

# Mackay Messenger

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Trevor Bazinet

## MARCH 2024



March is on our doorstep and all around are signs of spring. February was a busy month and March looks to continue this trend. Thank you to everyone who helped us with our strategic plan, completing the surveys and attending our open houses. We really appreciate all of your support. There are still spaces in the learn to knit or crochet class, so be sure to let us know if you would like to sign up. We will also be holding a St. Patrick's Day afternoon Ballroom Dance on Sunday March 17th, from 1:30—4:30. Bring your dancing shoes and come out to enjoy some music and ballroom dancing.

The Community Volunteer Income Tax Program returns to the Centre this month. Make sure you pick up the information package at the Centre.

A reminder that the new membership year starts April 1st. Membership is \$15.00 per year and the application form is on the back page.

**Till Next Month, *Stephanie***

## **MACKAY CENTRE FOR SENIORS**

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

## **Director:**

Stephanie Hartwick

[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)  
FB/Mackay Centre for Seniors

Fitness program Participants must register with ONECARE before they can attend. This is not a drop-in program. Please call the office to have your name added to the waiting list as classes are currently full.

**Fitness: Irene's** classes are held on Mondays and Fridays at 9:20 am. **Kathleen's** classes are Mondays and Wednesdays at 10:45 am.

**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. There is **No Bid Euchre on March 14** as Pepper is being played at the Legion.

**Bridge:** Mondays 1 pm downstairs.

**YOGA: Sarah's** Yoga class is on Tuesdays at 9:30 am, classes are \$5.00 each. Gentle Yoga with **Pam** is on Thursday mornings at 10 am.

**Sarah will be doing 2 Saturday Classes this month, March 16 & 23rd.**

**Tai Chi:** Tai Chi will be upstairs on Monday at 1 pm & Wednesday mornings 9:30 - 10:30 am. For regular Tai Chi you need to be able to complete the set of movements to join the group. Cost is \$2 each class.

**Art Club:** The group meets on Wednesdays from 1-3 pm and Saturdays from 10-noon downstairs. If there is an Art workshop program, times may be different and the class will be held upstairs. Pre-registration is required for all art workshops.

**Euchre:** Euchre is played on Fridays from 1-3 pm upstairs in the Main Hall. Cost is \$2.

**Knitting:** Downstairs Friday mornings from 10 am to noon. Learn to Knit or Crochet class is Monday mornings at 10 am.

**Coffee & Chat:** Join us for coffee and a chat in the main hall after Thursday morning yoga. All are welcome to attend. Donations towards coffee are gratefully accepted.

**Canasta/Hand & Foot:** Monday mornings at 10 am downstairs in the meeting room. Cost is \$2.

**Scrabble:** Tuesdays at 1:00 pm in meeting room cost is \$2.00

**MacKay Choristers:** Upstairs in the Main Hall at 2:00 pm.

**Pepper:** Wednesday March 13th at 1 pm

**Line Dancing:** Mondays at 3pm cost is \$2.00

**Please Note: You must be a current member of the Centre to participate in our programs.**

**Do you like playing Scrabble, or board games?** We are still searching for the best time to play Scrabble. Join us Tuesday afternoons at 1:00pm to challenge your brain to create some great words. Please call the office to register to play. We need at least 4 players for the game to take place.



**Are you interested in learning to Knit or Crochet?**



Two of our talented members are offering a 6-week introduction to knitting or crochet. Classes will be Monday mornings from 10 am—noon. The cost is \$15.00 for the six week session. Please call



the office to sign up. Classes will start February 26th and will run until April 1st.

**Saturday Yoga with Sarah:** Sarah has available to do 2 Saturday Yoga sessions in March. March 16 & March 23 at 9:30 am. Cost is \$5.00 pp

Reminder that there are no lunches scheduled in March

There will be Ballroom dancing on Saint Patrick's Day upstairs in the main hall from 1:30—4:30 pm. Come out and bring your dancing shoes as we enjoy an afternoon of dancing upstairs. Donations will be accepted at the door.



**Neurographic Art WORKSHOP**

Created by psychologist Dr. Pavel Piskarev, Neurographic Art is a simple way to work the subconscious mind through drawing and by utilizing the mind's ability to process through symbolism and imagery.

Engaging in this practice brings you to a meditative state inviting the mind and body to connect. It can relieve anxiety, calm the mind and bring a sense of peace with the added benefit of freeing you from conventional thinking which opens the door to "thinking outside the box".



Whether it be for the journey or the final product, this technique can be enjoyed on many levels and by anyone.

**Wednesday, March 20, 2024.**

**Time is from 1:30 -3:00pm in the main hall.**

**Cost is \$20 and all materials will be supplied.**

Space is limited to 12 participants. Call the office to sign up & pay for this class.



Monday	Tuesday	Wednesday
MH—Main Hall	LL-Lower Level	B-Bannister
<p><b>4</b></p> <p>9:20am Fitness with Irene MH 10:45am Fitness with Kathleen MH 10am Canasta <b>LL</b> 10am Knitting and Crocheting—B 1pm Tai Chi MH 1pm Bridge <b>LL</b> 3pm Line Dancing MH</p>	<p><b>5</b></p> <p>9:30am Yoga with Sarah 1pm Scrabble &amp; Games 11am Men's group LL 2-4pm Choristers MH <b>7 pm IODE</b></p>	<p><b>6</b></p> <p>9— noon Nurse Renee foot care <b>B</b> 9:00am Tai Chi MH 10:45 Fitness with Kathleen MH 1—3pm Art Club LL</p>
<p><b>11</b></p> <p>9:20am Fitness with Irene MH 10:45am Fitness with Kathleen MH 10am Canasta 10am Knitting and Crocheting—B 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH</p>	<p><b>12</b></p> <p>9:30am Yoga with Sarah 11am Men's group LL 12:30pm iPad Lessons with Rob 1:00pm Scrabble &amp; Games <b>7pm Goderich Horticultural Club MH</b></p>	<p><b>13</b></p> <p>9:00am Tai Chi 10:45am Fitness with Kathleen MH 1-3pm Art Club LL 3pm Pepper MH</p>
<p><b>18</b></p> <p>9:20am Fitness with Irene MH 10:45 Fitness with Kathleen MH 10am Canasta 10am Learn to Knit or crochet B 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH</p>	<p><b>19</b></p> <p>9:30am Yoga with Sarah 11am Men's group LL 12:30pm iPad Lessons with Rob 1:00pm Scrabble &amp; Games 2-4pm Choristers MH</p>	<p><b>20</b></p> <p>9-noon Nurse Renee Footcare B room 9:00am Tai Chi MH 10:45am Fitness with Kathleen MH 1- 3pm Art Club LL 1:30—3pm Art Workshop MH</p>
<p><b>25</b></p> <p>9:20am Fitness with Irene MH 10:45 Fitness with Kathleen MH 10am Canasta LL 10am Learn to Knit or crochet B 1pm Tai Chi MH 1pm Bridge LL 3pm Line Dancing MH</p>	<p><b>26</b></p> <p>9:30am Yoga with Sarah MH 11am Men's group LL 1:00pm Scrabble &amp; Games 2-4pm MacKay Choristers MH</p>	<p><b>27</b></p> <p>9:00 am Tai Chi MH 10am Coffee with Caregivers LL 10:45am Fitness with Kathleen MH 12:30pm iPad Lessons with Rob 1—3pm Art Club LL</p>

Thursday	Friday	Saturday
MH—Main Hall	LL-Lower Level	B-Bannister Room
	<b>1</b> 9:20am Fitness with Irene 10-noon Knitting 1-3pm Euchre MH	<b>2</b> 10—noon Art Club LL <b>NO Tai Chi today</b> <b>Livery Childrens Workshop</b> <b>10-4 MH</b>
<b>7</b> 10am Pam's Yoga MH 11-12 Coffee & Chat MH 1 pm Bid Euchre MH	<b>8</b> 9:20am Fitness with Irene 10-noon Knitting 1-3pm Euchre MH	<b>9</b> 10—noon Art Club LL 10:30am Tai Chi
<b>14</b> 10am Pam's Yoga MH 11-12 Coffee & Chat MH <b>NO Bid Euchre</b>	<b>15</b> 9:20am Fitness with Irene 10-Noon Knitting 1-3pm Euchre LL	<b>16</b> 10—noon Art Club LL 9:30am YOGA with Sarah 10:30am Tai Chi
<b>21</b> 10am Pam's Yoga MH 11-12 Coffee & Chat MH 1pm Bid Euchre MH	<b>22</b> 9:20am Fitness with Irene 10-Noon Knitting 1-3pm Euchre MH 2pm Board Meeting	<b>23</b> 10—noon Art Club LL 9:30 am YOGA with Sarah 10:30am Tai Chi
<b>28</b> 10am Pam's Yoga MH 11-12 Coffee & Chat MH 1pm Bid Euchre MH	<b>29</b> <b>GOOD FRIDAY</b>	<b>30</b> 10—noon Art Club LL 10:30am Tai Chi



**Calling caregivers!** Join us for a casual coffee, chat and get together once a month for those who are caring for loved ones, friends or neighbours. This month it will be held on Wednesday, March 27 at 10 am downstairs in the Lower level meeting room.



## **Strategic Plan Update from your Board of Directors:**

Greetings everyone. First let me thank all of you who completed the member survey and/or attended one of the three focus groups we held.

The feedback and involvement was terrific. We had 166 members complete the member survey and 60 community partners complete their survey. The focus groups had great attendance from members, as well as community partners. The room sounded like a "beehive" with lots of discussion and sharing of ideas. The Board now has a lot of data to review. From this data we will be working with our consultant, Maureen Cole, to identify and prioritize the goals that we will focus on over the next 3 to 5 years. These goals are important to the ongoing success of The MacKay Centre and ensuring it remains a fun, welcoming environment for all our members.

We will be presenting the completed Strategic Plan at our AGM in July to all our members. We look forward to sharing that with you.

Regards,  
Nancy Allin, Chair, Board of Directors



**Footcare:** Nurse Renee of County-Wide Mobile Footcare will be booking footcare appointments for the 1st and 3rd Wednesday of each month, March 6 and 20th. Renee is an RN and is able to help if you have; thick nails, diabetes, wounds or poor circulation. To make an appointment; please call or text Renee at 226 880-1064 or email her at [renee@county-widefootcare.com](mailto:renee@county-widefootcare.com)



## **iPad Lessons with Rob Ayres** Do you need help with your iPad or laptop?

Rob will be at the Centre on Tuesday March 12th from 12:30 to 4:30 & Tuesday March, 19th. Please call the office to sign up for a one hour individual session. Cost is \$20.00 for the one-on-one class. Please bring your iPad, cell phone & passwords with you.



2023 Community volunteer tax clinic forms are available for pick up at the Centre. You may be eligible to utilize this service if you have a modest income and a simple tax situation. Call the office for more information.

# 2024/2025 MacKay Membership Form

The MacKay Centre for Senior's is a Seniors Active Living Centre and is provincially funded by the Ministry for Senior's and Accessibility. As such we are required to collect information about our members to share with them. PLEASE complete the form below and return it to the Centre by March 31<sup>st</sup> 2024 with \$15.00. This will keep your membership current with the Centre and will enable you to participate in all of our programming!

**NAME:** \_\_\_\_\_ **PHONE/CELL :** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **Postal Code :** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_ (Please complete or update if changed)

**Emergency Contact Name:** \_\_\_\_\_ **Number** \_\_\_\_\_

**TOWNSHIP:** Goderich \_\_\_\_ ACW \_\_\_\_ Central Huron \_\_\_\_ Bluewater \_\_\_\_ Other \_\_\_\_

**AGE RANGE:** 55-65 \_\_\_\_ 66-75 \_\_\_\_ 76-85 \_\_\_\_ 86+ \_\_\_\_

**What is your Gender ?** Male \_\_\_\_ Female \_\_\_\_ Non Binary \_\_\_\_

**"MESSENGER" Newsletter Delivery Preference (Please check one option):**

**Pickup at the Centre** \_\_\_\_\_

**Email to my email address** \_\_\_\_\_

**I will view it online website or Facebook** \_\_\_\_\_

**What programs are you most interested in? Enjoy?**

\_\_\_\_\_  
\_\_\_\_\_

**What programs would you like to see added/offered at the Centre?**

\_\_\_\_\_  
\_\_\_\_\_

**REMINDER YOUR MEMBERSHIP NEEDS TO BE RENEWED BY MARCH 31ST 2024  
IN ORDER TO PARTICIPATE IN OUR PROGRAMMING**

*Thank You for your Time and Support!*

**Payment is accepted in cash/cheque/ or debit. Etransfer is available through**

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



## March Word Search 2024

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

BASKETBALL	COOKING	IRISH SONGS	PADDYFEST	SPRING JACKET
BASKETS	DECORATING	LAMB	PI DAY	ST. PATRICK
BEER	EASTER	LION	RAIN	SUNSHINE
BUNNIES	EGGS	LONGER DAYS	REFRESH	THIRTY-ONE
CELEBRATE	EQUINOX	LONG WEEKEND	RENEWAL	TRAVEL
CLEANING	FAMILY	MARCH BREAK	RIVERS	WARMER
CLOCK	GREEN	MELTING	SNOWBIRDS	WORM MOON
CHANGE	IDES OF MARCH	MIGRATION	SPRING	
CLOVER				

Complete the puzzle and drop it off at the office for a chance to win a gift certificate to our Tuesday dinners. Congratulations to the February puzzle winner: Barb Woolley

Name \_\_\_\_\_ Phone # \_\_\_\_\_