<br/>9-10:30am Continuing Tai Chi MH<br/>10:45am Kathleen's Fitness<br/>1 -3:00pm Art Club LL</p>                                      |
| <p style="text-align: right;"><b>27</b></p> <p>8-9 am Beginner Fitness LL new time<br/>9:20am Irene' Fitness MH<br/>10:45 am Kathleen's Fitness MH<br/>10:00am Canasta LL<br/>1:00-3:30 pm Bridge LL<br/>3:00 Beginner Line Dancing MH<br/>4 -5:00 pm Ellie's Line Dancing MH</p> | <p style="text-align: right;"><b>28</b></p> <p>9:00– Noon Foot Care B<br/>9:30am <b>Yoga with Sarah-Canceled MH</b><br/>11:00am Men's Group LL<br/>12:00pm Tuesday Lunch<br/>1– 3:00pm Games</p>  | <p style="text-align: right;"><b>29</b></p> <p>8—9 am Seated Fitness LL<br/>9-10:30am Continuing Tai Chi MH<br/>10:45am Kathleen's Fitness<br/>1 -3:00pm Art Club LL</p>                                      |



| Thursday  | Friday   | Saturday   |
|---|--|--|
| <b>MH—Main Hall</b>   | <b>LL-Lower Level</b>  | <b>B-Bannister</b>   |
| 2<br>10 am Pam’s Joyful Yoga MH<br>11am Coffee & Chat MH<br>1-2pm Rhian’s Seated Yoga LL<br>1-4pm Bid Euchre MH   | 3<br>9:20am Fitness with Irene MH<br>10 am Knitting/Crocheting LL<br>11-Noon Line Dancing L2 MH<br>1-4 pm Euchre MH  | 4<br>10am-Noon Art Club LL   |
| 9<br>10 am Pam’s Joyful Yoga MH<br>11am Coffee & Chat MH<br>1-2pm Rhian’s Seated Yoga LL<br>1-3pm <b>Parkinson’s Group</b> MH   | 10<br>9:20am Fitness with Irene MH<br>10 am Knitting/Crocheting LL<br>11-Noon Line Dancing L2 MH<br>1-4 pm Euchre MH   | 11<br>10-Noon Art Club LL<br><br>GDHS Annual Garden Tour<br>10:00am-4:00pm |
| 16<br>10 am Pam’s Joyful Yoga MH<br>11am Coffee & Chat MH<br>1-2 pm Rhian’s Seated Yoga LL<br>1-4pm Bid Euchre MH   | 17<br>9:20am Fitness with Irene MH<br>10 am Knitting/Crocheting LL<br>11-Noon Line Dancing L2 MH<br><b>1:00pm-3:00pm Annual General Meeting MH</b><br>1-4 pm Euchre MH | 18<br>10-Noon Art Club LL  |
| 23<br>10 am Pam’s Joyful Yoga MH<br>11am Coffee & Chat MH<br><b>11 am-Noon Book Club LL</b><br>1-4pm Bid Euchre MH<br>1-2 pm Rhian’s Seated Yoga LL<br><b>MACKAY DUNGANNON WELLNESS FAIR 10-3</b> | 24<br>9:20am Fitness with Irene MH<br>10am Knitting/Crocheting LL<br>11-Noon Line Dancing L2 MH<br>1-4 pm Euchre MH  | 25<br>10-Noon Art Club LL  |
| 30<br>10 am Pam’s Joyful Yoga MH<br>11am Coffee & Chat MH<br>1-4pm Bid Euchre MH<br>1-2 pm <b>Rhian’s Seated Yoga-Canceled LL</b>   | 31<br>9:20am Fitness with Irene MH<br>10am Knitting/Crocheting LL<br>11-Noon Line Dancing L2 MH <b>Last class until September.</b><br>1-4 pm Euchre MH                 |  |



## FOUR Tuesday Lunches in JULY

**NEW! Introducing Summer Salad Tuesdays. The first Tuesday of each month join us for a cold meal salad, with bun, light dessert, tea/coffee. The cost of this meal will be \$15.00.**

**July 7th-Cold Plate, Meat, Cheese, Buns, Potato Salad, Fruit, Deviled Eggs, Pinwheel Sandwich, Dessert, Coffee/Tea**

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.

**July 14th - Pulled Pork, Fried Potatoes, Veggies, Dessert, Coffee/Tea**

**July 21st - BBQ with Goderich Firefighters preparing the Hamburgers. Pam will cook the Salad, Dessert, Tea/Coffee.**

**Enjoy summer beach tunes with Music & Memories DJ Charles Nolan**

**July 28th-Meatballs, Mushroom Sauce, Egg Noodles, Veggies, Dessert, Coffee/Tea**



## MackKay Centre Book Club



Dear readers pick any book that sparks your interest! Whether it's a thrilling mystery, a heart-warming romance, an inspiring memoir, or a fantasy adventure, the choice is yours. Then join us for book club on **Thursday, July 23rd at 11:00am** in the lower level meeting room.

## Annual General Meeting

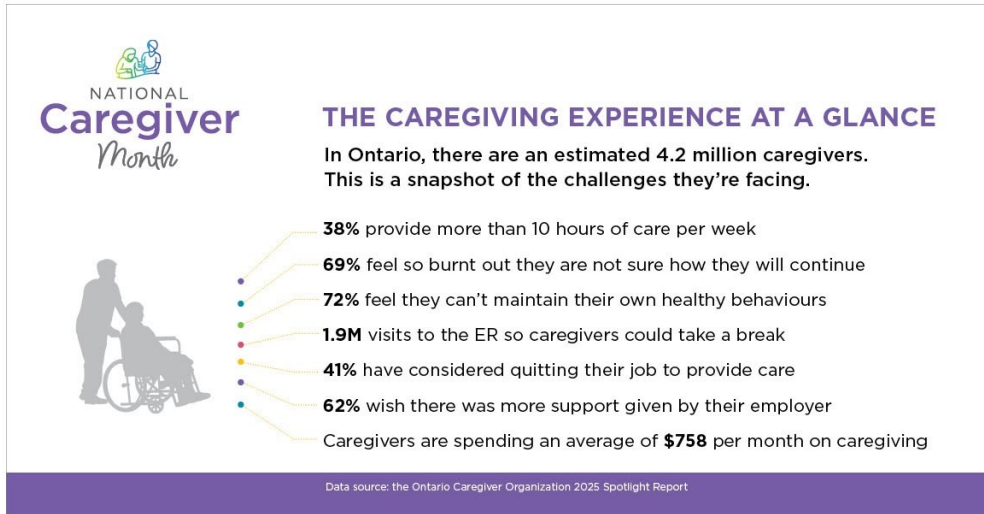
The MacKay Centre for Seniors **Annual General Meeting** will be held on **Friday July 17th at 1pm** in the meeting room downstairs. All current members are welcome to attend. This is your opportunity to come meet the members of the Board and hear what we have accomplished over the last year. Copies of the Annual report and Audited Financial Statements report will be available at the office by the second week of July. If you have questions for us about the AGM or how things work at the MacKay Centre, please don't hesitate to email them to

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



### Calling all Caregivers:

Are you a caregiver? Do you want to find out more about how to get supports? **Emily Ayenew—Regional Lead, Western Ontario for Caregiver.ca** will present “ **Exploring the Caregiving Journey**” a virtual presentation” ON July 7th at 1:30 pm. Please call the office if you wish to attend the ZOOM presentation and to get the link. We will also broadcast it on screen in the hall if you don’t have access to a computer.



### Caring for the Caregiver Day

Our annual “ **Caring for the Caregiver Day**” is coming up on **Tuesday August 4th at the MacKay Centre for Seniors**. Are you looking after a spouse, family member, friend or child who relies on you for their care and wellbeing? If you are.....then this day is for you. Join us for a day of learning, sharing, and self care. This program runs from 9:30am-3:00pm in the main hall. This is a **FREE** event, but you must pre-register by calling Stephanie or Kim at 519-524-6660



### NEW MEMBER MEET & GREET

We are having a New Member Meet & Greet on **Tuesday, July 21st from 1:30pm-2:30pm in the main hall**. If you have recently joined the MacKay Centre, please come and join us for light snacks, conversation and orientation. This is a wonderful opportunity to learn more about your membership, meet new friends and ask any questions you may have. Please contact the office to register at 519-524-6660. If you have questions for us at the MacKay Centre, Please don’t hesitate to email them to [mackaycentre@hurontel.on.ca](mailto:mackaycentre@hurontel.on.ca)



# Active Living & Wellness Fair

## Aging in Rural Communities

Thursday July 23<sup>rd</sup>, 2026

10:00 am - 3:00 pm

### Presentations & Exhibitor's Expo

Dungannon Agricultural Hall

36897 Dungannon Road

Aging In rural communities comes with its own set of challenges. Join us for this free 55+ event for a day of information and fun.

Free Lunch,  
donations  
appreciated



Pre registration  
required to  
redeem your  
lunch ticket

#### Presentations by:

Gateway Rural Health  
Ministry of Transportation  
Huron Perth Alzheimers Society  
Grey-Bruce Community Legal Clinic

#### To Register Contact

MacKay Centre Dungannon  
519-529-3189 or email  
dccmackay@hurontel.on.ca

Open to the public, everyone welcome

