

Mackay Messenger

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JUNE 2026



GLAD HATTER'S TEA

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

JUNE IS SENIORS MONTH!!! The 2026 theme is Ontario Seniors-Let's Get Moving. As a Seniors Active Living Centre, (SALC), that is exactly what we do here at the MacKay Centre for Seniors. Goderich is a community with so many vibrant and talented seniors. We are pleased to help provide programs that support engagement in the areas of social inclusion, opportunities to volunteer, stay engaged in the community, and make new friends. It is an honour to work with and learn from each and every one of you. This month we celebrate YOU.....our MacKay Centre Family. Our recent "Glad Hatter's Tea" fundraiser was a sell out, and a great success. Thank you to Annette Spracklin and her plethora of hats, for making this an amazing fundraiser. The arrival of June also brings vacation time for many. First up, Joe MacIsaac will be away from May 29th until June 12th. Stephanie is following the trend and she will be gone from June 13th until June 20th. We will endeavor to keep the things running smoothly in their absence. Safe and happy travels everyone.

Kim and Stephanie

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.

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.
Please call to confirm date for café .

Chess: takes a break till September 2026

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 usually held on the third Wednesday afternoon of the month. This month **Harp Heals returns on Tuesday June 23rd at 3pm.** Please call the office to register, we need a minimum of 8 to hold the session.



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 upstairs before the Luncheon . 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, June 23rd** . June's topic will be

Motown.

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 June 10th**



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.

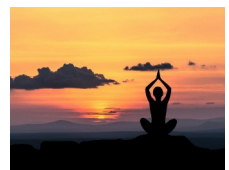
Tai Chi: Will be upstairs on **Mondays** and **Wednesdays**.

On Mondays, there is an introductory class from 12:00pm-1:00pm, followed by a continuing class from 1:00pm-2:30pm. On Wednesdays, the continuing class meets from 9:00am-10:30am. There is also an open practice held of MacKay Centre from 10:00am-11:30am on Saturdays. 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 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.

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;">1</p> <p>8-9 am Beginner Fitness LL 9:20am Fitness with Irene MH 10:45 am Kathleen's Fitness MH 10am Canasta LL 12-1:00pm Introductory Tai Chi 1-2:30 pm Tai Chi Continuing MH 1-3:30 pm Bridge LL 3pm Beginner Line Dancing MH 4 -5:00 pm Ellie's Line Dancing MH</p>	<p style="text-align: right;">2</p> <p>9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Lunch 1:00-3:00pm Games LL</p> <p style="text-align: center;">IODE Meeting 7:-00PM</p>	<p style="text-align: right;">3</p> <p>8-9:00am Seated Fitness LL 10 am Memory & Aging LL 9am-10:30am Continuing Tai Chi MH 10:45 am Kathleen's Fitness MH 1:00pm-3:00pm Art Club LL</p>
<p style="text-align: right;">8</p> <p>8-9 am Beginner Fitness LL 9:20am Fitness with Irene MH 10:45 am Kathleen's Fitness MH 10 am Canasta LL 12-1:00pm Introductory Tai Chi 1- 2:30 pm Tai Chi Continuing MH 1-3:30 pm Bridge LL 3pm Beginner Line Dancing MH 4 -5:00 pm Ellie's Line Dancing MH</p>	<p style="text-align: right;">9</p> <p>9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Lunch 1:00-3:00pm Games LL</p>	<p style="text-align: right;">10</p> <p>8-9:00am Seated Fitness LL 9-10:30am Continuing Tai Chi MH 10:45 am Kathleen's Fitness MH 1:00pm-3:00pm Art Club LL 1:00pm-4:00pm Pepper MH</p>
<p style="text-align: right;">15</p> <p>8-9 am Beginner Fitness LL 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12:00pm-1:00pm Introductory Tai Chi 1:00pm-2:30 Tai Chi Continuing MH 1:00-3:30 pm Bridge LL 3:00 Beginner Line Dancing MH 4 -5:00 pm Ellie's Line Dancing MH</p>	<p style="text-align: right;">16</p> <p>9:00am-Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1-3:00pm Games LL</p> <p style="text-align: center;">The Great MacKay Bake Off Dungannon</p> <p style="text-align: center;">7:00pm GDHS meeting</p>	<p style="text-align: right;">17</p> <p>8—9 am Seated Fitness LL 9-10:30am Continuing Tai Chi MH 10:45 am Kathleen's Fitness MH 1-3:00pm Art Club LL</p>
<p style="text-align: right;">22</p> <p>8-9 am Beginner Fitness LL 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10 am Canasta LL 12-1:00 pm Introductory Tai Chi 1-2:30 pm Tai Chi Continuing MH 1-3:30 pm Bridge LL 3:00 Beginner Line Dancing MH 4 -5:00 pm Ellie's Line Dancing MH</p>	<p style="text-align: right;">23</p> <p>9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 11:30-Music & Memories MH *New Time* 12:00pm Tuesday Lunch 1-3:00pm Games 3-4:00pm Harp Heals MH</p>	<p style="text-align: right;">24</p> <p>8—9 am Seated Fitness LL 9-10:30am Continuing Tai Chi MH 10:45am Kathleen's Fitness 1 -3:00pm Art Club LL 1 -3:00pm Art Workshop MH</p>
<p style="text-align: right;">29</p> <p>8-9 am Beginner Fitness LL new time 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12:00pm-1:00pm Introductory Tai Chi 1:00pm-2:30 Tai Chi Continuing MH 1:00-3:30 pm Bridge LL 3:00 Beginner Line Dancing MH 4 -5:00 pm Ellie's Line Dancing MH</p>	<p style="text-align: right;">30</p> <p>9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Lunch 1– 3:00pm Games</p>	

Thursday	Friday	Saturday
MH–Main Hall	LL-Lower Level	B-Bannister
<p>4</p> <p>10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian’s Seated Yoga LL 1-4pm Bid Euchre MH</p>	<p>5</p> <p>9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL 11-Noon Line Dancing L2 MH 1-4 pm Euchre MH</p>	<p>6</p> <p>10– 11:30 am Tai Chi 10am-Noon Art Club LL</p>
<p>11</p> <p>10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian’s Seated Yoga LL 1-3pm Parkinson’s Group MH</p>	<p>12</p> <p>9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL 11-Noon Line Dancing L2 MH 1-4 pm Euchre MH</p>	<p>13</p> <p>10– 11:30 am Tai Chi 10-Noon Art Club LL</p>
<p>18</p> <p>10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 1-2 pm Rhian’s Seated Yoga LL</p>	<p>19</p> <p>9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL 11-Noon Line Dancing L2 MH 1:00pm Board Meeting LL 1-4 pm Euchre MH</p>	<p>20</p> <p>10– 11:30 am Tai Chi 10-Noon Art Club LL</p>
<p>25</p> <p>10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 11 am-Noon Book Club LL 1-4pm Bid Euchre MH 1-2 pm Rhian’s Seated Yoga LL</p>	<p>26</p> <p>9:20am Fitness with Irene MH 10am Knitting/Crocheting LL 11-Noon Line Dancing L2 MH 1-4 pm Euchre MH</p>	<p>27</p> <p>10– 11:30 am Tai Chi 10-Noon Art Club LL</p>
		

FOUR Tuesday Lunches in JUNE

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.



JUNE 2-Taco Salad, Corn Bread, 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.

June 9-Ham, Scalloped Potatoes, Veggies, Dessert, Coffee/Tea.

***Note:** This will be a lunch and learn with Helen Riehl. Helen went on a trip to Dubai from February 1-12, 2026. She is going to share pictures and stories of her trip



JUNE 23-Quiche, Soup or Salad, Roll, Dessert, Coffee/Tea.

***Note:** This will be a lunch and learn opportunity with guest speakers from Gateway Centre of Excellence in Rural Health. They will be presenting "SHED talks". The history and how they can be used for anyone as a way to help ease people into conversations on mental health.

JUNE 30- BBQ Chicken Legs, Roasted Potatoes, Veggies, Coffee/Tea.

Kitchen Volunteers Needed

We are looking for more volunteers to help out in the kitchen over the summer months while people are on holidays. If you have some time on your hands and you would like to volunteer, please talk to Stephanie or Kim in the office.

Happy Father's Day

Don't forget Father's Day is Sunday, June 21st. We would like to take this opportunity to wish all of our MacKay Centre Dads a very happy Father's Day. Enjoy your day to the fullest.



REMINDER

If you are an existing member of the Federal Dental Plan, you must renew your membership every year to receive continued coverage. Visit the following website to

complete the renewal. [Renew your Canadian Dental Care Plan coverage - Canada.ca](https://www.canada.ca/en/health-services/health-care/health-care-plans/canadian-dental-care-plan.html)

If you require any assistance, please let us know.



Art Workshops

As the weather finally improves, it becomes a little more difficult to fill some of our classes. As a result, we will be **taking a break from our art workshops until the fall.**



Mackay Centre Book Club

As summer slowly approaches, it's time to start thinking about the perfect beach read! Whether you enjoy romance, mystery, thrillers, or lighthearted fiction, we invite all members to choose a fun summer-inspired book to enjoy and share with the group. Grab your sunglasses, find a cozy spot in the sun, and let the summer reading begin!

We have some big events coming up this summer:



Thursday June 4th: BBQ in Dungannon to Celebrate the one year anniversary of our SALC MacKay Centre Dungannon. Cost is \$15.00 for the BBQ. Call Logan 519 529-3189 to add your name to the list.

The Great MacKay Bake Off -Tuesday June 16-Dungannon

Join us in celebrating Seniors Month with the Great MacKay Bake Off. Join us from



2:00pm-3:30pm for coffee and bring your favorite home made sweet treat to enter in the group tasting competition. This is a competition where the winner will win "**The Golden Spatula Award**" and a free lunch voucher. \$2.00 per participant.



Are you a caregiver, 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" after our **Tuesday Lunch, July 7th.** More details coming soon.

Calling all Members !!

*The MacKay Centre for Seniors **Annual General Meeting** will be held on **Friday July 17th at 1pm.** In the meeting room. All current members are welcome to attend. A reminder that membership renewals were due April 1st. If you are unsure if you have renewed your membership please call the office and ask.*

Also coming up is our annual "Caring for the Caregiver Day" on **Tuesday August 4th.** This one day event will be held at the MacKay Centre and more details will follow.

Healthy Steps Footcare

Rachel Benoit, RPN, will be available **EVERY TUESDAY** for the month of June. You can contact Rachel at 226-341-2895 to schedule an appointment.



Goderich CVITP Tax Report 2026

The team for this year's Community Volunteer Income Tax Program was comprised of the following dedicated and hardworking income tax preparers: Joanne Chambers, Brenda De Jong, Joan Schritt, Cindy Tamming and Ward Baxter. The members of the CVITP team would like to express their gratitude to the staff of the MacKay Centre for Seniors for their unwavering support, assistance and encouragement throughout the months of March and April. In particular, the Executive Director, Stephanie

Hartwick, and her Administrative Assistant, Kim Elson, for always being accommodating and willing to photocopy and print off tax information, when called upon and usually on the spur of the moment, for many of our clients. As well, a special mention goes out to Joseph MacIsaac for maintaining a clean and orderly building during our time at the centre. During the 18 Free Tax Clinics that were held at the MacKay Centre, our volunteer organization was able to assist 320 citizens of the town of Goderich and surrounding area in completing and filing their 2025 Income Tax Returns with the Canada Revenue Agency. This year the total number of income tax returns filed with the CRA (for multiple taxation years) by the members of our tax service team was 351. For the second year in a row, our volunteer organization will be giving a donation of \$200.00 to the MacKay Centre for generously allowing us to use this historic and fully accessible heritage building for our community income tax program.

With Gratitude & Best Regards,

Ward Baxter, Volunteer - **Goderich CVITP Tax Service**

For Your Information:

Please be informed that the Free Tax Clinics program for the 2026 tax season is now closed. The volunteer members of the Goderich CVITP Tax Service organization will no longer be processing and filing income tax returns at the MacKay Centre. From now on, if citizens of the town of Goderich, or surrounding area, require assistance with their income tax returns, they are to contact one of the following CVITP volunteer income tax preparers located in our region who are willing and able to complete and file income tax returns with the Canada Revenue Agency throughout the year. Our local Goderich CVITP Tax Service organization will once again be providing free income tax assistance and conducting Free Tax Clinics at the MacKay Centre starting in March, 2027.

Fred Vander Sterre - Blyth, Brussels & Wingham

(519) -887-9506 (does multiple years, however, clients may have to drive to Blyth)
fvandersterre@gmail.com

Mary Lou McGregor - Clinton

(519) 441-2771 (does multiple years, however, clients must drive to Clinton)
bmmcgregor@tcc.on.ca

Sally Desjardine - Bayfield, Zurich & Exeter

(519) 236-4509 (does multiple years, however, clients must drive to Bayfield)
sally.desjardine@hotmail.com



1 Year Anniversary

Join us in celebrating the Mackay
Centre Dungannon's 1 year
anniversary.

Lunch and Open House

Games and prizes
to be won

Grab a friend and check out the fun we have
been having in the last year. We will also be
showcasing upcoming events.

Everyone Welcome!

Thursday June 4th
11:30am-1:00pm
\$15.00 per person
for Lunch

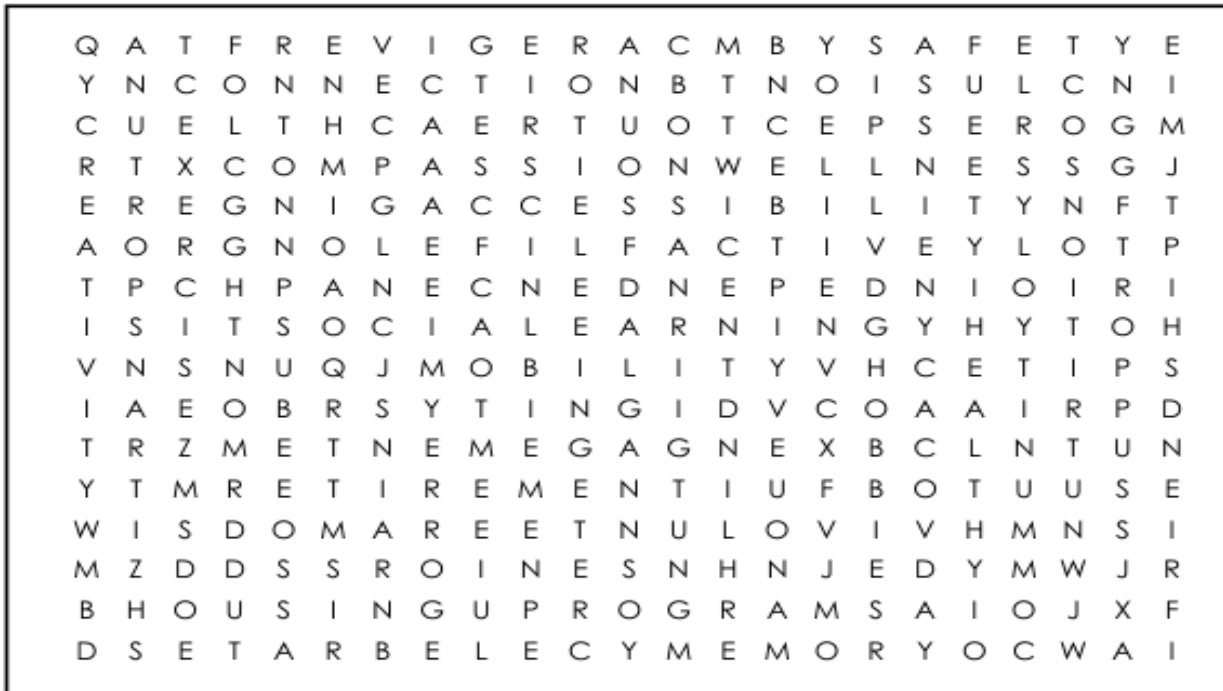
Please register by **June 2nd** for Lunch
519-529-3189 or email
dcmackay@hurontel.on.ca

Funding provided by



Name: _____

JUNE Word Search 2026



Find the following words in the puzzle.

Words are hidden  and  and  and  and 

ACCESSIBILITY	CONNECTION	HOUSING	NUTRITION	SUPPORT
ACTIVE	CREATIVITY	INCLUSION	OUTREACH	TRANSPORT
ADVOCACY	DIGNITY	INDEPENDENCE	PROGRAMS	VOLUNTEER
AGING	ENGAGEMENT	LEARNING	RESPECT	WELLNESS
CAREGIVER	EXERCISE	LIFELONG	RETIREMENT	WISDOM
CELEBRATE	FRIENDSHIP	MEMORY	SAFETY	
COMMUNITY	HEALTHY	MOBILITY	SENIORS	
COMPASSION	HOBBIES	MONTH	SOCIAL	

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 May puzzle winner Murray MacKinnon. Please come to the office to pick up your gift certificate.