

Dungannon Doings



August 2026

August! Where is the summer going?

August wraps up the summer activities in the community of Dungannon! We have the Dungannon AG Fair on the weekend of the 8th & 9th. The last Friday for the chip wagon in the park is August 28th. Be sure to check out the second children's market of the year on Friday August 14th.

Our Tuesday art classes continue to be open for all ages throughout the summer. Please share this with anyone who may be interested.

Thursday August 13 we have a special presentation "lunch and learn" that I am very excited about. I hope that you will join is for lunch and to learn tips and tricks on how to strengthen your pelvic floor. I have asked the embarrassing question & yes this is something that effects both men and women

Just a heads up in the September calendar, things are going to look a little different. I am very excited about these changes that will come in due time.

Thank you to everyone who came out and participated in the wellness fair. I would also like to give a special shoutout to all of the volunteers who helped to make the day happen.

Are you a care giver? Many people do not recognize that they are a caregiver as it often looks like a family obligation. The Goderich location is hosting a Caring for the Caregiver Day on Tuesday August 4th. I will be helping with this event in the afternoon so the Dungannon site will be closing for the day after art wraps up in the morning.

~Logan

MacKay Centre - Dungannon
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519-529-3189
dccmackay@hurontel.on.ca
Program Assistant - Logan Curran

Check out our website or follow us on
Facebook
www.mackaycentreforseniors.com
Facebook page
MacKay Centre - Dungannon

Dungannon Doings

Lunch is Ready

August has two lunches. Each lunch is \$15.00 for members and \$20.00 for non-members.

August 13 - Lunch and Learn - This lunch will be a cold plate lunch with a combination of salads and sandwiches. We will of course wrap up the meal with a sweet treat.

Meaghan Cosgrove MSc PT from Huron Pelvic Health will be on site to teach us about pelvic floor health. Did you know 1/3 people have pelvic floor issues. They are common but not normal. If you experience leaking, urgency, pelvic pain or chronic constipation these issues are treatable and don't have to be just a normal part of aging. Pelvic floor issues effect both Men and Women. **Please register by Friday August 7th**



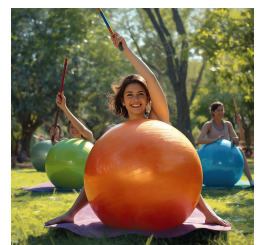
August 27 - We will be having Salad, Chicken in BBQ sauce, Rice, Bun, Sweet Corn and Dessert. **Please register by Friday August 21st**

Move and Groove!

Thursday Morning Tai Chi, 10-11am. We practice Sun Flow Tai Chi, it is best described as easy movement standing yoga. We follow videos from Dr. Adam Potts. We do one video for the first half of the hour, take a short water break and then do a second video. Each class is \$2.00 per person. No registration required, just drop in.

Summer Walking Group - Walking group starts at 9:00am at the Dungannon Ag Hall track. The first lap is a leisurely warm up ideal for all physical abilities, following laps focus more on endurance. While you are welcome to walk the track at any time, the MacKay will be hosting walking group Tuesday, Thursday and Friday mornings. **Free.**

DROM - August 25th 1-2pm. This will be Logan's first time teaching class and this class will be a trial run. As this class is a trial it will be \$2.00 per participant. DROM is a combination of Drumming and meditation. Class is limited to 10 due to the number of supplies. So if you would like to be guaranteed a spot please pre register.



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Art With Hailey of No Judgment Art

We have art with Hailey 4 times in August. We need to know if you are planning to attend the Friday prior to the class. Each class is \$15.00 for members and \$20.00 for non-members. All ages are welcome to participate.

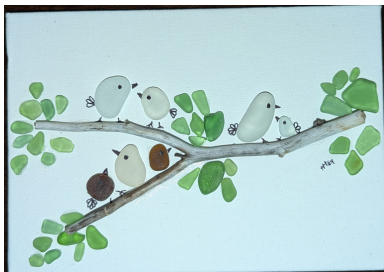
August 4 - We will be using mixed medium to create glass birds sitting on a branch. Please RSVP by Friday **July 31**.

August 11 - We will be painting a water front scene that reminds me of sitting lake side by a cottage. Please RSVP by Friday **August 7**.

August 18 - We will be creating bubbles on black paper. Please rsvp by Friday **August 14**

August 25 - We will be painting a sunset on the lake that makes you hear the waves through the art. Please RSVP by Friday **August 21**.

August 4



August 11



August 18



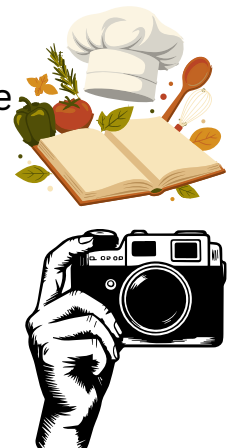
August 25



Social Groups

Recipe Club - Thursday August 6th, bring your favorite summer recipe to share with the group. Maybe, it is something that you like to make to take to the lake. Perhaps it is something that is cool and refreshing. Anything that does not require the oven to be turned on during the summer heat.

Photography Group - Thursday August 20th. Have you taken some photos of a summer trip, Sunset, Summer landscape? Bring them with you to share with the group.



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Foot Care!

Rachel Benoit, RPN is bringing her footcare services to Dungannon Friday August 28.th Appointments are required and are made through Rachel directly at 226-341-2895 or email rachel@healthystepsfootcare.ca



Vanilla Extract Workshop



Tuesday August 18th , \$25.00 per person. We are unable to provide the alcohol base. You will need to bring a 750ml bottle of liquor, the recommended is a good quality vodka but can also be substituted for Bourbon, Brandy or even Rum. We will provide grade A vanilla bean and 3 vanilla jars. This will be the perfect item to stick in the cup board and pull out for a last minute Christmas Gift as they need several month to infuse. Please RSVP by **Friday August 7th** .

Lawn Games

Join us Thursdays August 6th & 20th , for some fun in the sun (or LED lighting if it's raining) with an afternoon of lawn games. We are working on growing our collection of lawn games to help make a fun-filled afternoon. Games will be moved indoors if it's raining. Lemonade and a snack will be provided. \$2.00 per person.

Social Fridays

Fridays are built on casual conversation and entertainment. These offerings happen every Friday and are open for everyone to participate. Come once or weekly.

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

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

Euchre - 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.



Dungannon Doings

Community Events Happening in Dungannon



DUNGANNON FAIR 2026

★ Lets Stirrup some Fun ★



A WEEKEND OF FUN FOR EVERYONE!

★ SATURDAY ★ AUGUST 8 TH , 2026	★ SUNDAY ★ AUGUST 9 TH , 2026
9 AM Horse Show 9 	9 AM - 1 PM Baking & Homecraft Community Judging 
1 PM Bar Open 	9 AM - 1 PM Farm Toy Displays 
2 PM Cornhole Tournament 	9 AM - 1 PM Kids Games - Scavenger Hunt 
5 - 9 PM Wing Night 	9 AM - 4H Beef & Sheep Show 
5 - 9 PM Community Cake Judging 	10 AM - 1 PM Snippity The Clown 
8 PM Community Cake Auction 	10:30 AM Dungannon PeeWee Show 
8:30 PM Arm Wrestling Competition 	10:30 AM Kids Pedal Pull 
9 PM Live Music & Open Mic 	10 AM - 6 PM DCC Food Booth 
 Scan code www.dungannonagsociety.ca/fair	11 AM Beer Gardens Open 
	11 AM Vintage Tractor Pull 
	11:30 AM Frog Jumping Contest 
	12:30 PM Baby Show 



Dungannon
Community Centre

Big Mac Poutine

Friday, August 14th



5-7pm

\$15 per serving

Dungannon Park

CHICKEN BURGER COMBO:

\$15

Includes chicken burger,
fries, and a drink

MAY 29/AUGUST 28



DUNGANNON'S

Children's Market's





TWO SUMMER DATES!
5 - 7 PM

Friday, July 17
Friday, August 14
📍 Dungannon Park



KIDS AGES 5 - 15 CAN BE VENDORS!
Learn entrepreneurial skills and earn your own money this summer!
Reserve a space by contacting Kelly
📧 dungannonmarket@gmail.com | 📞 519-440-9199

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9am Walking Group 10am - 12 Art with Hailey Afternoon Dungannon Closed for Caregiver day	5	6 9am Walking Group 10am Tai Chi 11am Recipe Club 1pm Lawn Games	7 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
10	11 9am Walking Group 10am - 12 Art with Hailey	12	13 9am Walking Group 10am Tai Chi 12 Lunch and Learn on pelvic strengthening and health	14 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
17	18 9am Walking Group 10am - 12 Art with Hailey 1pm Vanilla extract workshop	19	20 9am Walking Group 10am Tai Chi 11am Photography Group 1pm Lawn Games	21 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
24	25 9am Walking Group 10am - 12 Art with Hailey 1-2pm DROM	26	27 9am Walking Group 10am Tai Chi 12 Lunch	28 9am Walking Group 9am Foot Care 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre