

Dungannon Doings



February 2026

Love is in the air! This is your friendly reminder for those who need it that Valentines day is Saturday February 14th.

It's that time of year that we need your feedback, please find the attached our annual surveys from our funder, The Ministry of Seniors and Accessibility and fill them out and get it back to us. We depend on this feedback as a part of our funding reporting process. A draw will done with returned surveys with the change to win your 2026/2027 membership.

Are you getting enough water? Did you know that most adults do not drink enough water during the winter months to stay hydrated! Coffee and Tea are both dehydrators. Health Canada recommends adults consume 6-8 cups (48-64oz) of water a day.

I am very excited to bring you attention to our new Tuesday afternoon lineup, starting with a low impact seated yoga and seated workout. We also have a great series of Tuesday afternoon presentations from the Huron County Museum.

As an extra special Valentines day lunch (weather permitting) we are catering in Chinese food from Wing Hong's in Goderich.

I do hope mother nature is in agreeance with me, as I have decided that February will be our last month fighting with winter weather. (we can only hope.) The line-up of programs for March is continuing to grow. I am very excited to share some program ideas I have for the coming months as weather warms and we return to outdoor programing.

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

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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 Infront of the group (similar to the VHS home fitness videos). Each class with 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 seated workout routine. This routine will be low impact that will help build flexibility and strength. After trying these routines I highly recommend wearing loss/starchy 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!



February 12th - We are combining two events for a Valentine's and Chinese New Year special for our Luncheon. For this lunch we are ordering Chinese takeout from Goderich. Lunch will be served at 12:30pm. \$20.00 for Members and \$25.00 for non-members. (No vouchers can be accepted for this Lunch) **Please register by Feb 9th.** Should the weather not cooperate this lunch will be cancelled not postponed.

February 26th — Shepherd's Pie, this lunch will include side, main, desert and drinks (Coffee, Tea, Water and Juice) \$15.00 for members and \$20.00 for non-members. **Please register by Friday February 20th.**



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Intro into Sketching: Sketching is a continuation of a 7-week series that started in January and is not accepting any new participant's during the month of February. For those registered, we hope to be able to meet in person with Hailey for our final class on Feb 24th. If not everyone can make it we will Zoom you in (Same set-up as all of the other classes).

Golden Ukulele Group

We Continue our partnership with the Huron Alzheimer's Society and the Dungannon Youth Group to be able to bring Ukulele lessons and programming to Dungannon. This opportunity has been made possible by us being able to zoom in as a collective group. This group is intended for but not limited to those who have a basic understanding of the Ukulele. This group run on Tuesdays 10-11:30. If you are interested in seeing if this group may be for you, drop by for 1 class and see how it goes no commitment required. The class is Free.



Tuesday Afternoon Museum Presentation Series

The staff from the Huron County Museum in Goderich are providing us with a 4 week Zoom series. These presentation will be offered each **Tuesday in February at 3pm.** Should the weather cooperate these presentations will be projected at the MacKay Centre Dungannon. I strongly encourage anyone **interested to register to be able to access it from home.**



Feb 3—Our Oldest Inmates: Senior Prisoners in the Huron Gaol

Feb 10—Oral Histories

Feb 17—Huron's Untold Histories: Searching for Grey Township's Black Pioneers

Feb 24—The Resurrectionist of Ainleyville: A Tale of Graverobbing in Huron County

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Social Groups

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

Feb 5—Photography Group is ideal for those who like to share photos are want to work on the camera use and photography skills.

Feb 12— History Group, lets hope for third times a charm, you are invited to bring a piece of history, weather it is the history of an area or a treasured artifact to share with the group.

Feb 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 then one that made us pause, reflect and left a lasting impression.

Feb 26—Recipe Club, look through those old recipe books and boxes and bring an old recipe you use to use and love all the time that unfortunately no longer is a part of your regular menu roster.

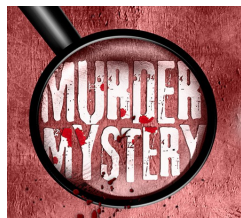


Thursday Afternoon Activities



Feb 5, Technology 101—This is an opportunity for you to get support and hands on demonstrations with functions of your personal devices. Logan is my no means a technology expert but I am able to help with basic fundamentals of your device.

Feb 12, City Guesser—How well do you know the cites within Canada and around the world? This new game I have found gives us a short clip from the prospective of someone walking down a city street and then the object of the game is to guess the correct city. We can either play as one large group or one team vs the other, I will let those participating decided on how they would like to see it run!



Feb 19, 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. The way it is set up all upon our conclusion we can open another envelope to instantly know if we have identified the correct suspect!
\$5.00 per person.

Feb 26, Cards— Following lunch we will get out the playing cards and can play any game/s the participant's would like. Even different games at different tables.

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Social Fridays

Fridays continue to be built on casual conversation and entertainment.

Men's Coffee and Chat - meets every Friday 10-11am by Donation

Ladies Stitch, Chat & Coffee/Tea - Fridays 10-11am by Donation



Euchre - Continues Friday afternoons at 1pm with a prize of a free 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 how to play.

Friday Zoom Sessions

Friday's Zooms sessions continue and as such we will continue projecting these presentations at the MacKay Centre Dungannon. They are free workshops for anyone to join, if you would prefer to join from your home please call the Goderich office 519-524-6660 to be added to the email list to receive the link to join.



February 6th — Giuliano Carcini from **Jungle Services in London, ON** will be joining us to share his love of birds. Come learn about his pet store and Oscar's Pet Rescue. All birds welcome to join the Zoom.

February 13th — Valentine's Surprise

February 20th — Shelley McPhee-Haist from **One Care Services** will be joining us to talk about OneCare programs and services.

February 27th — Rick Sickinger from the **Huron County Economics Development** will be joining us to discuss Huron County's Taste Trails. Learn about four self-guided routes highlighting the best food and drink experiences on Ontario's West Coast. Wander farmers markets, roadside stands, and specialty shops. Follow the Vine & Ale Trail to visit wineries and breweries crafting award-winning beverages rooted in Huron's agricultural heritage. Sip a local brew, pick fresh berries, or treat yourself to homemade goodies along the way. The Taste Trails connect you with the people and places behind every bite.



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Community Events Happening in Dungannon



**RON BRINDLEY MEMORIAL
VINTAGE SNOWMOBILE**

**Show & Swap
2026**

11TH YEAR

Feb. 8th

**Dungannon Fair Grounds
9am - 3pm**

FOR INFORMATION: SUE 519-440-6018 | DENNIS 519-450-9192

Support Your Local YOUTH
Organized by: Dungannon YOUTH Group

B I N G O

**Friday February 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!!**



Looking for a way to get involved?

The Dungannon Community Centre Board of Directors is hosting an informational meeting on Sunday February 1st to give individuals the opportunity see if this board is something you may be interested in being apart of. This meeting will be held at the DCC (78 Albert st Dungannon) 11am-1pm with a light lunch being provided. If joining the board of directors is something you are interested in or are just curious on what being apart of the board would look like feel free to attend this meeting. Anyone is welcome to attend this meeting and be considered for a board of directors roll.

The Dungannon Community Centre Board of Directors would like to invite you to consider joining our board!

We feel that you would make a wonderful addition to our board, to help yourself and other select individuals; we are hosting an information meeting on **Sunday February 1st 2026 11am-1pm** at the DCC (78 Albert st. Dungannon). A light lunch will be provided.

This is a no commitment meeting purely information for you to be able to make a decision off of on weather you feel our board is the right fit for you.

Meeting topics include:

- Who the DSCC o/a DCC is & what we do
- The manner & operational process of our board
- What we are looking for from incoming board of directors
- Our short-term & Long-term goals for the centre

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Mackay March Program Alerts

Hailey Returns In-person!

We are hoping the weather will be cooperative and we will have Hailey return for in-person painting in March. All painting classes are Tuesdays 10am-12pm and \$15.00 per person.

March 3— Glow in the dark paint northern lights scene, please register by Feb 27th

March 10— Rain drops on a window, please register by March 6th

March 17—Stained glass St. Patrick's day water colour painting, register by March 13

March 31—Easter water colour, register by March 27

Karen Fooks

For many of you this name will be unknown Karen has agreed to come March 24th 10am-12pm to make decoupage Easter/Spring drink coasters. This class will be \$15.00 per person and each participant will leave with 4 coasters. Register by Thursday March 19th.



March Break

We will be operating under regular hours during the schools march break. I am working to ensure that week has plenty of opportunities for everyone to get out and stay busy. If the thought it going through you head of I have the grandkids for the week but don't know what I am going to do with them to keep them busy, this is your friendly invite to bring them along to you programing. If you feel that they have reached an age that they can focus and participate in the programing you are more then welcoming to bring them along with you and have them participate . One of the



added programs we are going to add specifically because of March break is painting you own custom door mat. This painting workshop will be in the afternoon on Thursday March 19th. Please be sure to keep an eye out for the March newsletter for more details.

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February 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 10-12 Sketching 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness 3-4 Museum Virtual Presentation	4	5 10-11 Tai Chi 11-12 Photography Group 1-3 Technology support 101	6 10-11am Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay Zoom 1-4 Euchre
9	10 10-12 Sketching 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness 3-4 Museum Virtual Presentation	11	12 10-11 Tai Chi 11-12 History Group 12:30pm Lunch 1:30-3:30 City Guesser	13 10-11am Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay Zoom 1-4 Euchre
16	17 10-12 Sketching 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness 3-4 Museum Virtual Presentation	18	19 10-11 Tai Chi 11-12 Book Club 1-3 Murder Mystery	20 10-11am Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay Zoom 1-4 Euchre
23	24 10-12 Sketching 10-11:30 Golden Uke 1:30-2:30 Afternoon Fitness 3-4 Virtual Presentation	25	26 10-11 Tai Chi 11-12 Recipe Club 12 Lunch 1:30-3:30 Cards	27 10-11am Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay Zoom 1-4 Euchre

The Mackay Centre for Seniors is a Seniors Active Living Centre (SALC) and is funded by the Ministry for Seniors and Accessibility. As part of our 2025/2026 mandatory funding requirements, we have been asked to survey our members. Please complete this survey and return it to the office, you will get an entry into a draw for one of two MacKay Centre memberships. Please only complete ONE Survey per member. Draw will be made on **FEB 25th 2026**. Winners will be announce in March Newsletter.

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly agree	Not applicable/ Don't know
The Mackay Centre programs help me feel more engaged in my community.						
The Mackay Centre programs meet my needs and interests						
I am satisfied with the Mackay Centre program's activities/services						
The Mackay Centre program activities help to reduce social isolation in the community						
I feel more physically and/or mentally active after participating in Mackay Centre program activities						
I feel more mentally active after participating in MacKay Centre program activities						
The Mackay Centre programs helped to increase my feeling of safety and well-being						

Please Drop off completed surveys at the Office or in the brown mailbox on the wall outside the Office in Goderich or drop off with Logan in Dungannon.

Thanks for completing this survey!