

Dungannon Doings



July 2026

Summer is here! I am fully aware that this is a busy time of year for many with family and friend obligations, and summer vacations of course. I hope that you will still join us for some of the fun programming that continues to run over the next couple of months when you have free time. As always you are welcome to bring younger ones with you to programming at your discretion.

Tuesday's art classes have been opened up and I have invited the local Youth to join us again this summer.

Friday July 17th is the MacKay Centre for Seniors Annual General Meeting at the Goderich site from 1-2:30pm. I will be attending this meeting, but do not worry the Dungannon Site will still be open and cards will be happening. You are welcome and invited to attend the MacKay AGM.

Our Wellness Fair is happening at the Dungannon AG Hall on Thursday July 23rd 10am-3pm. I have a great lineup of resources and presentations coming. If you would like to participate and receive the free lunch please let me know prior to the day, so that I can ensure there is enough food for everyone. Anyone is welcome to participate in this wellness fair. There will be no regular programming during the Wellness Fair.

Matt and his family are taking a vacation for most of the month of July. He handles all of the setup, cleaning and maintenance of the centre. This is not my area of expertise so please be patient as I navigate this time.

~Logan

MacKay Centre — Dungannon
78 Albert St, Dungannon N0M 1R0
519-529-3189
dcmackay@hurontel.on.ca
Program Assistant—Logan Curran

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



Ontario 

Dungannon Doings

Lunch is ready!

July has 3 lunch dates. All lunches are \$15.00 for members and \$20.00 for non-members.

July 2nd. We will be having a red and white lunch to celebrate Canada Day. We will be having Watermelon and feta salad, roasted beets, roasted potatoes, stuffed bell peppers and Strawberry tarts for dessert. **Please register by Friday June 26th.** You are encouraged to wear your red and white/ Canada Day swag to this Lunch.



July 16th. Roasted porkchops, baked beans, scalloped potatoes, salad and dessert. **Please register by Friday July 10th.**



July 30th. Grab the time machine we are going back to the 50's! This lunch is going to have a 50's theme and you are encouraged to dress the part. Dig to the back of the closet, dresser, wardrobe or perhaps run to Goodwill. On the Menu for this lunch is Baked ham with pineapple, baked potato, a Jello mould, old fashion pea salad, and upside down pineapple cake. **Please register by Friday July 24th.**

Let's Paint!

Each of these classes are \$15.00 for members and \$20.00 for non-members. Classes are held from 10am-12pm each week. I have invited the local youth to join us again this summer.

Tuesday July 7— Purple Elephant water colour. **Please RSVP by July 3**

Tuesday July 14 - Pollinator wreath water colour. **Please RSVP by July 10**

Tuesday July 21 - Drama Lamas water colour. **Please RSVP by July 17**

Tuesday July 28— Lake Front water colour. **Please RSVP by July 24**

Tuesday August 4— Glass birds on a branch. **Please RSVP by July 31**



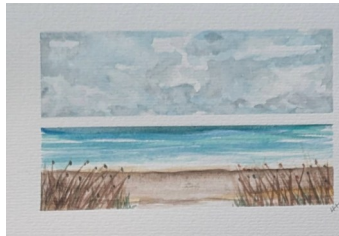
July 7



July 14



July 21



July 28



Aug 4

Dungannon Doings

Let's Keep Moving!

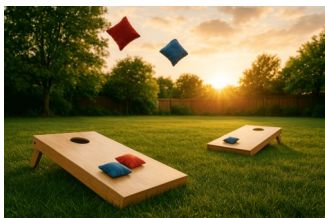
Thursday Morning Tai Chi 10-11 am. We will have Sun Flow Tai Chi. We will be doing two sessions, approximately 20min each, during this session with a short break in the middle. Sun Flow Tai Chi is an easy movement exercise much like standing Yoga. \$2.00 per class. There is no Tai Chi on the 23rd due to the Wellness Fair.



Walking Club is back! Walking group will start at 9:00am at the AG Hall; this is free for anyone who would like to attend. Our first lap will be a leisurely warm up lap ideal for all physical abilities. Following laps will focus on endurance.

To help simplify walking group the MacKay will be hosting walking on Tuesdays, Thursdays and Fridays at 9am. If you would like to walk more you are welcome to use the track at any time.

Lawn games—Tuesday July 7



Join us 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

Go Fly a Kite!

Grab the Grandkids or just come join the fun; we will be decorating individual kites and then hopefully (Weather permitting) flying them. If it is not raining on Thursday July 9th in the afternoon we will meet at the pavilion at the AG Hall. If Mother Nature does not get the message that we need a nice day we will be at the Centre, and kites will be taken home to fly later. \$5.00 per person.



Foot Care!

Rachel Benoit, RPN is bringing her footcare services to Dungannon Friday July 31. Appointments are required and are made through Rachel directly at 226-341-2895 or email Rachel@healthystepsfootcare.ca.



Dungannon Doings

Oh That Spicy (Hopefully Not)

Join us Tuesday July 14 1-4pm for a BBQ seasoning workshop. We will be joined by Sandra from BYOB in Goderich. She will demonstrate how to make three different seasoning blends. Each participant will leave with a jar of each of the three blends. We will also be having a cooking demo and sampling the Pork blend. \$25.00 per participant, 10 people minimum. **Please register by Friday July 10th.**



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!

Wellness Fair Worker Bees!

I am looking for volunteers to help prepare items for the Wellness Fair on Tuesday July 21st starting at 1:00pm. If you are available to help that afternoon please stop by and lend a hand.

Additionally I am looking for volunteers to help at the Wellness Fair on July 23rd. I am looking for volunteers to greet people at the door, sit at the MacKay Centre information table, and for help with Lunch. If you are willing to take a shift with any of those please call or email and let me know.

Technology 101

This is an opportunity for you to get support and hands on demonstrations with functions of your personal devices. Logan is by no means a technology expert but I am able to help with basic fundamentals of your device. Free.



Dungannon Doings

For those who missed it.

Back at the end of May we had our first road trip to visit three farms near Brussels. Our first stop was at Malette Family Farm where we went hands on with the Alpacas. While one of the Alpacas was not in the best mood, the friendliness and curiosity of the others made up for it.

Our second stop was Sunshine Mushroom Farm where we were surprised to learn the way that the types of mushrooms grown there are grown in bags and not in beds.

Our final stop of the day was at Capella Meadows where we saw the different ways that they take their goats milk and turn it into cheese. On their farm they use both the more modern and traditional methods for aging the cheese.

Thank you to those who participated and were so supportive of these small businesses. I know that the owners of these local farms were very surprised and impressed with the amount of shopping that took place at each of the farm stores.



Dungannon Doings

Community Events Happening in Dungannon

PRO DUNGANNON RODEO
 HICK THE DUST UP
RODEO
 JULY 3, 4 & 5, 2026 DUNGANNON, ON
 BIGGER RING. TWICE THE SEATS. THREE DAYS. ONE EPIC WEEKEND.
RODEO SATURDAY 5 PM SUNDAY 1 PM **RAWHIDE Rodeo**
 FRIDAY NIGHT CONCERT SATURDAY NIGHT CONCERT
 ANDY COLOMBO COLT MCCLAIRCHIN THE VINYL SONS ADAM COUSINS
 CONCERTS ARE AGES 13+
 SCAN HERE FOR TICKETS www.dungannonprodeco.com
 FOLLOW US

DUNGANNON'S Children's Market
 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

The Dungannon Rodeo is a part of the pro circuit and I highly recommend you check it out if you are around.

There will be no food truck in the park Friday July 3rd as it will be at the rodeo.

Be sure to check out the specials the food truck is showcasing in July.

The first of 2 kid's markets is July 17th 5-7pm at the Main Street park. Be sure to check out and support these young entrepreneurs.

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

Dungannon Food Truck
Chicken Finger & Fry Special
 3 piece \$12.00
 5 piece \$15.00
 July 17, 2026 5-7pm at the Dungannon Park

@dungannoncommunitycentre
FRY SUPREME FOOD TRUCK
 Loaded fries done right! Crispy fries topped with Nacho Cheese, Ground Beef, Diced Tomatoes, Green Onions & Sour Cream.
July 31, 2026
 Dungannon Park | 5:00 PM - 7:00 PM
ONLY \$12.00 EACH!
 Find us at Dungannon Park on July 31 from 5-7pm!

Active Living & Wellness Fair

Aging in Rural Communities

Thursday July 23rd, 2026

10:00 am - 3:00 pm

Presentations & Exhibitor's Expo

Dungannon Agricultural Hall

36897 Dungannon Road

Aging In rural communities comes with its own set of challenges. Join us for this free 55+ event for a day of information and fun.

Free Lunch,
donations
appreciated



Pre registration
required to
redeem your
lunch ticket

Presentations by:

Gateway Rural Health
Ministry of Transportation
Huron Perth Alzheimers Society
Grey-Bruce Community Legal Clinic

To Register Contact

MacKay Centre Dungannon
519-529-3189 or email
dccmackay@hurontel.on.ca


Open to the public, everyone welcome



Dungannon Doings

July 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 9am Walking Group 10am Tai Chi 12pm Lunch	3 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
6	7 9am Walking Group 10am-12pm Art with Hailey 1pm Lawn Games	8	9 9am Walking Group 10am Tai Chi 1pm Kite Flying	10 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
13	14 9am Walking Group 10am-12pm Art with Hailey 1-4pm Seasoning Workshop	15	16 9am Walking Group 10am Tai Chi 12pm Lunch	17 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
20	21 9am Walking Group 10am-12pm Art with Hailey 1pm Wellness Fair Prep, Worker Bees	22	23 10am-3pm Wellness Fair	24 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
27	28 9am Walking Group 10am-12pm Art with Hailey 1pm technology 101	29	30 9am Walking Group 10am Tai Chi 12pm Lunch	31 9am Foot Care by Appointment 9am Walking Group 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre