

# Mackay Messenger

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**Chair:** Kent Gillin

**Secretary:** Kim Dumont

**Treasurer:** Larry Papernick

## Directors

Sharon Kirkey

Pam Somers

Marlene Scotchmer

Judy Keightley

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Trevor Bazinet



**Welcome March.....We are glad to see you!** There are a couple of very important dates this month. On Sunday, March 8th (or Saturday night before bed) Daylight Savings begins, so don't forget to move your clocks ahead. The next big day is March 20th...the first day of SPRING!!! We can all pat ourselves on the back and kiss another Huron County winter goodbye. We are implementing a new cut-off date for changes to the monthly Mackay Messenger. Starting in March, all changes to the newsletter must be submitted by the 20th of the previous month. As the Mackay Centre's fiscal year comes to a close at the end of March, our 2026-2027 Membership Renewals are due April 1st. Please complete the membership form and code of conduct at the back of this newsletter. To make things easier, during the month of March we will be **processing memberships on Tuesday, Wednesday and Thursdays from 10:00am-Noon in the library.** Please make sure that your forms are fully completed. Thank you to everyone who completed our annual Ministry funding survey. We will be compiling the results for our year end report. Congratulations to Dennis Vere & Irene Duguay who were the lucky winners of their 2026/2027 Membership Happy Spring everyone!

*Kim & 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.

**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. Held on the last Wednesday morning of the month. **The next Caregiver Café will be on March 25th from 10:00am-11:00am**

**Chess:** Thursdays from 1:00pm-4:00pm at Lakeshore United Church, **56 North St. in the lower level meeting room.**

**Coffee & Chat:** Takes place Thursdays at 11 am upstairs after Pam's Joyful Yoga.

**Drum Circle:** TBA. Cheryl is still very busy touring and hopes to return this year.

**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.

**Grief & Loss Café** Meets on March 12th from 3– 4:30 pm in the Bannister room this month. Registration is required through [Sally Brodie](#)

**Harp Heals:** Is usually held on the third Wednesday afternoon of the month. **Harp Heals returns on Wednesday March 18th.** 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 Tuesday of each month at 1:15pm, 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, March 17th. We will be exploring Irish and Celtic music.**

**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 March 11th.** If you are interested in playing, give the office a call.

**Scrabble:** 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. Cost for all yoga classes is \$5 per person, per session.

**March Art Workshop– Wednesday March 25th 1– 3pm** Cost is \$20.00 and we are creating bookmarks with Christy. Call the office to register

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

**New membership applications are included in this newsletter.**

Monday	Tuesday	Wednesday
<p style="text-align: right;"><b>2</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      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;"><b>3</b></p> <p>9:30am Yoga with Sarah MH                      11:00am Men's Group LL                      12:00pm                      1:00-2:00pm Scrabble B  <b>2:00pm-5:00pm Tax Clinic LL</b></p>	<p style="text-align: right;"><b>4</b></p> <p>8:30- Noon Foot Care B                      9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      9:00am-10:30am Continuing Tai Chi MH                      10:45 am Kathleen's Fitness MH                      1:00pm-3:00pm Art Club LL                      1:00pm-3:00pm Art Workshop</p>
<p style="text-align: right;"><b>9</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      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;"><b>10</b></p> <p>9:30am Yoga with Sarah MH                      11:00am Men's Group LL                      12:00pm Tuesday Luncheon                      1:00-2:00pm Scrabble LL  <b>2:00pm-5:00pm Tax Clinic</b></p>	<p style="text-align: right;"><b>11</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      9:00am-10:30am Continuing Tai Chi MH                      10:45 am Kathleen's Fitness MH                      1:00pm-3:00pm Art Club LL  <b>1:00pm-3:00pm Pepper MH</b></p>
<p style="text-align: right;"><b>16</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      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;"><b>17</b></p> <p>9:30am Yoga with Sarah MH                      11:00am Men's Group LL                      12:00pm Tuesday Lunch                      1:15pm-2:15pm Music &amp; Memories LL                      1:00-2:00pm Scrabble LL  <b>2:00pm-5:00pm Tax Clinic</b></p> <p style="text-align: center;"><b>St. Patrick's Day</b></p>	<p style="text-align: right;"><b>18</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      8:30- Noon Foot Care B                      9:00am-10:30am Continuing Tai Chi MH                      10:45 am Kathleen's Fitness MH                      1:00pm-3:00pm Art Club LL  <b>3- 4 Harp Heals MH</b></p> <p style="text-align: center;"><b>5pm GDHS Exec meeting LL</b></p>
<p style="text-align: right;"><b>23</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      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;"><b>24</b></p> <p>9:30am Yoga with Sarah MH                      11:00am Men's Group LL                      12:00pm Tuesday Lunch                      1:00-2:00pm Scrabble  <b>2:00pm-5:00pm Tax Clinic</b>                      7:00pm GDHS meeting</p>	<p style="text-align: right;"><b>25</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      8:30- Noon Foot Care B                      9-10:30am Continuing Tai Chi MH  <b>10:00am-11:00am Caregiver Café LL</b>                      10:45am Kathleen's Fitness                      1:00-3:00pm Art Club LL  <b>1-3 pm Art workshop MH</b></p>
<p style="text-align: right;"><b>30</b></p> <p>9:00am-10:00am Beginner Fitness LL <b>NEW!</b>                      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;"><b>31</b></p> <p>9:30am Yoga with Sarah MH                      11:00am Men's Group LL                      12:00 Tuesday Luncheon                      1:00-2:00pm Scrabble  <b>2:00pm-5:00pm Tax Clinic</b></p>	

Thursday	Friday	Saturday
<b>MH—Main Hall</b>	<b>LL-Lower Level</b>	<b>B-Bannister</b>
<p style="text-align: right;">5</p> 10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 1:00pm-4:00pm Bid Euchre MH 1:00pm-2:00pm Rhian’s Seated Yoga LL <b>2:00pm-5:00pm Tax Clinic</b>	<p style="text-align: right;">6</p> 9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL <b>11:00am-Noon Friday Zoom Session</b> 11-Noon Line Dancing L2 MH 1-4 pm Euchre MH	<p style="text-align: right;">7</p> 10– 11:30 am Tai Chi 10:00am-Noon Art Club LL 
<p style="text-align: right;">12</p> 10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 1:00pm-2:00pm Rhian’s Seated Yoga LL <b>2:00pm-5:00pm Tax Clinic</b> 3:00pm-5:00pm Grief & Loss B	<p style="text-align: right;">13</p> 9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL <b>11:00am-Noon Friday Zoom Session</b> 11-Noon Line Dancing L2 MH 1-4 pm Euchre MH	<p style="text-align: right;">14</p> 10– 11:30 am Tai Chi 10:00am-Noon Art Club LL
<p style="text-align: right;">19</p> 10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 11:00am Book Club LL 1:00pm-4:00pm Bid Euchre MH 1:00pm-2:00pm Rhian’s Seated Yoga LL <b>2:00pm-5:00pm Tax Clinic</b>	<p style="text-align: right;">20</p> 9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL <b>11:00am-Noon Friday Zoom Session</b> 11-Noon Line Dancing L2 MH 1-4 pm Euchre MH  <b>First Day of SPRING!!!</b>	<p style="text-align: right;">21</p> 10– 11:30 am Tai Chi 10:00am-Noon Art Club LL  Goderich Dance in Line Spring Social <b>Fundraiser</b> MH
<p style="text-align: right;">26</p> 10 am Pam’s Joyful Yoga MH 11am Coffee & Chat MH 1:00pm-4:00pm Bid Euchre 1:00pm-2:00pm Rhian’s Seated Yoga LL <b>2:00pm-5:00pm Tax Clinic</b>	<p style="text-align: right;">27</p> 9:20am Fitness with Irene MH 10am Knitting/Crocheting LL <b>11:00am-Noon Friday Zoom Session</b> 11-Noon Line Dancing L2 MH 1-4 pm Euchre MH	<p style="text-align: right;">28</p> 10– 11:30 am Tai Chi 10:00am-Noon Art Club LL
		

## THREE Tuesday Lunches in March

All 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 \$15.00 for members and \$20.00 for non-members.

**March 10th**-Roast Pork, Dressing, Mashed Potatoes, Gravy, Veggies, Apple Strudel, Coffee/Tea

**March 17th**-Shepherds Pie, Salad, Potato Soup, Irish Soda Bread, Cupcakes, Coffee/Tea. **There will be an Irish sing -a -long with Finola MacGinty following lunch. Stay for some music and maybe a jig! Charles will continue the Irish theme music with his Music & Memories following lunch .**



**March 24th**-Roast Beef, Gravy, Roasted Potatoes, Veggies, Yorkshire Pudding,

## Friday Zoom Sessions March 2026

Don't forget to sign up for our Friday Zoom Sessions and join us from the comfort of your home. There is no traffic to battle and the weather is usually good between the kitchen and living room! Coming up in February we have:

**March 6th-Sinead Cox from the Huron County Museum** will be our guest. We will be talking "Salt of the Earth: Salt Mining in Huron County".



**March 13th-Stéphanie Nowak** will be our guest from **Innocence Canada**. We will be talking about the wrongfully convicted.



**March 20th-Salthaven Wildlife Rehabilitation & Education Centre**

**March 27th-Katrina McQuail** from **Meeting Place Organic** will be our guest.



## Mackay Centre's 100th Anniversary and Goderich Bicentennial



As many of you know, we will be celebrating two major milestones in 2027. The MacKay Centre will be 100 years old and the Town of Goderich will be 200 years strong. The bicentennial celebrations will take place from June 24th-June 27th, 2027, and we are in the planning stages of these events. Would you like to be part of the MacKay Centre volunteer committee? Do you have any wonderful thoughts or ideas to share? If you would like to take part in planning or volunteering, please contact us by phone 519-524-6660 or email [mackaycentre@gmail.com](mailto:mackaycentre@gmail.com).



## **Bequests and donations**

The MacKay Centre has been honoured with an anonymous bequest and we would like to express our thanks and appreciation for this donation. Please know that we appreciate all and every donation that is made to the Centre; no matter the size. All donations over \$20.00 receive a Charitable tax receipt.

Again, on behalf of the Board of Directors, we are truly thankful for all of your support.



## **The MacKay Centre Book Club with Dubravka**

I   
Book Club

Our March book club will be held on **Thursday, March 19th** from 11:00am-Noon in the lower level. Next month I am hoping to be back to join you in person. We are going to discuss a book that made you pause, reflect, and left a lasting impression. We would also love to hear about what you are currently reading. You now have the option to join the book club via zoom as well. Contact the office for the link.

**NEW**

## **BEGINNER FITNESS WITH BRAYDEN (SEATED)**

**Starting Monday, March 2nd for four weeks  
from 9:00am-10:00am Lower Level  
Limited to a maximum of 10 people**

**Pre-registration is required. Call the office at 519-524-6660 to register**



This class is designed for those who have not participated in an exercise class and whom need help with increasing their movement. The class is designed as a seated beginner level class. This is a 4-week trial program and may continue if there is

## GODERICH DANCE IN LINE SPRING SOCIAL



MacKay Centre Fundraiser

10 Nelson St.- Upper Hall

Saturday, March 21, 2026

1:00-4:00 pm (doors open at 12:30)

\$15.00 cash at the door

All Ages Welcome~Children must be supervised



Playlist by request to [ellie.montgomery@gmail.com](mailto:ellie.montgomery@gmail.com)  
by March 11th

Absolute Beginner to Improver Level Dances

Snacks & bottled water by donation

If you need more info contact Ellie 519-217-4793

## Free Tax Clinics

Get your benefits and credits



If you have a modest income and a simple tax situation, volunteers can do your tax return for you!

### Goderich MacKay Centre for Seniors

The Volunteer Income Tax Program will run for 4 months:  
From February 2 to May 30, 2026.

Call or e-mail anytime for an appointment. Leave a message.

Telephone: (519) 891-1138

E-mail: [taxservice4goderich@gmail.com](mailto:taxservice4goderich@gmail.com)

Free Tax Clinics will be held in person on  
Tuesdays and Thursdays from 2:00 PM to 5:00 PM  
During the months of March and April.

Free Tax Clinic consultations are by appointment only.



TIS505 (E) Rev. 18

Go to [canada.ca/taxes-help](http://canada.ca/taxes-help) or  
call 1-800-959-8281 for more information.

Volunteers are not employees of the Canada Revenue Agency



## Fundraising Committee

Our Fundraising Committee is hard at work coming up with ideas for fundraisers in 2026 and beyond. We currently have 546 members here at the Centre and we are calling on all of you for creative fundraising ideas. Please submit your suggestions to the Fundraising Committee and drop them off in the office.



Fundraising



**Dominos?** Anyone interested in playing Dominos at the Centre? We have had a suggestion and are looking for players. If you want to come out and play, Let us know at the office and we can get a game going.

## 2026/2027 MacKay Membership Form

MacKay     Dunganon     Valid: April 1, 2026 – March 31, 2027    New     Renewal

The MacKay Centre for Seniors is a Senior's 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 for funding purposes.

Please complete the form below and return it to the Centre along with \$25.00. This will keep your membership current with the Centre and will enable you to participate in all of our programming! Thank you for your time and support!

**PLEASE PRINT:**

NAME: \_\_\_\_\_ PHONE/CELL#: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

*(Please confirm or update if changed)*

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

*(Only in case of emergency)*

**TOWNSHIP:**

Goderich     ACW     Central Huron     Bluewater     Other

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

GENDER:    Male     Female     Non-Binary

What programs are you interested in? \_\_\_\_\_

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

Pick up at the Office                       Email to my email address

I will view it online via the website or Facebook

Mail to my home address *(Note: mailing to your home will be an additional \$15 charge):*

*Payment is accepted in cash/cheque/or debit.  
E-transfer is available by sending payment [mackaycentre@hurontel.on.ca](mailto:mackaycentre@hurontel.on.ca).  
Please make cheques payable to **The MacKay Centre for Seniors**.*

**For Office Use Only: Please check upon completion, initial and date:**

QB		Initials:	Date:	Payment Via:
Excel		Initials:	Date:	

## MACKAY CENTRE FOR SENIORS

### Code of Conduct for Program Members of The MacKay Centre for Seniors.

#### Code of Conduct for MacKay Centre Members:

- Communicate respectfully and honestly at all times;
- Report any health and safety concerns to the Executive Director;
- Direct any questions regarding policies and procedures to the Executive Director.

The following will not be tolerated within the facility or on the property:

- Any physical assault, threats of assault or use of intimidation;
- Any sexual, cultural and/or racial abuse, slurs and/or harassment;
- Any action or language that is disrespectful, profane or offensive to another's comfort or well-being;
- Any abuse of the facility and/or facility equipment;
- Taking unauthorized possession of property that does not belong to them;
- Posting or distributing non-MacKay Centre for Seniors flyers or notices without prior approval from the Executive Director;
- Intentional disregard for population health practices put into place by Public Health and the Administration of the MacKay Centre.

***Note: All Code of Conduct violations will be investigated. Violations may result in revocation of that individual's membership.***

#### Scent-Free Environment:

The MacKay Centre for Seniors is a "***scent-free***" environment. Scented products can cause serious health problem for our members, visitors and staff. Please refrain from wearing scented products while in the Centre.

Name: \_\_\_\_\_

Date (D/M/Y): \_\_\_\_\_

*(please print)*

Signature: \_\_\_\_\_

03-MAR-2025