

Dungannon Doings



September 2026

Beep Beep, here comes the School Bus! For those of you who have not heard, I have spent my days off this summer learning and getting licensed to drive a school bus. Starting in September when school returns I will be working for Montgomery Bus Lines in addition to working at the MacKay. You are going to notice that the calendar looks very different this month; that has to do with the fact that I will be at the Centre less hours a day but more days a week.

Since summer has now come to a close the Dungannon Community Centre would like to thank everyone who came out this summer and supported the chip wagon in the park. We are moving into a time that is very busy in our rural area with the farmers starting to push to get crops off the fields, kids going back to school and we will be into the holidays before we know it. I encourage you to take some time for yourself and attend some of the programming, whether it's a lunch, art, social activity or some sort of fitness program, it's easy for us to forget about ourselves when being pulled in many different directions. I am excited to share that on a bi-weekly Wednesday rotation we will be expanding our program to the Lucknow Arena with the goal of providing services to a wider range of participants.

The Dungannon Site will be Closed following programs on Friday September 4 and will re-open Monday September 14th.

Keeping dry, as you may have noticed, the new roof has been installed on the Centre. Fingers crossed that this will solve the rain coming indoors. Thank you to everyone who donated to the DCC or supported the chipwagon to make this possible!!

~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

September only has one lunch on Sept 17th. Lunch is \$15.00 for Members and \$20.00 for non members. September's lunch will also include a virtual presentation from the UHN on Concussions.

Lunch will be served at 12:00pm. This lunch will be a brunch buffet, french toast casserole, breakfast sausage, bagels and sweets.



Foot Care!

Rachel Benoit, RPN is bringing her footcare services to Dungannon Friday September 25th Appointments are required and are made through Rachel directly at 226-341-2895 or email rachel@healthystepsfootcare.ca

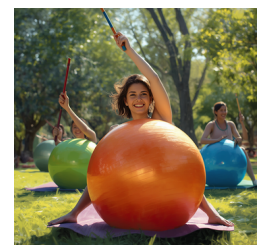


Move and Groove!

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. 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.

Tuesday Afternoon Fitness 1:00-2:00pm 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 trying these routines I highly recommend wearing loose/stretchy clothes. \$2.00 per person.

DROM - Mondays 1-2pm. \$2.00 per participant. DROM is a combination of Drumming and meditation. We have a limited number of supplies so if you would like to be guaranteed a spot please pre register.



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September Art

We have art 4 times in September: 1 with Karen Fooks and 3 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.

September 1 - We will be using decoupage to make fall drink coasters; you will leave with 4 coasters. Please RSVP by Friday **August 28**.

September 15 - This is a mixed medium painting of dandelions. Please RSVP by Friday **September 4**.

September 22 - Snail water colour painting. Please RSVP by Friday **September 18**.

September 29 - gladiolus water colour flowers. Please RSVP by Friday **September 25**.

September 1



September 15



September 22



September 29



Social Groups



Recipe Club - Thursday September 3, bring your favorite fall recipe whether it's a soup or something for fall baking.

Photography Group - Thursday September 24th, capture the fall landscape. Bring them with you to share with the group.



Dungannon Doings

Lunch & Crazy Crafts

Thursday September 3 starting at 12. We have collected a large number of odds and ends of craft supplies; this workshop will be an opportunity to draw on your creative side. This day has been added as an opportunity for participants of all ages to get out before School starts again. Lunch will be macaroni bake and hotdogs. Please register by Friday August 28th

Baking for 2 - Monday Mornings 10-12

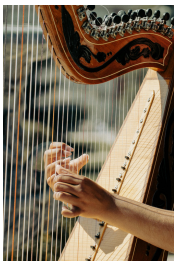
Each workshop is \$ 5.00 per person. This will be a similar setup to our food from around the world series in April where all participants will work together to make the item and then try it.



Sept 14 - Molten Caramel Chocolate Cakes. Please register by Friday Sept 11.

Sept 21 - Apple Toffee Blondies. Please register by Friday Sept 18.

Sept 28 - Dulce De Leche Mousse. Please register by Friday Sept 25.



Harp Heals—Tuesday September 22

Back by high demand Harp Heals is coming to Dungannon Tuesday September 22nd at 1:00pm. We need a minimum of 8 people for this to run. \$5.00 per person. Please register by Friday Sept 18

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.



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Programming in Lucknow

We are starting our expansion by adding 1 day in September to Lucknow: Wednesday September 23rd at the Lucknow Arena.

DROM

The morning will start at 10am with DROM and combination of Meditation and Drumming, drop in \$2.00 per person.

Lunch & Cards

A soup and sandwich lunch will be served at 11:30am with Euchre starting at 12:30pm. Pre registration required by Friday Sept 18 by calling 519-529-3189 or email dccmackay@hurontel.on.ca. \$12.00 per person.

Sept 24 Pumpkin Bowling

After much success with potato bowling, come for the laughs and give it your best shot with a pumpkin. 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 small pumpkin/gourd.



GRIEF & GRUB FOR GUYS

Supportive space for men navigating grief
Tues. Sept 22, 2026 4:30-6:30 pm

\$15:00 for meal
MacKay Centre
10 Nelson St. E.
Goderich, ON



Huron Hospice
moments matter



RSVP: mackaycentre@hurontel.on.ca
519-524-6660


MACKAY CENTRE FOR SENIORS

Dungannon Doings

Community Events Happening in the community

Join the
**Lucknow Fall Fair for a
Barn Yard Bash!**
September 18th, 19th, & 20th 2026



LucknowAgSociety.com
SEE YOU AT THE FAIR!



DUNGANNON
FUR & FEATHER
BUY, SELL & TRADE
Saturday, September 19th 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
Larry Brindley: 519-529-7713

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 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

SUPPORT YOUR LOCAL YOUTH
Organized By: Dungannon YOUTH Group

**FAMILY
BINGO**

Sept. 25 at 7pm

**At the Dungannon Community Centre
(Senior's Centre)
Dungannon, ON**

Invite family and friends for an
Evening of fun!
Bring a prize/win a prize
Snacks and Drinks are available
Small Admission fee to play!!



PIC-COLLAGE

Dungannon Doings

Annual General Meeting Message from the Chair

As another successful year comes to a close, I am reminded that the MacKay Centre is much more than a building—it is a welcoming community where friendships flourish and people truly belong. On behalf of the Board of Directors, thank you to our dedicated staff, volunteers, and members whose enthusiasm and commitment make everything we do possible. I would also like to welcome two new Board Members, Peggy Denomme and Silvija Hall. Under the leadership of Stephanie and Kim, our programs, events, fundraising, and lunch program continue to grow and enrich the lives of our members.

We are grateful for the continued support of the Town of Goderich through our renewed Memorandum of Understanding, as well as the generosity of local sponsors, donors, and those who remembered the Centre through estate gifts. Our partnership with the Dungannon Centre for Seniors continues to expand, and we appreciate the ongoing support of Ashfield-Colborne-Wawanosh Township and MPP Lisa Thompson in helping us serve more than 550 active seniors.

Fundraising and strategic planning continue to strengthen the Centre's future, but our greatest strength remains our members. Your friendships, participation, and sense of community make the MacKay Centre a truly special place. Thank you for another wonderful year, and we look forward to sharing many more together.

E. Kent Gillin, Chair

MacKay Centre for Seniors

Coming in October



Lunch

Thursday October 1st 12pm. On the menu is lasagna, garlic toast and caesar salad. \$15.00 per person. Please register by Friday September 25th

Art with Hailey

Tuesday Oct 6th 10am. We will be painting a butterfly on a flower using water colour paint. \$15.00 for members \$20.00 for non members. Please register by Friday October 2nd.



Dungannon Doings

September 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10am - 12 Art with Karen 1 - 2 pm Afternoon Fitness	2	3 10am Tai Chi 11am Recipe Club 12pm Lunch & crazy crafts	4 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
7	8	9	10	11
		Centre Closed		
14 10am -12 pm Baking for two 1-2 pm DROM	15 10am - 12 Art with Hailey 1 - 2pm Afternoon Fitness	16	17 10am Tai Chi 12 Lunch and Learn Concussions	18 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
21 10am - 12 pm Baking for two 1-2 pm DROM	22 10am-12 Art with Hailey 1-2pm Harp Heals 4:30-6:30Men's Grief and Grub	23 Programming in Lucknow	24 10am Tai Chi 11am Photography Group 1pm Pumpkin Bowling	25 9am Foot Care 10am Men's Coffee & Chat 10am Ladies Coffee & Chat 1pm Euchre
28 10am - 12 pm Baking for two 1-2 pm DROM	29 10 am - 12 Art with Hailey 1-2pm Afternoon Fitness	30		