

Mackay Messenger

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MARCH 2025



The Ides of March have arrived and with the luck of the Irish, spring will be just around the corner. It has been a brutal, old fashioned kind of winter. I think that it's safe to say that we are all ready for much kinder weather. Spring is a time for renewal, growth, and change. I'm not just talking about the warmer weather or the world around us, but about the eternal cycles of growth and change in our inner world as well. We can get dragged down by all of the world events taking place. Don't forget to take a step back, turn off the news, make a cup of tea, take some deep breaths and remember how fortunate we are to live where we do. Speaking of renewal and change, the 2025-2026 Membership Renewals are due in April. Look for a word from Kent Gillin our chair, and your membership renewal form inside. The Community Volunteer Tax clinic will also be offering appointments Tuesday and Thursday afternoons starting March 4th through to April 29th. Contact 519 891-1138 or email taxservice4goderich@gmail.com for more info. Also new this month, our word search is now printed separately, please make sure to pick up a copy along with your Messenger. Till next month *Stephanie & Kim*

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

FB/Mackay Centre for Seniors

Fitness: Irene's classes are held on Mondays and Fridays at 9:20 am. **Kathleen's** classes will be virtual this month and are on Mondays and Wednesdays at 10:45 am. Kathleen is returning tentatively on March 24th. **ALL attendees must be registered through One Care.**

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 will be no bid euchre on March 13th.

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 9:30 am. **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. Wednesday Yoga is taking a break for March. 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.

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 this month and will resume in April.

Pepper: Wednesday March 12th

Line Dancing: Absolute beginner with Ellie is 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.

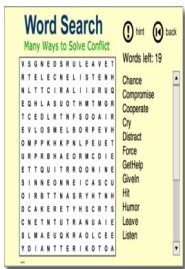
Drum Circle: The last Wednesday of the month from 3:00-4:00pm. Cost is \$5.00

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

Message from the Chair, Board of Directors

Hello to all of our wonderful MacKay Centre for Seniors members. It has come to that time of year when we need to adjust the rates for our Centre. Please note that the annual cost of the membership for 2025/2026 will increase to \$20.00 per year. Experience the joy of all our wonderful programs again this year! Our Government Grant funding will NOT sustain us forever, but for now we can keep our rates low. Please note that we have received a small subsidy that will cover the cost of a membership and some programming if this amount is too costly. Please speak with Stephanie if you know someone who would like to access this subsidy.

Best wishes, E. Kent Gillin, Chair MacKay Centre for Seniors



Our MacKay Messenger will be going through some changes over the next couple of months in an attempt to reduce costs. As part of the changes, beginning in March 2025, the Word Search will no longer be part of the newsletter package. The Word Search will be available separately for those who enjoy doing them. We will continue to do the draws every month.



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. The date for sessions with Rob is **March 20th. Cost is \$20.00 for one hour.**



Thank you to everyone who completed the member survey from the MSAA. We really appreciate everyone taking the time to complete the survey. Congratulations to the winner of the \$50.00 gift certificate, **Christine Green!**



Coming soon! It's time to start gathering up books that you have read for the MacKay Centre's Spring used Book & Puzzle Sale. This year it will be held on Saturday May 17th. Stay tuned for more details and when we will be accepting donations.

Just a friendly reminder that the MacKay Centre for Seniors is a registered Charity #BN 11924 3525 R0001. A formal tax receipt will be issued for any donations over \$20.00 Any and all donations are greatly appreciated.

Monday	Tuesday	Wednesday
MH—Main Hall	LL-Lower Level	B-Bannister Room
<p>3</p> <p>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</p>	<p>4</p> <p>9:30am Yoga with Sarah MH 11:00am Men's Group LL 1:00-3:00pm Scrabble LL 1-5pm Income Tax Program B</p> <p><i>SHROVE TUESDAY</i></p>	<p>5</p> <p>8:30—Noon Foot Care B 9:00am Tai Chi MH 10:45 am Kathleen's Fitness MH 1:00-3:00pm Art Workshop</p>
<p>10</p> <p>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</p>	<p>11</p> <p>9:30am Yoga with Sarah cancelled MH 11:00am Men's Group LL 12:00pm Tuesday Luncheon 1-5pm Income Tax Program B 1:00-3:00pm Scrabble LL</p>	<p>12</p> <p>9:00am Tai Chi MH 10:45 am Kathleen's Fitness MH 1:00 pm PEPPER MH</p> <p>Horticultural Executive 5:00pm</p>
<p>17</p> <p>9:20am Fitness with Irene MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12:00-2:30pm Tai Chi MH 1:00-1:30 pm Bridge LL 3:00 Beginner Line Dancing MH 3:30 Line Dancing Continued MH</p>	<p>18</p> <p>9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00 Irish Stew Luncheon</p> <p>1-5pm Income Tax Program B 1:00-3:00pm Scrabble 3:00pm-4:00pm Music & Memories with Charles LL</p>	<p>19</p> <p>8:30– Noon Foot Care B 9:00am Tai Chi MH 10:45am Kathleen's Fitness 1:00-3:00pm Art Club LL 3:00 PM Harp Heals Guided Meditation</p>
<p>24</p> <p>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</p>	<p>25</p> <p>9:30am Yoga with Sarah MH 11:00am Men's Group LL 12 Noon-Tuesday Luncheon</p> <p>1-5pm Income Tax Program B 1:00-3:00pm Scrabble LL</p>	<p>26</p> <p>8:30– Noon Foot Care B 9:00am Tai Chi MH 10:00 am Caregiver Café LL 10:45am Kathleen's Fitness 1:00-3:00pm Art Club 3:00-4:00pm Drum Circle</p>
<p>31</p> <p>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</p>		

Thursday	Friday	Saturday
MH—Main Hall	LL-Lower Level	B-Bannister
		1 10:00am-Noon Art Club LL 10:30 –noon Tai Chi
6 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1-5pm Income Tax Program B 2:00pm Rhian’s Seated Yoga LL 1:00pm Bid Euchre	7 9:20am Fitness with Irene MH 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Level 2 MH 11:00am Friday Zoom Session 1:00-4:00pm Euchre MH	8 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL
13 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1-5pm Income Tax Program B No Bid Euchre 2:00pm Rhian’s Seated Yoga LL	14 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Level 2 MH 11:00am-Noon Friday Zoom Session 1:00-4:00 pm Euchre MH	15 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL
20 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1-5pm Income Tax Program B 2 pm Rhian’s Seated Yoga LL 3:00pm MacKay Centre Book Club LL NEW 1:00-4:00pm Bid Euchre MH	21 8:15am Yoga with Sarah LL NEW 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Level 2 MH 11:00am-Noon Friday Zoom Session 1:00-4:00 pm Euchre MH	22 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL
27 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1-5pm Income Tax Program B 2:00pm Rhian’s Seated Yoga LL 1:00-4:00pm Bid Euchre MH	28 8:15am Yoga with Sarah LL NEW 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Level 2 MH 11:00am-Noon Friday Zoom Session 1:00-4:00pm Euchre MH	29 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL

APRIL ART WORKSHOP

Rock Painting 101 with Reeka Spence
Wednesday, April 30th 1:00pm-3:00pm MH
Cost: \$20.00 per person
Limited to 20 participants

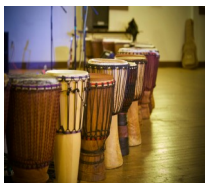


Briefly learn about the Kindness Rock Movement and how it is impacting people globally. Learn the basics of rock painting and explore other methods of decorating beach rocks. Participants will have the opportunity to complete two or more rocks during this two hour session. Inspiration can be sourced on Pinterest ahead of time. Wearing an apron is recommended. Please contact the office to register.

January Art Club Challenge.



The Art Club held a January Challenge for all of it's members. Here are the results of what the group of such talented and creative members of the MacKay Centre produced.. If art mimics life, then you are all absolute masterpieces, Beautiful work.



This month's drum circle will be held on **Wednesday, March 26th at 3:00 pm** in the main hall. Cost is \$5.00 pp and all are welcome. Please call, or email to register. There are a few drums to share and if you have your own , please bring it with you.

Don't forget to "Spring" your clocks forward March 9th for Daylight Savings Time

Harp Heals guided meditation with Martha returns on **Wednesday, March 19th 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.



Three Tuesday Lunches in March!

All lunches feature the main course, Tea/coffee and Pam's homemade desserts. The cost is \$15.00 for members and \$20.00 for non members. Please call the office to sign up by the prior Friday at noon.

March 11th: BBQ Chicken thighs and roasted potatoes, veggies and dessert \$15.00. *Peggy Denomme will be our guest speaker.*

March 18th Irish stew, mashed potatoes, Tea biscuit & dessert \$12.00. Wear your green!

March 25th: Roast Beef, Mashed potatoes, veggies and dessert \$15.00



SAVE THE DATES FOR FRIDAY ZOOM SESSIONS in MARCH

11:00AM-NOON

You can't beat one of our interesting Friday zoom sessions from the convenience of your own home. Grab a coffee and join us.

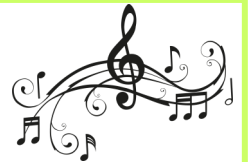
MARCH 7th-Goderich Resident and MacKay Centre member Deborah Smith will be helping us all to "BE HAPPY!" Something we all can use.

MARCH 14th- Mike Ward from Milkweed Madness: Attracting Butterflies to your Garden

MARCH 21st-Kate Mason "Falls Prevention" how to get around safely both in your home and out and about.

MARCH 28th- TBD

Join us for Music and Memories with Charles. Tuesday March 18th at 3pm. Charles our Centre DJ spins the records and the memories of days gone by. This month features "**Swing and Standards**"



The MacKay Centre Book Club will be meeting on March 20th at 3:00pm in the Library. Come join us to talk about the book you are reading and share information with other avid readers.

PLEASE like or follow us on Facebook <https://www.facebook.com/mackaycentreforseniors>



2025/ 2026 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. Starting March 1st PLEASE complete the form below and return it to the Centre along with \$20.00. 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 confirm or update if changed)

Emergency Contact: _____ **Number;** _____

TOWNSHIP: Goderich ___ ACW ___ Central Huron ___ Bluewater ___
Other ___

AGE RANGE: 55-65 ___ 66-75 ___ 76-85 ___ 86+ ___

What Gender do you identify with ? 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 _____

*****Mail Delivery to your address: Cost is \$15.00** _____

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

REMINDER YOUR MEMBERSHIP NEEDS TO BE RENEWED BY MARCH 31ST 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 by sending payment to mackaycentre@hurontel.on.ca Please make cheques out to The MacKay Centre for Seniors