

Dungannon Doings



March 2026

Spring! March holds the first day of Spring marked on the calendar for March 20th. Let's keep our fingers crossed that Mother Nature is reading the same Calendar for weather insight, and spring will be in full swing before the end of March.

I have heard the excitement around March Break and the anticipation of being able to join the programming. I am excited to share that during the week of March Break participants of all ages are welcome and encouraged to participate in all of the weeks' programs.

If there are any bridge players who would like to play here at the centre please let me know and I will get it added to the calendar for April.

March 30th wraps up our 2025/2026 SALC Grant year. Many of you are aware that there are some unexpected hiccups we are facing with our 2026/2027 SALC Grant. At this time we are anticipating that everything will work out, and are forging ahead planning programs for the coming months. I would like to say a special thank you to everyone who purchased a 2025/2026 membership.

I look forward to the warm months ahead, as I have some exciting ideas I look forward to implementing.

Logan

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Program Assistant—Logan Curran

**Check out our website and follow us on
Facebook**
www.mackaycentreforseniors.com
Facebook Page
MacKay Centre - Dungannon

Dungannon Doings

Keep Moving! Summer will be here before we know it.

Do you also struggle to keep motivated to keep moving during the winter months? We are now offering 2 group fitness classes a week using a method of following prerecorded fitness instruction that will be projected in front of the group (similar to the VHS home fitness videos). Each class will be \$2.00.

Tuesday Afternoons 1:30-2:30pm we will be starting with a 25 min seated yoga.



We will then take a short break followed by doing a 20 minute seated workout routine. This routine will be low impact that will help build flexibility and strength. After personally trying these routines I highly recommend wearing loose/stretchy clothes.

Thursday Mornings 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.

Let's Eat!

March has 3 lunch offerings. Two are our typical lunches containing a main, side and dessert. \$15.00 for Members and \$20.00 for non-members. Please see Page 5 for information on the March 19 lunch package offer.

March 12 — St. Patrick's Day Special. Wear your Green and join us for Potato Soup, Cabbage Roll Casserole, Rye Bread and Bailey Cheese Cake for dessert. Please RSVP by March 6th.



March 19 — Is built into a package with the Door Mat workshop. Please see page 3 for more details on this opportunity

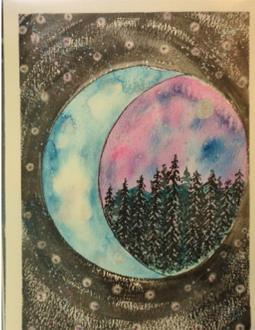
March 26 — Baked sausage with BBQ sauce, hash brown casserole, salad and dessert. Please RSVP by March 20th. **Afterwards, We will be joined by Staff from the Huron County Museum & Gaol for a presentation on the Strange and Thrilling Escapes from the Huron Gaol.**



Dungannon Doings

Art, Art and more Art!

In March we are hosting six different art workshops. Four are with Hailey, one is with Karen Fooks and one is with Logan.



March 3—Water Colour Northern Lights painting. Please Register by Friday February 27th. \$15.00 per participant.

March 10—Water Colour Rain Drops on a window. Please Register by Friday March 6th. \$15.00 per participant.

March 17—Water Colour St. Patrick's Day Special, Four leaf clover in a stain glass window painting. Please Register by Friday March 13. \$15.00 per participant.



March 24—Spring/Easter Decoupage coasters with Karen Fooks. Please Register by 3pm Thursday March 19th. \$15.00 per participant.

March 31—Water Colour Easter painting. Please Register by Friday March 27th. \$15.00 per participant.



Lunch and Paint Package

This workshop was added specifically to be open to participants of all ages during March break (**Thursday March 19**). We will be painting individual designs on door mats. To keep it encouraging for all ages our lunch will be macaroni bake and hotdogs on a bun. Please register by Friday March 13th. \$20.00 per participant for the lunch and painting combo.

March 12, Murder Mystery –We have another case to solve this month. This will be an exciting and challenging afternoon to see if we have what it takes to catch the killer. Once we have followed the evidence and accused a suspect we can open another envelope to instantly know if we have identified the correct suspect! \$5.00 per person.

March 5, Potato Bowling— Come for the laughs and give it your best shot. We are going to be setting up a make shift bowling ally at the Centre, and to add to the fun/challenge we are replacing the bowling ball with a potato.



Dungannon Doings

Learn to play the Ukulele & keep the brain sharp!

All Ukulele sessions are open to anyone and are provided in partnership with the Huron Perth Alzheimer Society. We also have a partnership with the Dungannon Youth Group which allows us to use their high quality Ukuleles. This class is provided through Zoom. All of these classes are Free and anyone is welcome to participate.



Golden UKE—is geared towards, but not limited to, those who have the basics of playing the ukulele. It runs on Tuesday mornings from 10-11:30am.

BUG's (Beginner Uke Group)—is the perfect opportunity for anyone who has little to no experience playing the Ukulele. This class runs on Thursdays 10-11am from March 5th to April 2nd.

Social Groups

All of these groups will be meeting on Thursdays from 11am to 12pm.

March 5— History Group, you are invited to bring a piece of history, whether it is the history of an area or a treasured artifact to share with the group.

March 12—Recipe Club, look through those old recipe books and boxes and bring an old recipe you used to use and loved ,but unfortunately no longer is a part of your regular menu roster.

March 19—Book Club, have you expressed interest in the opportunity to join into the Goderich locations book Club? The group will discuss a book or perhaps more than one that made us pause, reflect and left a lasting impression.



March 26—Photography Group is ideal for those who like to share photos, or want to work on their camera use and photography skills. Please bring your camera for the class and depending on weather we will either work on indoor photography, or if the weather is nice, we will try and get out and get some Spring shots.



Dungannon Doings

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 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



in



Friday Zooms

All of our Friday Zooms are held on Zoom or can be viewed at the MacKay Centre Dungannon. It takes place Fridays at 11am –12pm.

March 6— Huron County Museum & Gaol will be joining us to do their presentation on salt mining within Huron County.

March 13— Stephanie Nowak, Innocence Canada. Learn about this organization and how they are working to overturn wrongful conviction cases. Hear about the processes involved and the factors that led to individuals being charged and convicted; such as tunnel vision, forensic science breakthroughs & false confessions.



March 20— To be announced; follow us on Facebook or ask at the Centre for updates.

March 27— Meeting Place Organic Farm; we will be joined by Katrina McQuail.



Katrina is the Owner and operator of the Farm; she will be talking to us about their operation, the farm and services they provide. The farm itself is located just outside of Lucknow.

Dungannon Doings

Community Events Happening in Dungannon



Annual General Meeting



Wednesday March 11th 2026

Doors open at 6:30pm meeting starts at 7:00pm
Light refreshments to follow

The meeting is being held at the Dungannon Community Centre (Dungannon Seniors Centre)
78 Albert st

Everyone Welcome!

Support Your Local **YOUth**

Organized by: Dungannon YOUth Group



Friday March 20th
7:00pm

At the Dungannon Community Centre
(Seniors Centre)
78 Albert st Dungannon ON

Invite family and Friends for an evening of fun!!
Bring a prize/win a Prize

Snacks and Drinks available for purchase
Small Admission fee to play!!



Easter Cookies

Decorating Class!

Tuesday, March 24, 2026 | 6:30pm
Dungannon Community Centre
Cost: \$20
To Register, Please Contact:
Debbie Bongertman by March 15

MARCH 22, 2026

SAUSAGE & KRAUT!

PLUS BAKED POTATO!

ONLY \$12

OPENS AT 11AM - 2PM
AT THE DUNGANNON COMMUNITY CENTRE.

Dungannon Doings

Mackay April Program Alerts

Art With Hailey.

Tuesday April 7th 10am – 12pm. We will be using water colour to paint a cherry blossom masterpiece. This class is a great starting place for the most inexperienced painters. \$15.00 for members \$20.00 for non-members. Registration Required by Thursday April 2nd at 3:00pm.

Easter/Spring Lunch

We are hosting our Easter/Spring lunch on April 9th. We will be having Ham, Scalloped Potatoes, Carrots, and Carrot Cake for dessert. \$20.00 per member, \$25.00 for non-members. Please RSVP by Thursday April 2nd if you would like to participate in this lunch.



2026/27 Memberships are DUE!

Memberships are due by April 1st. Membership fees help to keep our programming costs low and affordable for all. During our first year I did not push the memberships as hard to allow everyone a chance to experience the programming. Starting April 1st with the start of the new financial, year you will see some changes to our program costs to provide further benefits to members. This will look more like the lunch cost setup: members will see a lower price than non-members.

These memberships are critical numbers that are required as a part of our funding from the Province of Ontario. The membership covers participants from April 1st, 2026— March 31, 2027. Memberships continue to provide members with access to programs at both the Dungannon and Goderich locations.

If the membership fee will create challenges with your financial situation we have service available to help alleviate that burden. Please see Logan or the team in the office in Goderich. We are continuing the refer a friend program; see Logan for more details.

The 2026/27 membership fee is \$25.00 for the year.

Dungannon Doings

March 2026

78 Albert st Dungannon ON—519-529-3189—dccmackay@hurontel.on.ca

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 10-12 Art with Hailey 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness	4	5 10-11 Tai Chi 10-11 BUG's 11-12 History Group 1-3 Potato Bowling	6 10-11 Men's Coffee & Chat 10-11 Ladies Coffee & Chat 11-12 MacKay Zoom 1-4 Euchre
9	10 10-12 Art with Hailey 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness	11	12 10-11 Tai Chi 10-11 BUG's 11-12 Recipe Group 12 Lunch 1-3 Murder Mystery	13 10-11 Men's Coffee & Chat 10-11 Ladies' Coffee & Chat 11-12 MacKay Zoom 1-4 Euchre
16	17 10-12 Art with Hailey 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness	18	19 10-11 Tai Chi 10-11 BUG's 11-12 Book Club 12 Lunch 1-3 DIY Door Mat	20 10-11 Men's Coffee & Chat 10-11 Ladies' Coffee & Chat 11-12 MacKay Zoom 1-4 Euchre
23	24 10-12 Art with Karen 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness	25	26 10-11 Tai Chi 10-11 BUG's 11-12 Photography Group 12 Lunch & Presentation on the escapes from the Huron Gaol	27 10-11 Men's Coffee & Chat 10-11 Ladies' Coffee & Chat 11-12 MacKay Zoom 1-4 Euchre
30	31 10-12 Art with Hailey 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness	April 1	April 2	April 3 Closed for Good Friday

2026/2027 MacKay Membership Form

MacKay Dungannon 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.
 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: _____
(please print)

Date (D/M/Y): _____

Signature: _____

03-MAR-2025