

# Dungannon Doings



## June is Seniors Month!

The Ontario Ministry for Seniors and Accessibility has set this year's Seniors month (June) theme to be **Ontario Seniors—Let's Get Moving**, highlighting the importance of supporting our seniors and older adults through programs and initiatives that promote wellness, social engagement and education.

As we move into the warmer months you are going to notice a shift in our program scheduling. I am working hard to bring some exciting new workshops to Dungannon while the weather allows us to meet in person. Not to worry though the favourites that are taking a break for the Summer will be back in the Fall.

June marks the wrap up of the school year, so by the end of the month you will see a lot more kids playing in the streets until the end of the summer. Please always use caution when driving through the village. There is also a chance we will see some of our younger crowd join us for some of the programming again this summer.

Dungannon is a buzzing little village with things to do during the summer, so be sure to keep an eye on the "What's Happening in the Community" page in the newsletter as we progress through the summer.

June 14th is Father's Day, so let me just say Happy Father's day to all the Dads out there.

*Logan*

**MacKay Centre — Dungannon**  
**78 Albert St, Dungannon N0M 1R0**  
**519-529-3189**  
**dccmackay@hurontel.on.ca**  
**Program Assistant—Logan Curran**

**Check out our website and follow us on Facebook**

**[www.mackaycentreforseniors.com](http://www.mackaycentreforseniors.com)**

**Facebook Page**

**MacKay Centre - Dungannon**



**Ontario** 

# Dungannon Doings

Mackay Centre - Dungannon  
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 4<sup>th</sup>  
11:30am-1:00pm  
\$15.00 per person for Lunch

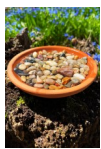
Please register by June 2<sup>nd</sup> for Lunch  
519-529-3189 or email  
dccmackay@hurontel.on.ca

Funding provided by Ontario

## Come Celebrate With Us.

We will be celebrating 1 year of operation on Thursday June 4th. This Celebration is being added to our regularly scheduled bi-weekly lunch. Lunch will be a picnic style BBQ, Lunch is \$15.00 per person. Please RSVP by Tuesday June 2nd so we can prepare enough food.

This Lunch is open for everyone to attend; have a friend or family member who has been interested in what the Mackay Centre Dungannon has been doing? Invite them to join us. This is the perfect opportunity to see what we have done in the last year, and what is coming for the summer.



## Bee Baths

Join us Tuesday June 2nd and we will be making bird baths. \$15.00 per person. Please register by Friday May 29th

## Let's Paint!

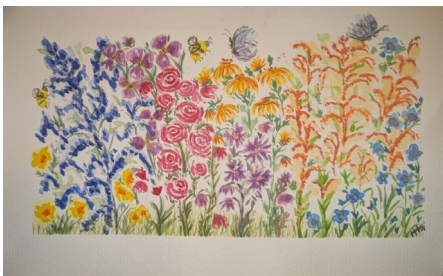
Each of these classes are \$15.00 for members and \$20.00 for non-members. Classes are held from 10am-12pm each week. (Please take note that the cow painting will most likely run until at least 12:30)

**Tuesday June 9**— Wild Flower Garden (Postponed from June 2nd) Please register by Friday June 5

**Tuesday June 16** - Cow Head Painting (Rescheduled from May 12) Please register by Friday June 12

**Tuesday June 23** - Acrylic Flowers on black paper. Please register by Friday June 19

**Tuesday June 30**— Neon Frogs on a branch. Please register by Friday June 26



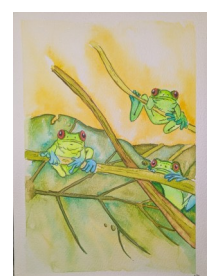
June 9



June 16



June 23



June 30

# Dungannon Doings

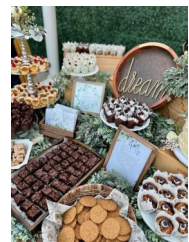


## Lawn games—Tuesday June 9 & 23

Join us for some fun in the sun (or LED lighting if it's raining) with an afternoon of lawn games. We are working on growing our collection of lawn games to help make a fun filled afternoon. Games will be moved indoors if it's raining. Lemonade and a snack will be provided. \$2.00 per person

## Harp Heals—Tuesday June 30

Harp Heals is coming to Dungannon. We need a minimum of 8 people for this to run. \$5.00 per person. Please register by Friday June 26



## Great MacKay Bake off—Tuesday June 16 2-3:30pm

Join us in celebrating Seniors Month with the Great MacKay Bake off. Join us 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 and a free lunch voucher. \$2.00 per participant.

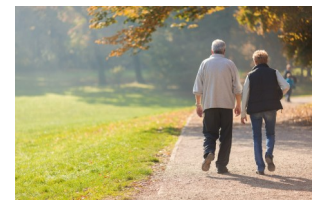
## Let's Keep Moving!

Tuesday Afternoons is taking an break until the fall.

Thursday Morning Tai Chi 10-11 am. We will have Sun Flow Tai Chi. We will be doing two sessions, approximately 20min each, during this session with a short break in the middle. Sun Flow Tai Chi is an easy movement exercise much like standing Yoga. \$2.00 per class

Walking Club is back! Walking group will start at 9:00am at the AG Hall; this is free for anyone who would like to attend. Our first lap will be a leisurely warm up lap ideal for all physical abilities. Following laps will focus on endurance.

To help simplify walking group the MacKay will be hosing walking on Tuesdays, Thursdays and Fridays at 9am. If you would like to walk more you are welcome to use the track at any time.



## Thursday Clubs 11am-12pm

**Photography Group** — June 11 work of capturing summer through the camera.

**Recipe Club** — June 18 bring your favorite summer recipe.



# Dungannon Doings

## Lunch

**Thursday June 18** - Chicken, salad, rice, roasted vegetables and dessert. Please register by Friday June 12.



## Salad in a Jar!

I have heard all of the requests; Salad in a jar is back by popular demand. If you attended last year then you know how much fun this workshop was. If you did not attend last year I am sure you have heard all about it by now. This workshop will run Thursday June 11th starting at 1:00pm, please register by Friday June 5th if you would like to attend. \$25.00 per person if you have your own jars, \$30.00 if you need 4 16oz jars. We will be making 4 different salads, Taco, Lentil, Spinach and Asian chop.



Taco Salad



Spinach Salad



Asian Chop Salad



Lentil Salad

## Social Fridays

Fridays continue to be built on casual conversation and entertainment. These offerings happen every Friday and are open for everyone to participate. Only have one Friday free in the month? Come join in the programming.

**Men's Coffee and Chat** - Friday 10-11am by Donation

**Ladies Stitch, Chat & Coffee/Tea** - Fridays 10-11am by Donation



**Euchre** - Fills Friday afternoons starting at 1pm with the prize being a MacKay lunch voucher. Cost is \$2.00 per player. If you have never played, or have not played Euchre in many years, this is the group for you. They were even able to teach Logan how to play!



## Foot Care!

Rachel Benoit, RPN is bringing her footcare services to Dungannon Friday June 26. Appointments are required and are made through Rachel directly at 226-341-2895 or email [Rachel@healthystepsfootcare.ca](mailto:Rachel@healthystepsfootcare.ca).

# Dungannon Doings

## Chocolate Road Trip—June 25th!

Pedal to the metal we are off to Stratford for their Chocolate Trail. I have talked with Destination Stratford and we are able to get group discounts on tickets. The discount changes the more participants we have. Starting price is \$39.55 and that gets each participant 6 tickets to redeem at nearly 30 different locations for 6 different chocolate items.



This outing will include a lot of walking between businesses in Stratford's downtown core, so please make note of that when choosing your footwear and outfit for the day.

In order to get the group discount rate we have to prepay, so we will be collecting pre payment. Please book your spot by Tuesday June 16 with Logan (12 people minimum). Once we have our count we will then be able to let everyone know the cost and payment due by Friday June 19.

The trip will be June 25th; car pooling is strongly encouraged. If you would like assistance with the carpooling please let Logan know. If you are not driving please consider contributing to the cost of gas for the vehicle you are riding in. Membership must be current to participate.

### Agenda:

11:00am Depart MacKay Centre

12:30pm Meet in front of the Stratford City Hall (Where Wellington and Downie Steet meet)

There is a parking lot on St. Patrick Street right next to the Western University that has free parking and is about a 10min walk from our meeting location.

12:45pm Head out and explore downtown Stratford and redeem your Chocolate Trail tickets.

4:30pm Meet back in front of Stratford City Hall and ensure we have not lost anyone in the city. Once we have everyone we will head back to our vehicles and go home.



# Dungannon Doings

## Mackay July Program Alerts

### Lunch—Thursday July 2

We will be having a red and white lunch to celebrate Canada Day. We will be having Watermelon and feta salad, roasted beets, roasted potatoes, stuffed bell peppers and Strawberry tarts for dessert. Please register by **Friday June 26th**.



You are encouraged to wear your red and white/ Canada Day swag to this Lunch.



### Art With Hailey — Tuesday July 7

We will be painting a water colour elephant. Please register by Friday July 3rd. \$15.00 for members and \$20.00 for non members. We have invited the local youth to join art for the Summer.

### Mackay Wellness Fair

As I hope you have heard we are hosting this year's Wellness Fair in Dungannon.

Please mark your Calander for Thursday July 23, 2026. The fair will be held at the Dungannon AG Hall (36897 Dungannon Rd), 10:00am—3:00pm. This event will have amazing information for participants and open for anyone to attend.



Information will be coming out rapidly over the next 2 months. Please stay tuned for more details, and be sure to let your friends, family, caregivers and neighbours know to save the date.

I have tentatively locked in guest speakers from the MTO, Gate way, Huron Perth Alzheimer's Society and Grey-Bruce Community Legal Clinic. These are subject to change.

I have a growing list of amazing services available in our area that are excited to come and showcase what they have to offer. As soon as we get the final go ahead from the OACAO advertising will be launched at full force, so keep an eye out for posters as the months progress, and let your friends know.

# Dungannon Doings

## June 2026

78 Albert st Dungannon ON—519-529-3189—[dccmackay@hurontel.on.ca](mailto:dccmackay@hurontel.on.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 9:00 Walking Group 10-12 bee baths	3	4 9:00 Walking Group 10-11 Tai Chi 11:30 Open House/ Anniversary	5 9:00 Walking Group 10-11 Men's Coffee & Chat 10-11 Ladies Coffee & Chat
8	9 9:00 Walking Group 10-12 Art 1:30-3:30 lawn Games	10	11 9:00 Walking Group 10-11 Tai Chi 11-12 Photography Group 1pm Salad in a Jar	12 9:00 Walking Group 10-11 Men's Coffee & Chat 10-11 Ladies Coffee & Chat 1-4 Euchre
15	16 9:00 Walking Group 10-12:30 Art 2:00-3:30 Great MacKay Bakeoff	17	18 9:00 Walking Group 10-11 Tai Chi 11-12 Recipe Club 12 Lunch	19 9:00 Walking Group 10-11 Men's Coffee & Chat 10-11 Ladies Coffee & Chat 1-4 Euchre
22	23 9:00 Walking Group 10-12 Art 1:30-3:30 Lawn Games	24	25 9:00 Walking Group 10-11 Tai Chi 11 Road Trip to Stratford	26 9:00 Walking Group 9:00 Foot Care 10-11 Men's Coffee & Chat 10-11 Ladies Coffee & Chat 1-4 Euchre
29	30 9:00 Walking Group 10-12 Art 1:00-2:00 Harp Heals			