

Dungannon Doings



April 2026

Happy Easter! The MacKay Centre Dungannon is CLOSED Friday April 3rd for Good Friday. I am really hoping that with the end of March we have seen a wrap-up of winter weather. We have been accepted into the Butterfly Way project; this project is working to bring pollinator gardens across the country. Be sure to join us April 9th to learn more about this project, and help to build a plan to implement local pollinator gardens. What a great sign of Spring if flower planting are in the talks, am I right?

Please note that Logan will be away Friday April 24th. Not to worry though Matt will be on site helping to ensure your favourite Friday activities run as scheduled (hopefully with minimal mayhem).

I am very excited to share that we have more adventures in the works, as we roll into the warmer weather. I am not quite ready to pass along the plans as there are still a couple of logistical items that need to be sorted out. But I can tell you I am bursting at the seams with excitement to be able to bring this idea to you in the very near future.

As a reminder 2026/27 memberships go into effect April 1st; you know you are up to date if you have a Yellow membership card. We have an amazing "Bring A Friend" program, so if you know someone who is interested in learning more, or wants to try a specific program, be sure to talk to Logan for more details.

Logan

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**Check out our website and follow us on
Facebook**
www.mackaycentreforseniors.com
Facebook Page
MacKay Centre - Dungannon

Dungannon Doings

Lunch is Ready!

As you may have heard we are changing up our lunch; all lunches are now prepared and cooked fresh in-house. Any volunteers willing to help in the kitchen are greatly appreciated. Please let Logan know what lunch works with your schedule to be able to help in the kitchen. Kitchen duties will include preparing lunch, setting tables, and cleanup.



April 9th — This is our Easter/Spring lunch. We will be having Ham, Scalloped Potatoes, Roasted Carrots, Mac & Cheese and Carrot Cake for dessert. \$20.00 per member, \$25.00 for non-members. Please RSVP by Thursday April 2nd if you would like to participate in this lunch.

April 23— Soup, Roast beef, Yorkshire pudding, Roasted vegetables and Dessert. \$15.00 for member, \$20.00 for non-members. Please RSVP by Friday April 17th.



Let's Keep Moving!

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 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 starting with a 25 min seated yoga. We will then take a short break followed by doing a 20 minute seated workout routine. This routine will be low impact that will help build flexibility and strength. After personally trying these routines I highly recommend wearing loose/stretchy 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.

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Let's Get Artsy

Hailey will be on site for 4 Tuesdays in April. April marks the beginning of our tiered pricing. Each of these classes are \$15.00 for members and \$20.00 for non-members. Classes are held from 10am-12pm each week.

April 7—Cherry Blossom water colour painting. Please register by Thursday April 2nd at 3pm.

April 14— Winter to Spring water colour painting. Please register by Friday April 10.

April 21— Spring birch trees and bunny bums water colour painting. Please register by Friday April 17.

April 28— Glowing Mountains mixed medium painting. Please register by Thursday April 23.



Food from around the World

This is a new project where the group will work together to prep, cook and sample a different dish each week on Tuesdays 3:30-4:30pm. \$5.00 per participant; please register by the Friday prior to ensure enough supplies are purchased.



April 7— Greek—let's imagine we are jetting across the pond to Greece to try Greek Beef Pita. This is a pita topped with beef, vegetables and a cream sauce. Please register by Thursday April 2nd.

April 17— Asia - Chow Mein what I like to consider the soul food of Asian cuisine. Please register by Friday April 10th.

April 21— Mediterranean— Let's imagine we are off to the warm mediterranean beaches when we try Three Bean Salad. Please register by Friday April 17.

April 28— Mexican—A popular winter travel destination; we will skip the crowd and cost by trying Mexican Steet corn salad right here in Dungannon. Please register by Friday April 24.

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. We also have a partnership with the Dungannon Youth Group which allows us to use their high quality Ukuleles. This class is provided through Zoom. All of these classes are Free and anyone is welcome to participate.



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.

BUG's (Beginner Uke Group)—is the perfect opportunity for anyone who has little to no experience playing the Ukulele. The final class of this session is Thursday April 2nd 10-11am.

Thursday Social Clubs

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

April 2— History Group: you are invited to bring a piece of history, whether it is the history of an area or a treasured artifact to share with the group.

April 9— Butterfly Rangers: We have been accepted into the Butterfly Rangers project which is working to increase the number of pollinator gardens in the country. We will be using this meeting to start forming a plan for our 2026 pollinator planting.

April 16—Book Club: we are once again joining the Goderich locations' Book Club. The group will discuss a book, or perhaps more than one, that made us pause, reflect and left a lasting impression.

April 23—Recipe Club: look through those old recipe books and boxes and bring an old recipe you used to use and loved ,but unfortunately is no longer a part of your regular menu roster.

April 30—Photography Group is ideal for those who like to share photos, or want to work on their camera use and photography skills. Please bring your camera for the class, and depending on weather we will either work on indoor photography, or if the weather is nice, we will try and get out and get some Spring shots.

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Thursday Afternoon Shenanigans

April 2 Goderichopoly— Spend the afternoon playing a board game classic but with a twist. Join us for the playing of Monopoly but with the game being set in the town of Goderich.

April 9 Pass the egg— upon wrapping up lunch we will play a short game involving passing and rolling dice. It will be full of laughter and Easter joy.

April 16 Murder Mystery —After successfully catching the correct killer in March 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 correct killer again. 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.



April 23 Potato Bowling—After much success last month, come for the laughs and give it your best shot. We are going to be setting up a make shift bowling ally at the centre, and to add to the fun/challenge we are replacing the bowling ball with a potato.



April 30 Shut the Box table game— Test your luck and math skills; this is a game that luck is a large part of the challenge. \$2.00 per player.

Social Fridays

Fridays continue to be built on casual conversation and entertainment. These offerings happen every Friday and are open for everyone to participate. Only have one Friday free in the month? Come join in the programming.

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

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

Euchre - Fills 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. They were even able to teach Logan how to play!



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Dungannon Doings

Community Events Happening in Dungannon



Easter Egg Hunt



Easter Monday – April 6th

You are invited to join the Dungannon YOUTH Group

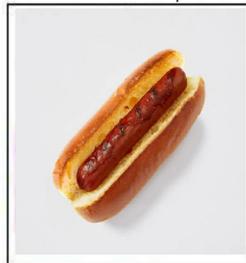
When: 11:00am

Dungannon Park (by the mail boxes)

Ages 1-11



Hotdog and drink \$5



Please bring your own basket

PIC•COLLAGE

Support Your Local YOUTH
Organized by: Dungannon YOUTH Group

B I N G O

Friday April 17th
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!!

DCC Poutine Breakfast

Sunday April 19, 2026
9:30-11:30 am
78 Albert St. Dungannon
\$18.00

DUNGANNON FUR & FEATHER BUY, SELL & TRADE

LOCAL MARKETS COMING! STOP BY TO CHECK IT OUT

Saturday April 25, 2026
36897 Dungannon Road, Dungannon Ontario
Open from 8:00 am - 12:00 pm

For more information:
Visit our Fur & Feather FB page
Or Contact
Susan Brindley: 519-440-6018
Alex McIntyre: 519-441-3276

Buyers: Free admission
Sellers: \$10 admission fee per vehicle

- All animals must be healthy, caged and boxed
- Please provide adequate food, water and shade/ shelter
- Sale of dogs or cats is prohibited

Dungannon Doings

MacKay May Program Alerts

Art with Hailey

Tuesday May 5th 10am-12pm. We will be painting an abstract painting of a cow head. Please register by May 1st. \$15.00 for members and \$20.00 for non-members.



Lunch!

May's first lunch is May 7th. We will be having pulled pork on a bun, coleslaw, potato wedges and dessert. \$15.00 for members and \$20.00 for non-members. Please RSVP by Friday May 1st.

Walking—I need your feedback!

Hopefully May will bring warm dry weather allowing us to get back outdoors on a consistent basis. I am excited to announce the return of a walking group, and the launch of a walking challenge.



Walking Group—If you have a preference as to when walking group will meet please let Logan know by April 15th (These dates and times will stay the same until mid-late October). Scheduling will be done on a majority rules basis.

Walking Challenge—I found a way for us to have some true competition simply through walking. We will be using a company called True North Challenges, This will provide a space for us to track individual progress, as well as providing real medals mailed out once each individual has completed the challenge distance. Depending on the challenge we choose there are different prices typically ranging from \$12.00-\$30.00. My hope is that this added challenge will provide some extra motivation to help everyone get moving. I am hoping to do a Goderich vs Dungannon challenge. I am looking for your feedback on whether you would prefer 1 very large challenge that would take most or all of the summer, or multiple shorter challenges 1 month—6 weeks at a time?

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April 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			10-11 BUGS 10-11 Tai Chi 11-12 History Group 1-3 Goderichopoly	Closed for Good Friday
6	7	8	9	10
Easter Monday	10-12 art with Hailey 10-11:30 Golden Uke 1:30-2:30 Seated yoga & Fitness 3:30-4:30 food from around the world		10-11 Tai Chi 11-12 Butterfly Rangers 12 Lunch—Easter Special 1-2 Pass the Egg	10-11 Men's Coffee & Chat 10-11 Ladies' Coffee & Chat 1-4 Euchre
13	14	15	16	17
	10-12 art with Hailey 10-11:30 Golden Uke 1:30-2:30 Seated yoga & Fitness 3:30-4:30 food from around the world		10-11 Tai Chi 11-12 Book Club 1-3 Murder Mystery	10-11 Men's Coffee & Chat 10-11 Ladies' Coffee & Chat 1-4 Euchre
20	21	22	23	24
	10-12 art with Hailey 10-11:30 Golden Uke 1:30-2:30 Seated yoga & Fitness 3:30-4:30 food from around the world		10-11 Tai Chi 11-12 Recipe Club 12 Lunch 1-3 Potato Bowling	10-11 Men's Coffee & Chat 10-11 Ladies' Coffee & Chat 1-4 Euchre
27	28	29	30	May 1
	10-12 art with Hailey 10-11:30 Golden Uke 1:30-2:30 Seated yoga & Fitness 3:30-4:30 food from around the world		10-11 Tai Chi 11-12 Photography Group 1-3 Shut the box table game	10-11 Men's Coffee & Chat 10-11 Ladies' Coffee & Chat 1-4 Euchre