

Dungannon Doings



October 2026

BOO! Can you believe it's October already?

October is when the days are cool, leaves have turned colour, and it's time to gather with friends and family for Thanksgiving (and scare the neighbour kids at Halloween of course).

As we look at the dreaded winter ahead I am working with Kim and Stephanie to build a line up of Friday morning Zoom speakers again this year. If you have any ideas or contacts for this please let us know.

Once again Matt is going to be turning the centre into his annual haunted house which is open Halloween evening. Programming will still be running as scheduled but we may move to the basement on the 30th.

November 6th is a PA-day and I am still working on something fun for that. I am looking at either an outing or plan some sort of intergenerational program. Please stay tuned for posters and social media advertising on what I have come up with as the month progresses.

~Logan

MacKay Centre - Dungannon
78 Albert St, Dungannon NOM 1R0
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

October has three lunches on 1st, 15th, and 29th served at 12pm.



Oct 1 - On the menu is lasagna, garlic toast and caesar salad. \$15.00 for Members and \$20.00 for non members. Please register by Friday September 25th

Oct 15 - Thanksgiving lunch. Turkey, dressing, roasted root vegetables, mashed potatoes, roll and pie for dessert. \$20.00 for members \$25.00 for non members. Please register by Friday October 9th.



Oct 29 - Halloween Lunch. Witches cauldron (Beef Chili) and tea biscuit. \$12.00 for members \$15.00 for non-members.

Move and Groove!

DROM - Mondays 1-2pm. \$2.00 per participant. DROM is a combination of Drumming and meditation.



Tuesday Afternoon Fitness 1:00-2:00pm the first half is seated yoga and the second half seated workout routine. This routine will be low impact that will help build flexibility and strength. \$2.00 per person.

Thursday Morning Tai Chi, 10-11am. We practice Sun Flow Tai Chi; I best describe this as easy movement standing yoga. We follow videos from Dr. Adam Pots. Each class is \$2.00 per person.

Social Groups



Recipe Club - Thursday October 8, bring your favorite Halloween Treat recipe to share with the group.

Photography Group - Thursday October 22, bring your photos from Halloween pasts.



Dungannon Doings

No Judgment Art with Hailey

We have art 4 times in October with Hailey. 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.

October 6 - We will be painting a butterfly on a flower using water colour paint. Please RSVP by Friday **October 2**.

October 13 - We will be painting a water colour fall Pumpkin. Please RSVP by Friday **October 9**.

October 20 - We will be painting fall bunny bums in a birch tree forest. Please RSVP by Friday **October 16**.

October 27 - We will be painting a Halloween special. Please RSVP by Friday **October 23**.

October 6



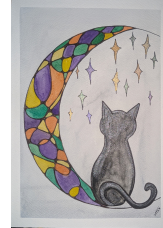
October 13



October 20



October 27



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.



Foot Care!

Rachel Benoit, RPN is bringing her footcare services to Dungannon Friday October 30th. Appointments are required and are made through Rachel directly at 226-341-2895 or email rachel@healthystepsfootcare.ca



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 and the Dungannon Youth Group. This class is provided through Zoom. All of these classes are Free and anyone is welcome, please let us know if you are coming so we can prepare the space.



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. This class runs on Thursdays 10-11am.

October Specials

Fall Hats

Monday October 5th 10am. Take on the activity of decorating your own straw hat. \$15.00 per person. Please register by Friday October 2nd.

Thanksgiving Picture Charades

Join us for the laughter of charades with a Thanksgiving theme. Thursday October 8th at 1:00pm. Free.

Halloween Wreath

Join us Monday October 19th at 10am. We will be making a spootacular wreath perfect for your front door. \$20.00 per person. Please register by Friday October 16th

Haunted Tea Tasting

We will be blind tasting a variety of different teas Thursday October 22nd. \$5.00 per person. Please register by Friday October 16th.



Halloween Candy

Join us for some old fashioned Halloween fun Monday October 26th. We will be making candy apples and caramel corn. \$5.00 per person. Please register by Friday October 23rd.

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Programming in Lucknow

We are in Lucknow two times in October: Wednesday October 7th and 21st at the Lucknow Arena.



DROM - October 7th and 21st

The morning will start at 10am with DROM, a combination of Meditation and Drumming; drop in \$2.00 per person. There is no DROM Oct 7th.

Lunch & Cards - October 21st ONLY

A soup and sandwich lunch will be served at 11:30am with Euchre starting at 12:30pm. Pre registration required by Friday October 16 by calling 519-529-3189 or email dccmackay@hurontel.on.ca. \$12.00 per person.

Dungannon Doings

Community Events Happening in the community

FAMILY BINGO

October 16th, 7:00 p.m.

Hosted by the Dungannon Youth Group
Location: the Dungannon Community Center

Invite family and friends for an exciting evening of fun.

Bring a prize, win a prize.

Snacks and drinks are available.

Small admission fee to play.

DUNGANNON COMMUNITY CENTER

FISH FRY

October 24th 5-7pm



Tickets by pre-order at Dungannon Food Truck every Friday night through August or From any DCC Board Member.

1 Piece \$15.00 | 2 Pieces \$20.00
Includes: Fish, Fries, Coleslaw, Tartar Sauce, and a Drink

Pre-order ONLY. No Drop-In

PRESENTED BY MATT & TIFFANY STRONG



PLEASE JOIN US FOR OUR ANNUAL

HALLOWEEN

★ SPOOK HOUSE ★

FRIDAY OCTOBER 31ST

DUNGANNON COMMUNITY CENTER
78 ALBERT ST DUNGANNON, ONTARIO
DOORS OPEN 5:30 - 8PM
ADMISSION FREE (DONATIONS WELCOME)

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October 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10am Tai Chi 10 BUGS 12pm Lunch	2 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
5 10am -12 pm Fall Hats 1-2 pm DROM	6 10am - 12 Art with Hailey 1 - 2pm Afternoon Fitness	7 Programming in Lucknow 10:00 DROM	8 10am Tai Chi 10am BUGS 11am Recipe Club 1pm Thanksgiving Picture charades	9 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
12 CLOSED For Thanksgiving	13 10am - 12 Art with Hailey 10am Golden UKE 1 - 2pm Afternoon Fitness	14	15 10am Tai Chi 10 BUGS 12pm Thanksgiving Lunch	16 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
19 10am -12 pm Halloween Wreaths 1-2 pm DROM	20 10am - 12 Art with Hailey 10am Golden UKE 1 - 2pm Afternoon Fitness	21 Programming in Lucknow 10-11 DROM 11:30 Lunch 12:30 Euchre	22 10am Tai Chi 10am BUGS 11am Photography Club 1pm Haunted Tea Tasting	23 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
26 10am -12 pm Halloween Candy 1-2 pm DROM Election Day (last day to vote)	27 10am - 12 Art with Hailey 10am Golden UKE 1 - 2pm Afternoon Fitness	28	29 10am Tai Chi 10 BUGS 12pm Halloween Lunch	30 9am footcare 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre