Dungannon Doings



November 2026

Let's all take a moment to remember the Men and Women who made the ultimate sacrifice, so we can live in this free country.

November 10th I have a safety meeting for the bus (likely to learn skills to drive in the snow). All programming is cancelled for that day and the Centre is closed.

November 11th we will have a wreath in the Lucknow Remembrance day ceremony, and I encourage you to join me.

Fridays November 6, 13 and 20th I will be helping to cover in Goderich while Stephanie is away. Dungannon programming will still be running on those days. It will be coverd by a combination of Matt and Volunteers.

With November brings a chance of snow. Like last year we are going to be following highway 21 between Dunlop and Amberley. If part or all of that section of the highway is closed the Dungannon location will be closed, and any Lucknow programming will be cancelled.

The bus trip we had booked has been cancelled for now. The museum volunteer forgot when I booked that it has a Christmas market happening that day, and the museum itself is not available. I hope to book us something for Spring once the weather is predictable. If you have any ideas I am happy to hear them.

~Logan

MacKay Centre - Dungannon
78 Albert St, Dungannon N0M 1R0
519-529-3189
dccmackay@hurontel.on.ca
Program Assistant - Logan Curran

Check out our website or follow us on Facebook
www.mackaycentreforseniors.com
Facebook page
MacKay Centre - Dungannon

Funding provided by
Ontario

Dungannon Doings

Lunch is Ready

November has two lunches on 12th, and 26th served at 12pm. Each lunch is $15.00 for members and $20.00 for non members.



November 12th will be soup of the day, ham, scalloped potatoes, baked beans and dessert. Please RSVP by Friday November 6th

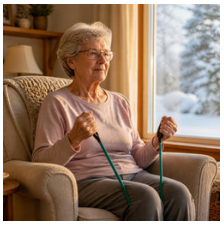
Bake off - Dessert for this lunch will be a bake off. Everyone wanting to participate in the bake off will bring their favourite Fall dessert.All participants will sample all of the desserts and vote for their favourite. The winner will receive a lunch voucher and golden spatula.



November 26th will be soup of the day, chicken legs in BBQ sauce, rice, vegetables and dessert. Please RSVP by Friday November 20th

Move and Groove!

DROM - Mondays 1-2pm. $2.00 per participant. DROM is a combination of Drumming and meditation.



Tuesday Afternoon Fitness 1:00-2:00pm the first half is seated yoga and the second half seated workout routine. This routine will be low impact that will help build flexibility and strength. $2.00 per person.

Thursday Morning Tai Chi, 10-11am. We practice Sun Flow Tai Chi; I best describe this as easy movement standing yoga. We follow videos from Dr. Adam Pots. Each class is $2.00 per person.

Murder Mystery Thursday November 5th — The weather is cooling down and it's time to move inside; we have another case to solve. 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.



Dungannon Doings

No Judgment Art with Hailey

We have art 3 times in November with Hailey. We need to know if you are planning to attend the Friday prior to the class. Each class is $15.00 for members and $20.00 for non-members.

November 3 - Water colour poppy painting. Please RSVP by Friday **October 30.**
November 17 - Mixed medium painting (Postponed from October). Please RSVP by Friday **November 13.**
November 24 - Water colour mountain range. Please RSVP by Friday **November 20.**
December 1 - Water colour flowers. Please RSVP by Friday **November 27.**

November 3



November 17



November 24



December 1



Social Fridays

Fridays are built on casual conversation and entertainment. These offerings happen every Friday and are open for everyone to participate. Come once or weekly.



Men's Coffee and Chat - Friday 10-11am by Donation
Ladies Chat & Coffee/Tea - Fridays 10-11am by Donation
Euchre - 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.

Foot Care!

Rachel Benoit, RPN is bringing her footcare services to Dungannon Friday November 27th. Appointments are required and are made through Rachel directly at 226-341-2895 or email rachel@healthystepsfootcare.ca

Healthy Steps
FOOTCARE

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 and the Dungannon Youth Group. This class is provided through Zoom. All of these classes are Free and anyone is welcome; please let us know if you are coming so we can prepare the space.

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.

November Monday Specials

Zoom 101

Monday November 2nd 10am. Take the opportunity before winter hits to learn how to use Zoom on your personal device to help you be able to join in on some of our virtual fun this winter. Free.



Simmer Pot Kit

Join us November 9th at 10am for the joyous scent of DIY simmer pots. These will be dry and can be used right away, kept for a later day or even as a Christmas gift. Please register by Friday November 6th. $10.00 per person.

Crafts with Karen



Join us Monday November 16th at 10am. We will be making Christmas ornaments that look like velvet. $15.00 per person. Please register by Friday November 13th.



Deck the Halls

Join Logan on November 19th at 1pm to "deck the halls." From decorating the front of the building, putting up trees or covering every shelf ledge and nook in décor, any help is greatly appreciated. Bring your Christmas spirit and sparkle!

Christmas Card Party



Join us for some old fashioned Christmas fun Monday November 23rd 10am - 12pm. Bring your Christmas cards to write while at the Centre and enjoy some warm drinks and sweet treats. Free; everyone welcome.

Dungannon Doings

Christmas Cookie Series

Join us for three Mondays in a row to make Christmas Cookies. Everyone will work together making the cookies and then you will leave with 1 Dozen of the cookies. Each week is $5.00 per person. Please bring your own container to take your cookies home in.



November 30 Gingerbread Men and Women. Please register by Friday November 27th.

December 7 Shortbread cookies. Please register by Tuesday December 1st.

December 14 Triple chocolate and candy cane. Please Register by Friday December 11th.

Dungannon Doings

Looking Ahead

Art With Hailey

Hailey is working on an basic to intermediate 8 week water colour painting workshop series. These classes will be held Tuesday mornings 10am-12pm January through February 2027. This package will include the basic materials that you will need. It will be offered as a package only. The workshop will be held on Zoom from the comfort of your home or at the Dungannon site. $120 per person. We need a minimum of 6 people for the class to run. Please register by Friday November 27th to ensure we have enough time to get the kits to everyone.

Friday Zooms

We are still working on filling our Friday Zoom schedule. If you have any ideas or suggestions for these Zooms please reach out and let Kim or I know, so that we can work on possibily booking it. If you have a favourate from previous years that you would like again we would like to hear from you.

Lucknow Doings

Programming in Lucknow

We are in Lucknow two times in November: Wednesday November 4th and 18th at the Lucknow Arena.



DROM - 10:00 - 11:00am

The morning will start at 10am with DROM, a combination of Meditation and Drumming; drop in $2.00 per person.

Lunch & Cards - 11:30am

Pizza lunch will be served at 11:30am November 4th with Euchre starting at 12:30pm. Pre registration required by Friday October 30th for the 4th by calling 519-529-3189 or email dccmackay@hurontel.on.ca. $12.00 per person.

November 18th we will be going to the Lucknow United Church after DROM for the Bruce County outreach day. A free lunch is available there.

This is a great opportunity to spend a couple of hours and connect with the local resources. Featured opportunities on the 18th is a paramedic will be on site who can assist with blood pressures, wound care, and medical referrals.

Real Help.
Real People.
Right Here.

Bruce Community Outreach and Support Team (COAST) is a mobile service connecting individuals and families to health, housing, and social services across Bruce County.

Visit COAST for:

- Housing Supports
- Harm Reduction Supplies
- Mental Health Support
- System Navigation
- Healthcare Needs
- Community Connections

Lucknow United Church - 505 Havelock Street

Next date: Novmber 18
Every other month on the third Thursday

11 a.m. to 1 p.m.
Lunch will be provided by the Lucknow United & Presbyterian Churches

COAST@brucecounty.on.ca

For outreach dates and locations visit:
www.brucecounty.on.ca/getsupport

Community Outreach and Support Team
COAST

Dungannon Doings

Community Events Happening in the community





Dungannon Doings

November 2026

78 Albert St, Dungannon, ON - 519-529-3189 - dccmackay@hurontel.on.ca

Monday	Tuesday	Wedensday	Thursday	Friday
2 10am -12 pm Zoom 101 1-2 pm DROM	3 10am - 12 Art with Hailey 1 - 2pm Afternoon Fitness	4 **Programming in Lucknow** 10-11 DROM 11:30 Lunch 12:30 Euchre	5 10am Tai Chi 1 pm Murder Mystery	6 10am Men's Coffee & Chat 10amLadies Coffee & Chat 1pm Euchre
9 10am -12 pm DIY Simmer Pots Kits 1-2 pm DROM	10 **Dungannon Centre Closed**	11 Remembrance Day, See you at the cenotaph	12 10am Tai Chi 12pm Lunch	13 10am Men's Coffee & Chat 10amLadies Coffee & Chat 1pm Euchre
16 10am -12 pm Crafts with Karen 1-2 pm DROM	17 10am - 12 Art with Hailey 10am Golden UKE 1 - 2pm Afternoon Fitness	18 **Programming in Lucknow** 10-11 DROM 11:30 Lunch at United Church	19 10am Tai Chi 1pm Deck the Halls	20 10am Men's Coffee & Chat 10amLadies Coffee & Chat 1pm Euchre
23 10am -12 pm Chritmas card party 1-2 pm DROM	24 10am - 12 Art with Hailey 10am Golden UKE 1 - 2pm Afternoon Fitness	23	26 10am Tai Chi 12pm Lunch	27 9am footcare 10am Men's Coffee & Chat 10amLadies Coffee & Chat 1pm Euchre
30 10am -12 pm Christmas Cookies 1-2 pm DROM	1 10am - 12 Art with Hailey 10am Golden UKE 1 - 2pm Afternoon Fitness	2 **Programming in Lucknow** 10-11 DROM 11:30 Lunch 12:30 Euchre	3 **Dungannon Centre Closed**	4 **Centre Closed for Christmas in the Country Market setup**