

Mackay Messenger

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NOVEMBER 2024



Welcome November! October was certainly a whirlwind of activity here at the Mackay Centre. We had our annual pre-Christmas craft show fundraiser on October 19th. We want to send out a huge THANK YOU to our ladies in the knitting and crocheting club for all of their hard work. They raised \$893.00 and donated the whole amount back to the Mackay Centre for Seniors. You ladies are amazing.

The Mackay Centre also hosted the Senior's Active Living & Wellness Fair on October 22nd. The day featured speakers from various local and government agencies including, OPP, Goderich Toyota, Alzheimer's Society of Huron Perth, Ministry of Transportation and the Ministry of Finance. The funding for this event was provided by OCAO and the Province of Ontario. The event was a great success and we would like to thank Joe MacIsaac and all of our volunteers for helping with set up, greeting, and clean-up. None of this would be possible without you. With all of this behind us now, Stephanie will be taking a much needed vacation. She will be gone from November 4th-November 15th. Kim's hours have been extended while Stephanie is away, and there will still be volunteers available to help out.

Have a great vacation Stephanie, you will be missed.



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 are Mondays and Wednesdays at 10:45 am. **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 the 14th.**

Bridge: Mondays 1 pm downstairs. Cost is \$2.00

YOGA: Sarah's Yoga class is on Tuesdays at 9:30 am. **There will be no yoga with Sarah on November 26th.** Pam's Joyful yoga class is on Thursdays at 10:00 am. **Pam's class on October 3rd will be run by Sarah.** Rhian's gentle yoga returns Wednesday evening 5:00pm-6:00pm & Thursdays at 2:00 LL

Tai Chi: Tai Chi will be upstairs on Mondays 1– 2:30, Wednesday mornings 9:30 - 10:30 am and Saturdays from 10:30– 11:30 am . Cost is \$2 each class.

Art Club: Meets on Wednesdays from 1-3 pm and Saturdays from 10am -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.

Coffee & Chat: Thursdays at 11 am, after Pam's Joyful Yoga. Donations for coffee gratefully accepted.

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

Scrabble/Learn Chess: First game is Tuesdays at 1pm, **second game** at 2pm downstairs. Cost is \$2.00

Pepper: is on Wednesday, November 13th

Line Dancing: Absolute beginner with Betty Anne is Mondays from 3-4, followed by beginner level 1 from 4-5 cost is \$2.00. Level 2 line dancing on Fridays from 11-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. Please call to pre-register. Cost is \$5.00

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

Tuesday Lunches in November



All lunches feature the main course, Tea/coffee and Pam's homemade desserts. Cost remains the same \$15.00 for members and \$20.00 for non members.

Please call the office to sign up by the prior Friday at noon.

November 12th: Turkey Stew & Dumplings

November 26th: Roast Pork & Dressing


Sarah has given us some dates for Saturday morning yoga and we need 8 participants to sign up in order to run the class. The dates are November 2, 9, 23rd, and December 7th. You must pre-pay for all four of the classes in advance. The cost is \$20.00 for 4 classes. Please contact the office to have your name added to the list.



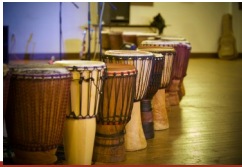
Suzette will be leading a 6 week progressive dance class starting on Tuesday, November 5th from 3:00 pm-4:00pm. The last class will be held on Tuesday, December 10th. Payment must be made in full prior to or the night of the first class. The cost is \$30.00 for the session. Contact the office to register.

NOVEMBER ART WORKSHOP: Join us on Wednesday, November 6th for our gel plate printing workshop. Explore and play with the gel plate using a variety of stencil techniques. **Participants can bring a small collection of any of these items:** leaves, lace, textured fabric, plastic mesh-i.e. fruit or onion bags, ribbon, string. There are two times being offered to accommodate two workshops with ten people in each. Times: 1:00 pm-2:00 pm OR 2:20 pm-3:30 pm. The cost is \$20.00 per person (all materials will be supplied unless you choose to bring suggested items). Please contact the office to register. **Note: first class is full.**



Monday	Tuesday	Wednesday
MH—Main Hall	LL-Lower Level	B-Bannister Room
		
<p style="text-align: right;">4</p> 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta/Needlework 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 style="text-align: right;">5</p> 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1:00-3:00pm Scrabble/learn chess LL 3:00pm-4:00pm Creative Dance MH 7:00Pm IODE	<p style="text-align: right;">6</p> 8:30—Noon Foot Care B 9:00am Tai Chi MH 9:30am-11:30am Alzheimer Society Memory & Aging LL 10:45 am Kathleen's Fitness MH 1:00-3:00pm Art Club LL 5:00pm-6:00pm Gentle yoga with Rhian LL
<p style="text-align: right;">11</p> 9:20am Fitness with Irene MH 10:30am Fitness with Kathleen MH 10:00am Canasta/Needlework 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 style="text-align: right;">12</p> 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00 Tuesday Luncheon 1:00-3:00pm Scrabble/Learn to play Chess LL 3:00pm-4:00pm Creative Dance MH 7:00 pm Horticultural Society	<p style="text-align: right;">13</p> 9:00am Tai Chi MH 9:30am-11:30am Alzheimer Society Memory & Aging LL 10:45 am Kathleen's Fitness MH 1:00-3:00pm Art Club 1:00-3:00pm Pepper MH 5:00pm-6:00pm Gentle yoga with Rhian LL
<p style="text-align: right;">18</p> 9:20am Fitness with Irene MH 10:30am Fitness with Kathleen MH 10:00am Canasta/Needlework 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 style="text-align: right;">19</p> 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1:00-3:00pm Scrabble/Chess LL 3:00pm-4:00pm Creative Dance MH	<p style="text-align: right;">20</p> 8:30– Noon Foot Care B 9:00am Tai Chi MH 9:30am-11:30am Alzheimer Society Memory & Aging LL 10:45 am Kathleen's Fitness MH 1:00-3:00pm Art Club LL 3:00 PM Harp Heals Guided Meditation 5:00pm-6:00pm Gentle yoga
<p style="text-align: right;">25</p> 9:20am Fitness with Irene MH 10:30am Fitness with Kathleen MH 10:00am Canasta/Needlework 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 style="text-align: right;">26</p> 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12 Noon-Tuesday Luncheon 1:00-3:00pm Scrabble/Chess LL 3:00pm-4:00pm Creative Dance MH	<p style="text-align: right;">27</p> 9:00am Tai Chi MH 9:30am-11:30am Alzheimer Society Memory & Aging LL 10:45 am Kathleen's Fitness MH 10:00 Coffee with Caregivers B 1:00-3:00pm Art Club LL 3:00-4:00pm Drum Circle MH 5:00pm-6:00pm Gentle yoga with Rhian LL

Thursday	Friday	Saturday
MH–Main Hall	LL-Lower Level	B-Bannister
	<p style="text-align: right;">1</p> 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Beginner Level 2 MH 1:00-4:00pm Euchre MH	<p style="text-align: right;">2</p> 9:30 Yoga with Sarah 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL Don't forget to turn your clocks back.
<p style="text-align: right;">7</p> 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 1:30 pm Parkinson's Meeting LL 1:00pm-4:00pm Bid Euchre	<p style="text-align: right;">8</p> 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Beginner Level 2 MH 1:00-4:00pm Euchre MH	<p style="text-align: right;">9</p> 9:30 Yoga with Sarah 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL
<p style="text-align: right;">14</p> 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 2:00pm Gentle Yoga with Rhian LL No bid euchre	<p style="text-align: right;">15</p> 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Beginner Level 2 MH 1:00-4:00pm Euchre MH	<p style="text-align: right;">16</p> 9:30 Yoga with Sarah 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL
<p style="text-align: right;">21</p> 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 2:00pm Gentle Yoga with Rhian LL 1:00-4:00pm Bid Euchre MH	<p style="text-align: right;">22</p> 9:20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Beginner Level 2 MH 1:00-4:00pm Euchre MH	<p style="text-align: right;">23</p> 9:30 Yoga 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL
<p style="text-align: right;">28</p> 10:00am Joyful Yoga with Pam MH 11:00am Coffee & Chat MH 2:00pm Gentle Yoga with Rhian LL 1:00-4:00pm Bid Euchre MH	<p style="text-align: right;">29</p> :20am Fitness with Irene 10:00am Knitting/Crocheting LL 11:00-Noon Line Dancing Beginner Level 2 MH 1:00-4:00pm Euchre MH	<p style="text-align: right;">30</p> 10:30-11:30am Tai Chi MH 10:00am-Noon Art Club LL



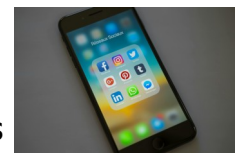
This month's drum circle will be held on **Wednesday, November 27th at 3:00 pm** in the main hall. Please call, email, or stop by the office to register.

Would you like to play Bridge?

Here at the Mackay Centre we have a group of individuals who play each and every Monday at 1 p.m. and we would be delighted if you would consider becoming part of our group! We play until around 4 p.m. and most players come every week but we understand if you can only play occasionally. You do not need a partner. We would like to know if you are planning to come so that we have some ideas of the numbers of players. We play 'kitchen bridge' which is not serious and we would be happy to show you how to play if you have not played before or if you are rusty. A general knowledge of cards games is helpful prior to learning how to play. The cost to play is just \$2.00 with a .25 cent coin into the pot to be distributed as prizes at the end of the afternoon. Please contact Elaine at 905-867-2743 (cell) if you need more information or if you have any questions or speak to Stephanie in the office.



iPad Lessons with Rob Ayres Do you need help with your iPad or laptop? Rob will be at the Centre on Thursday, November 21st from 12:30 to 4:30. 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.



Harp Heals guided meditation with Martha returns on **Wednesday, November 20th 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.



Caregivers' Coffee will be held on **Wednesday November 27th from 10-noon in the Bannister Room** this month as the meeting room will be in use.



We would like to give a huge thank you to the The Goderich Lion's Club for their generous donation of \$1000.00 for the Centre. We appreciate all that you do in our community!

Alzheimer Society
HURON PERIM

Public Education for persons 55+

Memory aging & PROGRAM

Healthy Brain Workshop

What kinds of memory changes should I expect as I grow older?
What changes are normal and which ones are not?
Can I improve my memory? Find answers at this 4-week course!

Location: MACKAY CENTRE, Goderich

Wednesday, Nov. 6	9:30 - 11:30 am
Wednesday, Nov. 13	9:30 - 11:30 am
Tuesday, Nov. 20	9:30 - 11:30 am
Wednesday, Nov. 27	9:30 - 11:30 am

Excellent program - I have already recommended it to everyone I meet! Thank you!

There is a lot of information. I would love to take this again and definitely recommend it to EVERYONE!

Registration required. \$25 for workbook and materials. Assistance available.

If you have any questions or you want to register for the sessions, please contact Jeanette via email at jeanettes@alzhp.ca.



We would like to give a big thank-you to Betty Anne for keeping us line dancing and we wish her well on her southern vacation. Ellie will be stepping in to take over for Betty Anne while she is away. Keep on dancing ladies!



As the holiday season quickly approaches there are some dates we would like to bring to your attention:

Tuesday, December 3rd Yoga Social following Sarah's yoga class
Tuesday, December 10th Christmas Turkey Luncheon cost is \$20.00



NOVEMBER WORD SEARCH 2024



Find the following words in the puzzle.
 Words are hidden and .

- | | | | | |
|---------------|----------|---------------|---------------|-------------|
| BEAVER MOON | DARKNESS | GERMANY | POPPY | TIME CHANGE |
| BLACK FRIDAY | DEFEND | GRATITUDE | REMEMBRANCE | TRENCH COAT |
| CENOTAPH | DUTY | GRAVES | SACRIFICE | TROOPS |
| CHRYSANTHEMUM | ELEVAN | HEROISM | SADIE HAWKINS | UNIFORM |
| COLD | ENLIST | HONOUR | SNEEZING | VETERANS |
| COMFORT | FLANDERS | INDIAN SUMMER | SNOW TIRES | WAR |
| COUGH | FIELDS | MILITARY | SOLDIER | WREATH |
| COURAGE | FREEDOM | NAVY | SQUADRON | |
| | FROST | | | |

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 September puzzle winner: Peggy Frank

Name _____ Phone # _____