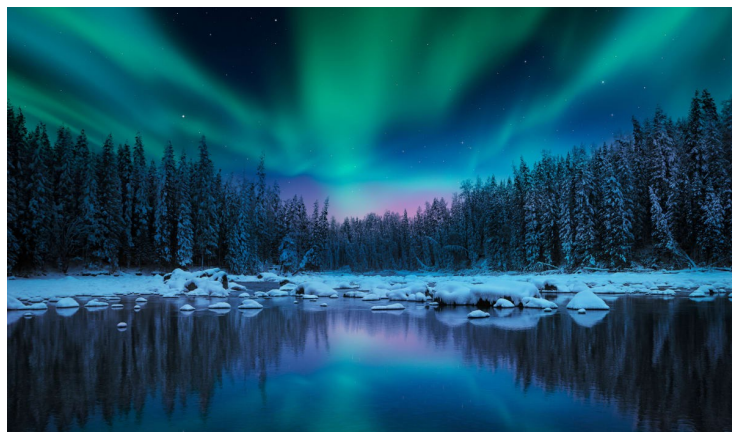


Dungannon Doings



January 2026

Happy New Year! Where did 2025 go?

The thoughts of winter driving will be on everyone's mind this winter as we have already had some challenging travels. With this in mind, **I am updating our winter weather closure policy.** Effective immediately, we will be closing the Centre, only when highway 21 is closed between Dunlop and Amberley. If you feel unsafe or uncomfortable travelling on any other day please do not put yourself at risk. Call and let us know you are not going to make it for the program you are registered for due to weather.

If you are looking to attend both a morning and an afternoon program, please feel free to pack a lunch and just stay. We have fridge space, stove, oven and a microwave that you are welcome to use. It's always nice to have company.

Some of the programs in January need registration before the month even starts, I will not be in the office on a regular basis from Tuesday, December 16 till Tuesday, January 6th 2026. I will be checking phone messages and emails sporadically throughout this time. Please email or leave a message to register and I will capture your registration when I return.

Should we need to move a lunch due to weather, it will be pushed to the following Thursday. In the event that we have prolonged winter weather, stay tuned to social media or connect by email for spontaneous virtual programming to help you pass the time.

If you know of anyone who could use the socialization especially during the winter please reach out to them and invite them to join us. Or let me know and I will reach out to them and share more information.

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 and follow us on
Facebook

www.mackaycentreforseniors.com

Facebook Page
MacKay Centre - Dungannon

Dungannon Doings

Keep Moving! No reason to have winter slow us down.

Do you also struggle to keep motivated to keep moving during the winter months? Starting in January we will be offering 2 group fitness classes a week using a method of following prerecorded fitness instruction that will be projected in front of the group (similar to the VHS home fitness videos). Each class will be \$2.00.



Tuesday Afternoons 1:30-2:30pm we will be trying a variety of different workouts and types of workouts to see what works best for the group for future months.

Thursday Mornings 10-11am 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.

Lets Eat! For the winter months we will feature cozy casseroles. This allows us to be a bit more spontaneous if the weather is suddenly not conducive to travelling. All lunches are \$15.00 for members \$20.00 for non members. All meals will include a main, side, dessert and juice, coffee and tea. Please register by the Friday prior to the lunch date.



January 15— Meatloaf meal—please register by **Jan 9th**

January 29— Turkey broccoli tortellini casserole - please register by **Jan 19th**

Let's get artsy!

Hailey will be in Dungannon Tuesday Jan 6th 10am-12pm (Weather permitting) to start 2026 off with a water colour painting class. Please email or call and leave a message by end of day **Friday January 2nd** to register. \$15.00 per person.



7 Week Sketching Class Hailey has agreed to teach us something new and exciting to help us get through the winter months. Starting January 13 through February 24th; Hailey will be teaching us the basic fundamentals of sketching. This class will be offered virtually over Zoom. If the weather is nice we will also have the class with Hailey projected in the MacKay Centre—Dungannon. Each participant will receive a sketching kit to take home. If you choose to join in person, you will need to bring your own pre-provided kit. Please register by **Friday January 2nd**. This class is sold as a 7- week package only as it builds on the fundamental drawing skills \$125.00 per person.

Dungannon Doings

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 will run on Tuesdays from 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.



Let's be Social - All of these groups will be meeting on Thursdays from 11am—Noon.



Jan 8—Photography Group is ideal for those who like to share photos and want to work on their camera use and photography skills.

Jan 15— History Group, 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.

Jan 22—Horticulture Group. Have you started to plan your 2026 growing season? Come discuss and share ideas with the group.

Jan 28—Recipe Group Look through those old recipe books and beloved boxes and bring an old recipe that used to be a family favorite. Perhaps you haven't made it in ages, or used to use and loved making it all the time. However, unfortunately it is no longer is a part of your regular menu roster. Bring it to share with us and hopefully we can cook a few of these gems!



Fun 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. \$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 me how to play Euchre !



Dungannon Doings

Thursday afternoons have been designated for simple drop in fun! If the weather is good and you wake up and feel like getting out, I encourage you to join us. Feel free to bring a friend or family member along with you. None of these activities require pre-registration. Just drop in and enjoy.

Puzzle Competition

Build your team of up to 4 people or come alone on Tuesday **January 8th from 1—3 pm**. The winning team will get bragging rights until next puzzle competition day. Fill your afternoon with a brain challenge and socialization.

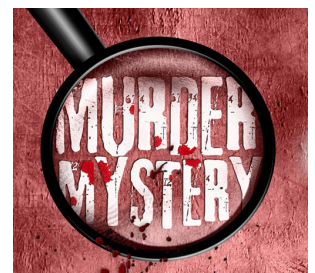


City Guesser How well do you know the cities within Canada and around the world? This is a new game which gives us a short clip from the perspective of someone walking down a city street. The object of the game is to guess the correct city. We can either play as one large group or one team vs the another. I will let those participating decide on the rules for the game! Join us **Thursday January 15th 1-3 pm**

Murder Mystery

We have received a package of evidence and now need a group to come and work together to catch the killer. This will be an exciting and challenging afternoon to see if we have what it takes to catch the killer & guess "who did it?". The game is set up with clues and we will work together to see if we can figure out if we have identified the correct suspect! Come and join the fun.

\$5.00 per person. Thursday January 22nd 1-3 pm



Board Games

To help beat the winter blues, join us for an afternoon of simple games and excitement, we have a small assortment of board games for us to try. If you have a favorite you would like to share please feel free to bring it with you for the afternoon. **Thursday**

January 28th 1-3 pm

Dungannon Doings

Winter Virtual Presentation Schedule

Is it snowing and blowing outside, again? Are you looking for some interesting conversations? Why not join us for one or all of our ZOOM Virtual Presentations? Each Friday from 11 am to Noon , over the winter, we will be hosting a wide variety of virtual presentations. Please feel free to join any or all of them. Simply email the office at mackaycentre@hurontel.on.ca or mackaycentre@gmail.com to register. A ZOOM link will be sent to all who registered and you will have the option of joining from home or from the Centre.

Friday Jan 9 11am

Kim Graham presents—A gentle realignment to beat the winter blues.

Friday Jan 16 11am— The Ontario Consumer Protection Agency presents—Learning about your rights as a consumer.

Friday Jan 23rd 11am— Local historian David Yates- Returns to discuss his most recent book " Challenge & Change in Huron, the People & Events that Make us—1890- 1919"

Friday Jan 30 11am— Our very own Logan Curran—Reporting from his recent Christmas in New York trip. See New York City at Christmas time through Logan 's lens.

All presentations will also be steamed and projected at the Dungannon Centre for those who are able to safely travel to the Centre. Not sure how to use ZOOM? Give us a call and we can walk you through it.



Dungannon Doings

Community Events Happenings In Dungannon

Support Your Local YOUTH

Organized by: Dungannon YOUTH Group



Friday January 30th
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 volunteer?

The Dungannon Senior Citizen's O/A Dungannon Community Centre is looking for community members interested in joining the board of directors to start in March 2026. This board of directors uses a consultation method and meets typically 1 evening a month. Along with managing the running of our building (the one the MacKay Centre Dungannon operates out of) we also operate our chip wagon during the Summer months. If you think this is something that may be of interest to you, please reach out to Logan for more information.

Dungannon Doings

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	Closed for the Holidays			
5	6	7	8	9
	10-12 Paint with Hailey 10-11:30 Golden Uke 1:30-2:30pm Afternoon Fitness		10-11am Tai Chi 11-12 Photography Group 1-3pm Puzzle Competition	10-11 Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay ZOOM 1-4 Euchre
12	13	14	15	16
	10-12 Sketching with Hailey 10-11:30 Golden Uke 1:30-2:30pm Afternoon Fitness		10-11am Tai Chi 11-12 History Group Noon—Lunch 1:30-2:30pm City Guesser Group Game	10-11 Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay ZOOM 1-4 Euchre
19	20	21	22	23
	10-12 Sketching with Hailey 10-11:30 Golden Uke 1:30-2:30pm Afternoon Fitness		10-11am Tai Chi 11-12 Horticulture Group 1-3pm Murder Mystery	10-11 Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay ZOOM 1-4 Euchre
25	26	27	28	29
	10-12 Sketching with Hailey 10-11:30 Golden Uke 1:30-2:30pm Afternoon Fitness		10-11am Tai Chi 11-12 Recipe Group Noon—Lunch 1:30-2:30pm Board Games	10-11 Men's Coffee & Chat 10-11 Ladies Stitch & Chat 11-12 MacKay ZOOM 1-4 Euchre

Feeling stretched caring for a loved one?

POWERFUL TOOLS FOR CAREGIVERS



VIRTUAL WORKSHOP



THURSDAYS,
JAN 22 - FEB 26, 2026



10:00 AM - 12:00 PM

PRE-REGISTRATION IS REQUIRED



Toll Free: 855-463-5692



www.swsselfmanagement.ca



If You...

- Care for a loved one at home or from a distance
- Attend appointments with them
- Assist with groceries, chores, and laundry
- Help with medications
- Join them for social activities and outings

You're
a Caregiver

Presented in partnership with

