

# The MacKay Messenger

The MacKay Centre for Seniors  
10 Nelson Street East  
Goderich, ON N7A 1R6  
519-524-6660

Email: [mackaycentre@hurontel.on.ca](mailto:mackaycentre@hurontel.on.ca)  
[www.mackaycentreforseniors.com](http://www.mackaycentreforseniors.com)

President: Jennifer Black  
Coordinator: Kathleen Buckley

Office Hours:  
10am-4pm Mon-Fri

## FEBRUARY, 2012

*A Valentines Poem for our times...*



*Since my Valentine got a computer  
My love life has taken a hit.  
Nothing I say is important,  
Unless it's a byte or a bit.  
Before she got her new laptop  
Everything was just fine.  
Now she says she can't talk  
Unless we both go online!*



*Happy Valentine's Day:*

*Join us for lunch on Tuesday, February 14<sup>th</sup>, bring your friend, partner, wife or sweetheart and of course wear your favourite red outfit.*

*Remember be kind to others - love is all you need.*

*President, Jennifer Black*

*"Love is a perfume you cannot pour on others without getting a few drops on yourself"  
"Love may not make the world go around, but it makes the ride worthwhile"*

*Thursday, February 2<sup>nd</sup> - Groundhog day*



# MACKAY MEAL DEAL – TUESDAYS AT NOON FEBRUARY, 2012 – MENUS

Enjoy a delicious three course meal served family style to your table.

**Call Kathleen at 524-6660 by Monday to reserve.**

**Cost \$9.00 - Free transportation can be arranged. Gift certificates available.**

---



Tues. February 7:

Juice/Soup/Bread  
Lasagne  
Caesar Salad  
Apple Pie  
Tea/Coffee



Tues. February 14:  
Valentines



Juice/Asian Salad/Bread  
Ham & Scalloped Potatoes  
Veggies  
Chocolate Cherry Cake  
Tea/Coffee



Tues. February 21:

Juice/Salad  
BBQ Chicken Legs  
Baked Potato/Sour Cream  
Fruit Crisp  
Tea/Coffee

Tues. February 28th:

Juice/ColeSlaw/Bread  
Roast Beef/Yorkshire Puddings  
Mashed Potatoes/Veggies  
Cake and Ice Cream  
Tea/Coffee





**From The Coordinator:** - February is here already, the ground hog must be confused this year – we have not had a lot of winter so let's hope it continues this way. I will be away for 2 weeks – February 6 – 21<sup>st</sup>. My answering machine will be checked during this time so if you call please leave a message. If you have any questions or concerns about any of our programs please contact our President Jennifer Black or a member of the board, a list of names and phone numbers is posted on the bulletin boards at the centre.

**Foot care Clinic – Every 2<sup>nd</sup> Wednesday, 8:30 a.m. – noon**

Call Joan at 519-395-2221 to make an appointment – fee: \$15.00. Next Clinic – Wednesday, February 8th. Please bring your own towel.

**Wednesday February 1st - Lunch & Cards, 12:30 p.m., no partner required. Admission \$5.00. Lunch served at 12:30 p.m., cards, Euchre & 500 at 1p.m. Please note date change – the card party will be held on the 1<sup>st</sup> Wednesday of the month – February 1<sup>st</sup>.**



**Saturday, February 25th Euchre Tournament.** Play with a partner, lunch after cards at 3:30 p.m. Cash prizes, draws, admission \$6.00.

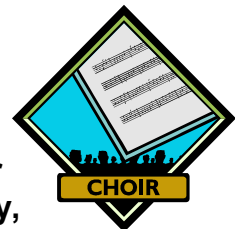
**Thursdays at 1:30 p.m. in the downstairs meeting room – Bid Euchre/Pepper.** Come along and learn to play this exciting card game. 50c user fee.

**Lake Huron Learning – Creative Story Writing Classes**

**Tuesdays February 7,14,21 & 28.** Cost \$60.00 includes all supplies. Please pre-register by calling 519-524-4154. Join local writer Rejean Giguere in this series of 4 interactive workshops designed to guide you through the development and creation of your own unique short story. To find out more about Rejean and his writings visit his web-site at <http://rejeaniguere.com>

**MACKAY CHORISTERS** - A mixed choir for older adults (55+).

No experience necessary, just a desire to sing and enjoy fellowship with others who enjoy music. The choir meets every Thursday at 9:30 a.m. at the centre. No auditions! Contact 519-612-1323 for more information – or come to our first rehearsal on Thursday, February 16<sup>th</sup>.




**2012 Memberships - \$10.00**

2012 membership cards are now available from the office or at any of our events. No increases were recommended at this time although our costs are higher due to increasing food, fuel prices. Please renew your membership – lets all do our part to ensure we can continue to offer quality services at a reasonable cost. Members are not obligated to join committees or volunteer.



# February 2012

MON	TUE	WED	THU	FRI
<p><b>Feb. 4 &amp; 5 - 2p.m.</b>  <b>Children's Theatre Play at MacKay Centre</b>  <b>Ad. \$5.00</b></p>		<p>9:30am <i>Fitness</i></p> <p><b>12:30am Lunch &amp; Cards</b></p> <p>1 pm <i>Art Club</i></p>	<p>2</p> <p>1:30pm <i>Bid Euchre</i></p> <p>5:30pm <i>Nia</i></p> <p>7:30pm <i>Tai Chi</i></p> 	<p>3</p> <p>9:00am <i>Tai Chi</i></p> <p>10:30am <i>Fitness</i></p>
<p>6</p> <p>9am <i>Sr. Tai Chi</i></p> <p>10:30am <i>Fitness</i></p> <p>1pm <i>Bridge</i></p> <p>7:30pm <i>Tai Chi</i></p>	<p>7</p> <p><b>12 noon MacKay Meal Lasagne</b></p>	<p>8</p> <p><b>8:30am-Noon Footcare</b></p> <p>9:30am <i>Fitness</i></p> <p>1pm <i>Art Club</i></p>	<p>9</p> <p>1:30pm <i>Bid Euchre</i></p> <p>5:30 p.m. <i>Nia</i></p> <p>7:30pm <i>Tai Chi</i></p>	<p>10</p> <p>9:00am <i>Sr. Tai Chi</i></p> <p>10:30am <i>Fitness</i></p>
<p>13</p> <p>9am <i>Sr. Tai Chi</i></p> <p>10:30am <i>Fitness</i></p> <p>1pm <i>Bridge</i></p> <p>7:30pm <i>Tai Chi</i></p>	<p>14</p>  <p><b>12 noon MacKay Meal Ham &amp; Scallops</b></p>	<p>15</p> <p><b>8:30am Footcare</b></p> <p>9:30am <i>Fitness</i></p> <p>1 pm <i>Art Club</i></p>	<p>16</p> <p>9:30am <i>MacKay Choristers</i></p> <p>1:30pm <i>Bid Euchre</i></p> <p>7:30p.m. <i>Tai Chi</i></p>	<p>17</p> <p>9:00am <i>Sr. Tai Chi</i></p> <p>10:30am <i>Fitness</i></p>
<p>20</p> <p>9am <i>Sr. Tai Chi</i></p> <p>10:30am <i>Fitness</i></p> <p>1 p.m. <i>Bridge</i></p> <p>7:30p.m. <i>Tai Chi</i></p>	<p>21</p> <p><b>12 noon MacKay Meal BBQ Chicken</b></p>	<p>22</p> <p>9:30am <i>Fitness</i></p> <p><b>10am Board Meeting</b></p> <p>1pm <i>Art Club</i></p>	<p>23</p> <p>9:30am <i>MacKay Choristers</i></p> <p>1:30pm <i>Bid Euchre</i></p> <p>7:30pm <i>Tai Chi</i></p>	<p>24</p> <p>9am <i>Sr. Tai Chi</i></p> <p>10:30am <i>Fitness</i></p> <p>*****</p> <p><b>25</b></p> <p><b>1 p.m. Euchre Tournament</b></p>
<p>27</p> <p>9am <i>Sr. Tai Chi</i></p> <p>10:30am <i>Fitness</i></p> <p>1p.m. <i>Bridge</i></p> <p>7:30pm <i>Tai Chi</i></p>	<p>28</p> <p><b>12 noon MacKay Meal Roast Beef</b></p>	<p>Leap Year 29</p> <p>9:30am <i>Fitness</i></p> <p>1 p.m. <i>Art Club</i></p>		