

Mackay Messenger

Board of Directors

Chair: Kent Gillin

Secretary: Kim Dumont

Treasurer: Larry Papernick

Directors

Pam Somers
Judy Keightley
Peggy Denomme
Silvija Hall
Bonnie Walter

Dungannon Representative

Jane Hoy

Town Representative Trevor Bazinet

OCTOBER 2026



October is upon us! Welcome to fall 2026. It's time for sweaters and hot cocoa. Fasten your seatbelts because we have a jam packed October calendar for you. I can already smell the turkey cooking for our Thanksgiving Lunch on October 6th. Register early as this lunch fills up fast. On October 17th, get ready for a little Christmas in October with our Annual Fundraising Christmas Craft Show & Café. Get a head start on your shopping! If that isn't enough we have three Art Workshops in October. Handmade gifts are so special. On the weekend of October 24th & 25th we are hosting the Goderich Tiratna Buddhist Group led by Harshpraba. Come and learn how to meditate. New program alert! Seated Line Dancing with Ellie starts on Wednesday, October 7th. Perfect for beginners. More details inside! Reminder! Don't forget to vote in the Goderich Municipal Elections on Monday, October 26th. Every vote counts. Happy Thanksgiving & Happy Halloween

Stephanie & Kim

MACKAY CENTRE FOR SENIORS

**10 Nelson East
Goderich N7A 1R6
519-524-6660**

Director:

Stephanie Hartwick

Admin Assistant:

Kim Elson

mackaycentre@hurontel.on.ca

Check out our web page and follow us on Facebook

www.mackaycentreforseniors.com

Office Hours

Monday-Friday 10:00am-

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.

Mackay Centre Book Club: Book club is held on the fourth Thursday of the month at 11:00 a.m. in the lower level. Dubravka Bright leads the group through a variety of discussions about wide range of reading material.

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. We have booked the café for **October 14th** from 10-11 and Wednesday **October 28th** from 10-11. If you are a caregiver and want to drop in to chat, please join us.

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

Dominos: Anyone interested in joining us to play dominos can join us downstairs on Tuesdays from 1– 2 pm in the meeting room. We will be playing along with the scrabble group. Cost is \$2.

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. **NEW** Seated Line Dance-Wednesdays 11-12.

Line Dance Social Saturday, October 3rd 1-4

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.

Harp Heals: returns on Tuesday **October 27th at 3pm.** Minimum of 8 participants for the class to occur. Please call to register.



Knitting & Crochet: Downstairs Friday mornings from 10 am to noon. Want to learn to knit or crochet?

Men's Group with Jeremy: Tuesdays at 11– noon. Cost is \$2.00 for coffee and cookies.



Music & Memories: Happens on the third or fourth Tuesday of each month at 11:30am 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, October 20th.**

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 Wednesday, October 14th.**

Scrabble: Tuesdays at 1 pm, downstairs. Cost is \$2.00.



Tai Chi: The Introductory tai chi classes are Mondays 12 to 1pm Continuing classes are Mondays 1 to 2:30 pm and Wednesdays 9 to 10:30 am. Beginners may also attend Continuing classes if they wish.

There is also an open tai chi practice on Saturdays 10:30 to 11:30, which is available to all levels.

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 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 to have your name added to the regular list. Cost for all yoga classes is \$5 per person, per session.

Please Note: You must be a current member of the Centre to participate in our programs. Membership forms can be picked up at the office, membership is \$25.00 for the year

Ontario 

Monday	Tuesday	Wednesday
5 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10:00am Canasta LL 12-2:30 Tai Chi MH 1:00-3:30 pm Bridge LL 3-4pm Ellie's Line Dancing-beginner 4-5pm Ellie's Line Dancing L1 MH	6 9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Thanksgiving Lunch MH 1:00-3:00pm Games LL 5:00pm IODE	7 9-10:30am Cont. Tai Chi MH 10:45 am Kathleen's Fitness MH 11am– Noon Seated Line dancing NEW LL 1-3:00pm Art Club LL
12 CENTRE CLOSED 	13 9:00am-Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 1-3:00pm Games LL 1-3:00pm Art Workshop-Decoupage Coasters MH	14 9-10:30am Cont. Tai Chi MH 10:45am Kathleen's Fitness MH 10-11 am Caregiver Café LL 11am– Noon Seated Line dancing NEW LL 1:00pm-3:00pm Art Club LL 1- 4:00pm Pepper MH GDHS Exec meeting
19 9:20am Irene' Fitness MH 10:45 am Kathleen's Fitness MH 10 am Canasta LL 1-3:30 pm Bridge LL 12-2:30pm Tai Chi 3-4pm Ellie's Line Dancing-beginner 4-5pm Ellie's Line Dancing L1 MH	20 9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 11:30am-12:30pm Music & Memories 12:00pm Tuesday Lunch 1-3:00pm Games 1-3 pm Board Meeting B 7 pm GDHS meeting	21 9-10:30am Cont. Tai Chi MH 10:45am Kathleen's Fitness MH 11am– Noon Seated Line dancing NEW LL 1 -3 pm Art Club LL 1-3 pm Art Workshop-Holiday Cards MH
26 9:20am Irene' Fitness MH 10:00am Canasta LL 10:45 am Kathleen's Fitness MH 12 - 2:30 pm Tai Chi 1 -3:30 pm Bridge LL 3-4pm Ellie's Line Dancing-beginner 4-5pm Ellie's Line Dancing L1 MH	27 9:00– Noon Foot Care B 9:30am Yoga with Sarah MH 11:00am Men's Group LL 12:00pm Tuesday Halloween Lunch 1– 3 pm Games 3pm Harp Heals MH	28 9-10:30am Cont. Tai Chi MH 10-11 am Caregiver Café LL 10:45am Kathleen's Fitness MH 11am– Noon Seated Line dancing NEW LL 1 -3:00pm Art Club LL 1:00pm-3:00pm Art Workshop -Sunset Silhouette MH

Thursday	Friday	Saturday
MH—Main Hall	LL—Lower Level	B—Bannister
1 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 1-4pm Bid Euchre MH	2 9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL 10:45-12:15pm Ellie's Line Dancing L2M MH 1-4 pm Euchre MH	3 10am-Noon Art Club LL 1:00pm-4:00pm Line Dance Social
8 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 1-4pm Parkinson's Group MH NO BID EUCHRE	9 9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL 10:45-12:15pm Ellie's Line Dancing L2 HH 1-4 pm Euchre MH	10 10-Noon Art Club LL 10-11:30 Tai Chi MH
15 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 1-4pm Bid Euchre MH	16 9:20am Fitness with Irene MH 10 am Knitting/Crocheting LL 10:45-12:15pm Ellie's Line Dancing L2 MH 1-4 pm Euchre MH	17 10-Noon Art Club LL Annual Christmas Craft Sale & Cafe 10:00am-2:00pm
22 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 1:00pm-3:00pm Art Club LL 1-4pm Bid Euchre MH	23 9:20am Fitness with Irene MH 10am Knitting/Crocheting LL 10:45-12:15pm Ellie's Line Dancing L2 HH 1-4 pm Euchre MH	24 10-Noon Art Club LL 10-11:30 Tai Chi MH Goderich Triratna Buddhist Group Saturday Sessions 2:00-3:30 & 4:00-5:30 Sunday Sessions 11:00-1:00 & 2:30-5:00
29 10 am Pam's Joyful Yoga MH 11am Coffee & Chat MH 1-2pm Rhian's Seated Yoga LL 1-4pm Bid Euchre MH	30 9:20am Fitness with Irene MH 10am Knitting/Crocheting LL 10:45-12:15pm Ellie's Line Dancing L2 MH 1-4 pm Euchre MH	31 10-Noon Art Club LL 10-11:30 Tai Chi MH

THREE Tuesday Lunches in OCTOBER

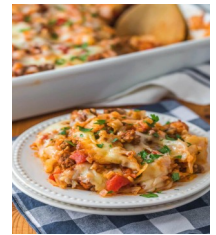
Each month will feature a \$10.00 Soup and Sandwich meal, a \$15 hearty casserole/meal deal and a \$20.00 Roast meal. We will do our best to make sure you know ahead of time what the price of the meals will be. Please call the office to sign up by the **prior Friday at noon**.

October 6th-Thanksgiving Luncheon, Turkey, Dressing, Mashed Potatoes, Gravy, Root Vegetables, Pie, Coffee/Tea. Members \$20, Non-members \$25.00.



October 20th-Squash or Tomato Soup and Grilled Cheese Sandwiches. Members \$10.00, Non-members \$15.00.

October 27th-Cabbage Roll Casserole, Rye Bread, Apple Strudel, Coffee/Tea. Members \$15.00, Non-members



2026 Walk for Parkinson's

Thank you to everyone who supported **TEAM MACKAY** in the Walk for Parkinson's on **Saturday, September 12th**. With your help we were able to raise over \$1200.00 for Parkinson's. Our walkers for Team MacKay were Joe MacIsaac, Pat Shand, Eda Greidanus, and Kim Elson. We are planning to do the walk again next year and we are hoping for more participants. Until next year.....



Harp Heals is on Tuesday **October 27th at 3pm**. Join us for this guided meditation with Harp tones. Feel free to bring a mat, blanket or pillow for this relaxing hour. Cost is \$5.00 pp for Members, \$10.00 for non members

MacKay Centre Book Club

We would like to take a moment to say a BIG THANK YOU to Dubravka Bright for hosting our MacKay Centre Book Club over the past year. As many of you know, Dubravka opened Anyone for Books, a book store in her home this past summer. If anyone is interested in taking over the Book Club, please talk to Stephanie or Kim in the office.



October Art Workshops



Decoupage Halloween Coasters with Karen Fooks

Wednesday, October 14th

1:00pm-3:00pm

Cost: \$20.00 per person
Limited to 20 participants



Holiday Card Workshop With Rita Paakkunainen & Reeka Spence

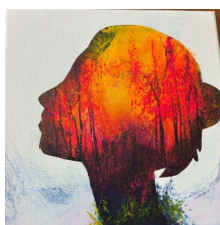
Wednesday October 21st

1:00pm-3:00pm

Cost: \$20.00 per person
Limited to 20 participants



Learn to apply different techniques to create one of a kind cards for the holidays. Participants will have the opportunity to work with gel pads, explore with tape resist and watercolour, acrylics, gel pens, printing with and using recyclable objects. Old Christmas card donations are welcomed. Create as many cards as time permits.



Sunset Silhouette Workshop with Kim Dumont

Wednesday, October 28th

1:00pm-3:00pm

Cost: \$20 per person
Limited to 20 participants



Silhouette Sunset is a loose technique and is suitable for beginners

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.

NEW PROGRAM! SEATED LINE DANCING

- For beginners
- Easy to follow & fun
-  Low impact
-  Builds endurance

CHAIR LINE DANCING

MacKay Seniors, Goderich



Wednesdays 11 am to noon
8 weeks starting October 7th

For more info contact Ellie at (519) 217-4793

- Music from all genres
- For MacKay members
- \$2 per class
- Drop-ins welcome

Please contact the MacKay Centre to Register 519-524-6660

MacKay Seniors Fundraiser Event

\$15.00



LINE DANCE SOCIAL to your favourite 50's songs.

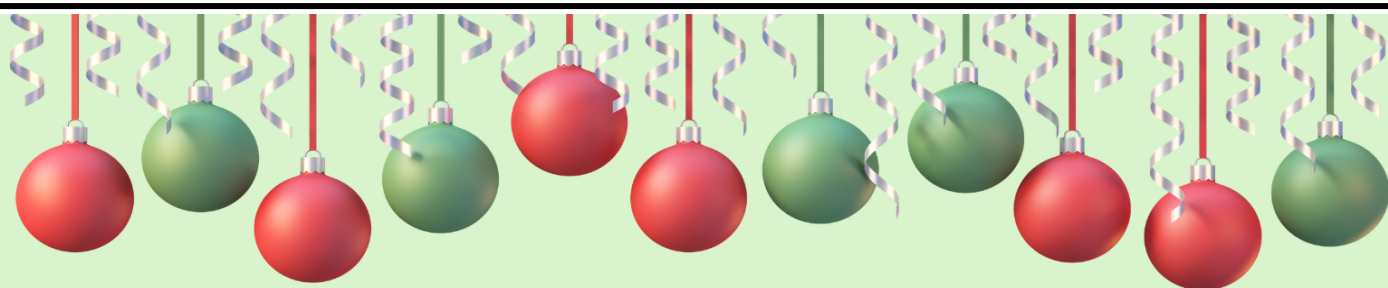
- WEAR YOUR BEST 50s COSTUME!
- Prizes for best dressed!
- EASY STEPS INSTRUCTION Provided
- Refreshments available

LOCATION: At MacKay Centre for Seniors, Goderich, ON

DATE: SAT OCT 3/26 **TIME:** 1-4 PM.

ADMISSION: \$15.00 CASH AT THE DOOR.

FOR MORE INFO: (519) 217-4793 | ellie.montgomery@gmail.com



Annual Fundraising

Christmas Craft Sale

SATURDAY, OCTOBER 17TH

10:00AM-2:00PM

Mackay Centre for Seniors

10 Nelson Street, Goderich Wheelchair Accessible

Get a head start on your holiday shopping!

Upper Level-Lots of cozy sweaters, comfy afghans,
toasty warm hats, mitts, scarves, yoga socks, toys
and more!



If that doesn't warm you up, enjoy a warm beverage
and a snack at the **Crafter's Cafe**



Admission: donations greatly appreciated

**ALL PROCEEDS GO TO THE
MACKAY CENTRE FOR SENIORS**

— NOVEMBER IS —
DIABETES
AWARENESS MONTH
PRESENTATION

• KNOW MORE. • TAKE CONTROL. • LIVE WELL.

Join us for an informative presentation dedicated to raising awareness, sharing knowledge, and empowering our community to prevent and manage diabetes.



DATE:

Friday, October 23, 2026



TIME:

2:00 PM – 3:00 PM



LOCATION:

Mackay Centre for Seniors

10 Nelson Street East
Goderich, ON N7A 1P7



WHO SHOULD ATTEND:

Individuals, caregivers and community members interested in learning more about diabetes.

FEATURED SPEAKER



Victoria Zimmer, RD

Certified Diabetes Educator
from HPHA Diabetes
Education Centre

Victoria will share valuable insights on diabetes prevention, management, and the resources available to support healthy living.

TOPICS WILL INCLUDE:



**UNDERSTANDING
DIABETES**

Types, risk factors
and early signs



**HEALTHY HABITS
AND NUTRITION**

Nutrition, physical
activity and
healthy choices



**DIABETES
MANAGEMENT &
MONITORING**

Tips for managing
diabetes and tracking
blood sugar



EDUCATE. EMPOWER. PREVENT.

Small steps today can lead to a healthier tomorrow.



**AWARENESS TODAY.
A HEALTHIER TOMORROW.**



**FOR MORE INFORMATION:
1 519 524 6660**

Goderich Triratna Buddhist Group



OPEN AFTERNOON & DAY EVENT

Come and find out
about Buddhism

Saturday 24 & Sunday
25 October 2026

The MacKay Centre for
Seniors, 10, Nelson Street
East, Goderich, N7A 1R6

Open Afternoon - Saturday

first session - 2.00pm - 03.30pm

Introduction to meditation | Comfort Break | Introduction to an
aspect of
Buddhism

second session - 04.00pm - 05.30pm

Introduction to meditation | Comfort Break | Introduction to an
aspect of
Buddhism

Suggested donation for the Open Afternoon = \$30.00

A Day Event - Sunday

morning session - 11.00am - 01.00pm

Introduction to meditation | Comfort Break | Introduction to an
aspect of
Buddhism

afternoon session - 02.30pm - 05.00pm

Introduction to meditation | Comfort Break | Introduction to an
aspect of
Buddhism

- Suggested donation per session = \$20.00

Friday Knitting Group



Our Friday Knitting Group loves to spin the yarn so much that they are running out.....again! We are looking for some donations. If you have any yarn around that you aren't going to use, we would greatly appreciate receiving it. It can be dropped off at the office. Thank you!

Name: _____

OCTOBER Word Search 2026

J	T	E	N	I	Z	A	B	B	A	L	L	O	T	F	F	Y	B	B	O	L	S	B
C	P	J	O	E	L	E	C	T	I	O	N	R	O	Y	A	M	B	D	G	W	R	Y
V	O	L	E	T	O	V	F	I	T	Z	P	A	T	R	I	C	K	E	N	L	N	L
A	L	J	I	U	N	O	S	P	M	O	H	T	B	J	E	R	G	M	I	Q	G	A
E	N	K	N	A	H	O	N	R	E	K	T	E	G	D	U	B	R	M	K	S	I	W
B	U	J	L	O	O	H	C	S	D	K	T	R	U	S	T	E	E	A	N	A	A	M
T	D	L	U	H	L	A	P	I	C	I	N	U	M	N	S	X	U	H	U	M	P	C
K	R	O	U	S	K	I	E	H	V	N	A	N	A	H	C	U	B	O	H	I	M	M
O	P	O	P	U	L	A	T	I	O	N	G	A	R	N	I	E	R	M	E	R	A	I
L	E	I	R	T	E	P	E	D	Z	N	E	S	S	E	A	V	C	F	H	R	C	L
I	G	Z	W	N	Q	T	O	W	N	H	A	L	L	A	N	P	B	J	F	A	O	L
V	S	Y	T	U	P	E	D	M	W	E	R	O	T	A	V	L	A	S	Y	B	Z	A
E	G	A	L	T	U	C	A	N	D	I	D	A	T	E	S	B	Y	L	A	W	C	N
R	I	R	E	B	O	T	C	O	X	Y	A	C	C	L	A	M	A	T	I	O	N	U
W	A	I	B	G	S	G	Y	T	I	N	U	M	M	O	C	C	O	H	E	N	N	M
C	A	R	R	O	L	L	E	R	A	R	O	L	L	I	C	N	U	O	C	Z	B	K

Find the following words in the puzzle.

Words are hidden  and  and  and  and 

ACCLAMATION	BYLAW	DUNLOP	LOBBY	POPULATION
BALLOT	CAMPAIGN	ELECTION	MAYOR	SALVATORE
BARRIMA	CANDIDATES	FITZPATRICK	MCMILLAN	SCHOOL
BAZINET	CARROLL	GALT	MOHAMMED	THOMPSON
BJERG	COHEN	GARNIER	MUNICIPAL	TOWN HALL
BUCHANAN	COMMUNITY	HUNKING	OCTOBER	TRUSTEE
BUDGET	COUNCILLOR	KERNOHAN	OLIVER	VAESSEN
BYLAW	DEPUTY	KROUSKIE	PETRIE	VOTE

Complete the puzzle and drop it off at the office for a chance to win a gift certificate to one of our Tuesday luncheons. Congratulations to our September puzzle winner Patrick Hill. Please come to the office to pick up your gift certificate.