

Dungannon Doings

October 2025



What a spooktacular month we have lined up ahead! Don't let the dreaded thought of winter scare you way yet. There are lots of activities lined up for October here in Dungannon. A friendly reminder that if you are a member at either location you are able to access the programs at both the Goderich and Dungannon sites.

I am excited to share that starting this month we have partnered with the Huron County Alzheimer's Society and Dungannon youth group to be able to offer ukulele groups/classes, see inside for more details.

Be sure to check out the 6 week speaker series "Taking Care of You" that is running on Thursdays 2-4pm throughout the month of October. This is a free speaker series that has been designed to provide great information for adults at any stage of life. Please call to register for each speaker.

If you are attending any programs on Halloween (Oct 31st) please feel free to dress up in your best Halloween costume, there may be prizes..... Logan

MacKay Centre—Dungannon

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Logan Curran-Program Assistant

**Check out our website and follow us on
Facebook**

www.mackaycentreforseniors.com

Facebook : MacKay Centre—Dungannon

Dungannon Doings

Let's Keep Moving



Tai Chi — the growing and popular tai chi class continues to meet every Thursday morning from 10-11am. Tanya teaches Sun Flow Tai Chi which is an easy movement exercise that helps build strength and flexibility. \$2.00 per class.

Line Dancing — Join us October 28th 9-10am for a beginner line dance class. This class is fun for even the most uncoordinated dancer like myself. Come out for some no judgment fun exercise and laughs. The Class is lead by Patricia Coulter (Fellow BATD, Affiliate SRB, AAM2, PAA, PBT, TDC). Let us know if you want us to make this a regular class. Please RSVP by October 23, \$5.00 per person .



Thursday Luncheons, Come Join us for Lunch!

October has 3 lunches this month. All lunches include a main, side, coffee, tea, juice and dessert. Please register by noon the Friday Prior to the lunch. Members \$15.00, Non-members \$20.00.



October 2nd — Salad, Chicken Cordon Blue & veggies **RSVP by Sept 26**

October 16 — This is our Thanksgiving lunch, coleslaw, Dressing, Turkey, Mashed potato's, Root Veg Mix & Pie **RSVP by Oct 10**

October 30 — Halloween lunch, Salad, Spaghetti & Eyeballs, Tombstone Garlic Bread & I Scream **RSVP by Oct 24**



Soup Season is Here!

Do you find you get sick of a pot of homemade soup before you can finish it? I have a solution! Come to the MacKay Centre Dungannon on Tuesday October 7th from 1:30-2:30pm and share your soup. Bring a pot of your favorite cooled home made soup, along with some single portion food storage containers and a Toonie. Each participant will leave with a single portion of each participants soup. Please **RSVP by Thursday October 2nd** and Logan will call you on the 3rd with the number of participants joining. Share your soup and add some variety to your menu without having to make several different flavours. Coffee and Tea Biscuits will be available.



Social Fridays

Men's Coffee & Chat - Stop by the Centre Friday mornings 10-11am for casual conversation & coffee by donation

Ladies Stitch, Chat & Coffee/Tea - Swing by Friday mornings 10-11am for conversation and coffee by donation. Bring your on the go stitching project or just come and chat.

Euchre - Runs Friday afternoons 1-4pm. \$2.00 per player

Photography Group — Is moving to Fridays to hopefully help increase participation, meeting Oct. 10 & 24th from 11am-12pm

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Crafty Corner

Hailey from "**No Judgment Art**" will be on site 3 times in October. Each class will be running Tuesdays 10am—12pm \$15.00 per person

Tuesday October 7th — Watercolour and acrylic day and night tree, please RSVP by Oct 3

Tuesday October 14 — Watercolour trees, please RSVP by Oct 10

Tuesday October 21 — Watercolour with glow in the dark Halloween special, please RSVP by Oct 17



Tania Gregotski from "**Miniature Masterpieces**" will be in Dungannon once again.

Tuesday October 28th 1-3pm to walk us through painting a fall sunset over a body of water. \$15.00 per participant. Please RSVP by Oct 24th

All classes are suitable for beginners or those who have painted before Both of these wonderful instructors are great teachers! Not to worry if you have not painted since elementary school art class, you can create a masterpiece

How Competitive Are You?

On Tuesday October 14th we will be hosting a Jigsaw puzzle building competition! Build your team of up to 4 people and they will have up to 2 hours to complete a 500 piece jigsaw puzzle. Puzzles will be provided and the competition will run from 1-3pm. The winning team will get bragging rights until November's puzzle competition day and we issue the challenge again . Please RSVP your team by October 10th



Foot Care Clinic



Renee will be at the MacKay Centre-Dungannon **Thursday October 2nd**, 9am-12pm. Call/text or email Renee to book an appointment. 226-880-1064

renee@county-widefootcare.com. Cost is \$35.00 per visit. Renee is a certified foot care practitioner and can provide healthy foot care maintenance.

Halloween Sugar Cookies

Have you tried your hand at decorating sugar cookies? Would you like to get creative with your cookies? Whether you are looking to try something new or are just looking to practice old skills, be sure to check out this opportunity. A member of the Blake Street Bakery team will be out to teach the class.

Tuesday October 23rd 1:30-3:00pm, each participant will be decorating 6 Halloween themed sugar cookies. All materials (including a take home carry box for your completed cookies) are included.\$20.00 per participant. **Please RSVP by Noon Tuesday Oct 16th .**



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October marks the start of a new program partnership with the Huron County Alzheimer's Society. There are 2 Ukulele programs starting in October, you can choose to attend one or both of the groups. The Dungannon Youth group have 8 Ukuleles here at the Centre that they have generously offered us to use. Both of these groups are free to attend but please register to ensure we have enough Ukuleles (limit of 8 per meeting). Please note that in order for us to participate we will be Zooming into the Alzheimer's group.

Golden Ukulele Group

This group is intended but not limited to those who have a basic understanding of the Ukulele. This group runs on Tuesdays from October 14th — May 12th taking some breaks for holidays. Playing starts at 10am and runs until 11:30. 10-10:30am is Chord & Strum review and 10:30-11:30am is Tune Time.

BUG — Beginner Ukulele Group

This group is intended for those who have a willingness to learn but have no experience playing the Ukulele. It focuses on basic chords and strumming techniques. This is a great starter that will give you an strong foundation to move into the Golden Ukulele Group once BUG's wraps up for the year. This is a 6 week group running from October 16th — November 13th, 10-11am.

We are looking for donations

The MacKay Centre Dungannon is looking for some donations. Hopefully you may have some extras sitting at home (perhaps from covid time hobbies?) Please give Logan a call if you have one or two of the items to donate.

- Plastic coat hangers
- Garden Tools
- Raised planter/garden beds
- Liquid measuring cups (With handle and pour spout)

Got an idea or suggestion? Drop us an email at dccmackay@hurontel.on.ca

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WORKSHOP Series

SAVE THE DATES

All sessions will be held at the
MacKay Centre for Seniors, 78 Albert St. Dungannon, ON
Call 519 529-3189 or Email dccmackay@hurontel.on.ca to register

**September
25
2:00-4:00**

Wills and Power of Attorney
Micheal Ferguson, Lawyer
"Are Your Ducks in a Row?"



**October
2
2:00-4:00**

Things I wish I knew before....
Join Sally Brodie and Wendy from Huron Hospice



**October
9
2:00-4:00**

Julie Anne Lizewski from Lighthouse Money Management
presents "Budgeting 101, Developing a system for keeping track of it all".



**October
16
2:00-4:00**

Dr. Harry Cieslar
The Cause & Self Care Options of Chronic Disease

**October
23
2:00-4:00**

Advance Care Planning-Looking after you!
Sally Brodie



**October
30
2:00-3:30**

Patti Broadfoot-Victim Services Stratford
"Building Connections with Grandchildren"



TAKING CARE OF YOU

Dungannon Doings

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 9am—12pm Foot Care Clinic 10-11am Tai Chi 12pm Lunch 2-4pm Speaker Series	3 10am Men's Coffee & Chat 10am Ladies Stitch and Chat 1pm Euchre
6	7 10am-12pm Art with Hailey 1:30-2:30pm <i>Soup Swap</i>	8	9 10-11am Tai Chi 2-4pm Speaker Series	10 10am Men's Coffee & Chat 10am Ladies Stitch and Chat 11-12 Photography Group 1pm Euchre
13 Thanksgiving Centre Closed 	14 10-11:30am Ukulele 10am –12pm Art with Hailey 1-3pm Puzzle competition	15	16 10-11am BUGS 10-11am Tai Chi 12pm Lunch 2-4pm Speaker Series	17 10am Men's Coffee & Chat 10am Ladies Stitch and Chat 11-12 Horticulture Group 1pm Euchre
20	21 10-11:30am Ukulele 10am –12pm Art with Hailey 1:30-3:00pm Halloween Sugar Cookie Decorating	22	23 10-11am BUGS 10-11am Tai Chi 2-4pm Speaker Series	24 10am Men's Coffee & Chat 10am Ladies Stitch and Chat 11-12 Photography Group 1pm Euchre
27	28 9-10am Line Dance 10-11:30am Ukulele 1-3pm Miniature Masterpiece art class	29	30 10-11am BUGS 10-11am Tai Chi 12pm Lunch 2-4pm Speaker Series	31 10am Men's Coffee & Chat 10am Ladies Stitch and Chat 1pm Euchre