

Dungannon Doings



May 2026

Spring is in the air! April showers bring May flowers, and we have definitely gotten enough rain in April so bring on the May flowers and sunshine.

We are on the move, I am very excited to share that things have fallen into place and I am now working on putting together one day trip a month, while mother nature cooperates. Please see page 5 for details on our May trip. If you have any ideas or preferences on locations or thing to do please let me know so I can work on adding them to the upcoming months.



Foot Care is Back! Racheal Benoit, RPN is bringing her footcare services to Dungannon. We have invited her to use the lower space on the last Friday of each month, by appointment only. Appointments are made through Racheal directly at 226-341-2895 or email Rachel@healthystepsfootcare.ca.

We are still waiting to hear back on the results of our garden grant application, even if we are not successful with this grant we are still going to have some sort of a garden program this summer so please watch for June's news letter as I am hoping to implement/plant at the start of June (weather permitting).

For all of the Mothers and my MacKay Mothers Happy Mothers day. For those who need a little reminder don't forget that Mothers day is Sunday May 10.

Logan

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

Ontario 



Dungannon Doings

Let's Keep Moving!

Spring is in the air and we can no longer use winter as an excuse to not get moving! We currently have 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 seated yoga for the first half. We will then take a short break followed by doing a seated and stationary standing 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 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.

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.

Following the date/timing ask in April's news letter I received divided feedback, while the track at the AG Hall is always available the MacKay Centre Dungannon will be hosting walking group five days a week. Please feel free to attend any day that work with your schedule, as I do not work on Mondays and Wednesday's I may not always be able to attend walking group on those days.



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. The final session is May 12 and will resume in the fall.

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Painting with Hailey!

Due to a scheduling conflict the painting previously advertised for Tuesday May 5th has been moved to May 12th.

Each of these classes are \$15.00 for members and \$20.00 for non-members. Classes are held from 10am-12pm each week.

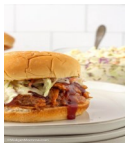
May 12— Abstract water colour cow head painting, please register by Friday May 8th if you would like to participate.

May 19—Butterfly water colour painting, please register by Friday May 15th if you would like to participate.

May 26—Glow in the dark moon on the lake mixed medium painting, please register by Friday May 22nd if you would like to participate. There may even be an opportunity to add some sparkle paint to this scene.

Lunch is Ready!

As you may have heard we have changed 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.



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

May 21st — We need to make some space, we have been "borrowing" (without permission) freezer space from the DCC chip wagon freezer that they need back. We are having a buffet for this lunch. \$15.00 for member, \$20.00 for non-members. **Please RSVP by Friday May 15th.**

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Thursday Social Clubs

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



May 7— Bird Watchers: Do you enjoy watching the birds? Following Tai Chi on April 16th I have learned you are not alone there a lots of interest in talking about the birds in your own backyard. That could be discussing your favorites and those who are noisy early morning neighbors.

May 14— 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.

May 21—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.



May 28—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.

Book club, please note that book club is returning to in person at the Goderich Location in May.

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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Road Trip!

We are on the move, I have shared my excitement about the launch of this in the April News letter but I am very excited to share that we are now good to go and on the move.



While the weather cooperates (AKA snow is not around or potentially in the forecast) I am hoping to set off to a different destination each month.

Anyone looking to attend these outings must have a current membership with the MacKay Centre (Dungannon or Goderich location). The best way to know your membership is up to day is by checking if your membership card is yellow, if it is blue or any other colour you are not up to date.

Due to cost we will not be getting a bus but instead encouraging members to carpool. If you are willing to drive a group and/or would like assistance connecting with a member willing to drive please reach out to me and I will help out making the connection.

For our first outing we will be heading to Brussels yes Ontario not Belgium. We will be visiting 3 different farms, Malette Family Farm (Alpaca Farm), Sunshine Mushroom Farm and Capella Meadows Goat Cheese farm. These are free to attend, you are encourage to check out and if possible support each of their farm stores.

We can only have 12 participant's due to space restrictions in the farm work areas, if you would like to participate please register early. Final day to register is Friday May 22.

Please note that Capella Meadows has invited us to watch some milking which starts at 5:00pm so we will be out past regular MacKay hours.

We will be departing the MacKay Centre Dungannon at 1:00pm and arriving at Malette Family Farms at approximately 1:30pm

At 2:35pm we will depart Malette Family Farms and arriving at Sunshine Mushroom Farm at 3:00pm.

At 3:45 we will depart Sunshine Mushroom Farm to arrive at Capella Meadows at 4:00pm. Upon watching some milking we will depart by 5:30 to arrive back at the MacKay Centre Dungannon by 6:30pm.

Dungannon Doings

Community Events Happening in Dungannon

Dungannon Community Centre

FOOD TRUCK

Starting May 29

DUNGANNON PARK
73 Southampton Street, Dungannon

FRIDAY NIGHTS
5 - 7 PM




PRO DUNGANNON RODEO
KICK 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 COLONIGO COLT MCLAUCHLIN THE VINYL SONS ADAM COUSINS

CONCERTS ARE AGES 19+

SCAN HERE FOR TICKETS
www.dungannonprorodeo.com

FOLLOW US




Support Your Local YOUTH
Organized by: Dungannon YOUTH Group

B I N G O

Friday May 15th
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!!




Dungannon Doings

MacKay June Program Alerts

Art With Hailey

June 2nd— We will be using water colour to paint a scene of wild flowers. **Please RSVP by May 29th**

One Year Anniversary Celebration!

Join us Thursday June 4th to celebrate our one year anniversary, we will be having a BBQ lunch. \$15.00 per person invite you friends to join **Please RSVP Friday May 29th.**

Chocolate Road Trip!



Peddle to the metal we are off to Stratford for their Chocolate Trail. I have talked with Destination Stratford and we are able to get discounts on tickets. The discount changes the more participant's we have. Starting price is \$39.55 and that gets each participant 6 tickets to redeem at nearly 30 different locations for 6 different chocolate items. This outing will include a lot of walking between businesses in Stratford's down town core so please make note of that when choosing your footwear and outfit for the day.

In order to get the group discount rate we have to prepay so we will be collecting pre payment. Please book your spot by Tuesday June 16 with Logan (12 people minimum), once we have our count we will then be able to let everyone know the cost and payment due by Friday June 19.

The trip will be June 25th, car pooling is strongly encouraged. Membership must be current to participate

SAVE THE DATE FOR JULY!

As you may have heard we are hosting this years wellness fair in Dungannon. I am still working on arranging our speakers and trade show partners (and lunch of course), thing are moving and coming together quickly. Please mark your Calander for Thursday July 23, 2026. The fair will be held at the Dungannon AG Hall (36897 Dungannon Rd), 10:00am—3:00pm. This will event will have amazing information for participant's and open for anyone to attend. Information will be coming out rapidly over the next 2 months. Please stay tuned for more details and be sure to let your friends, family, caregivers and neighbor's to save the date.

ON THIS DAY

JULY
23

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Dungannon Doings

May 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 9am Walking Group 10am Ladies Coffee & Chat 10 am Men's Coffee and chat 1-4pm Euchre
4 9am Waling Group	5 9am Waking Group 10am-12pm Art with Hailey (postponed to May 12) 10-11 Golden Uke 1:30-2:30pm Afternoon fitness	6 9am Walking Group	7 9am Walking Group 10am Tai Chi 11am Bird Watchers 12pm Lunch	8 9am Walking Group 10am Ladies Coffee & Chat 10 am Men's Coffee and chat 1-4pm Euchre
11 9am Walking Group	12 9am Walking Group 10am-12pm Art with Hailey 10-11 Golden Uke 1:30-2:30pm Afternoon fitness	13 9am Walking Group	14 9am Walking Group 10am Tai Chi 11am Butterfly Rangers	15 9am Walking Group 10am Ladies Coffee & Chat 10 am Men's Coffee and chat 1-4pm Euchre
18 Closed For Victoria Day	19 9am Walking Group 10am-12pm Art with Hailey 1:30-2:30pm Afternoon fitness	20 9am Walking Group	21 9am Walking Group 10am Tai Chi 11am Photography group 12pm Lunch	22 9am Walking Group 10am Ladies Coffee & Chat 10 am Men's Coffee and chat 1-4pm Euchre
25 9am Walking Group	26 9am Walking Group 10am-12pm Art with Hailey 1:30-2:30pm Afternoon fitness	27 9am Walking Group	28 9am Walking Group 10am Tai Chi 1 pm Road Trip	29 9am Walking Group Foot Care Clinic 10am Ladies Coffee & Chat 10 am Men's Coffee and chat 1-4pm Euchre