



The Wire

February 2025

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New Name. New Cook.

Well, the votes have it!
Thanks to everyone who took the time to
vote on our new meal name...Connections
Café.

Congratulations Melanie Babiuk! You have
won a \$50 meal voucher
for Connections Café.



We would like to extend a
hearty “Welcome” to our new
Meal Coordinator, **Ashley
Kabel** who has taken over
cooking for the meal programs
in La Salle, Starbuck, Sanford,
and Brunkild. Ashley has made
a few meals now, and they
have been delicious. If you
have not tried Ashley’s cook-
ing yet, come on down!



**Happy
Retirement
Gwen**

Retired!

After 7 years of looking after the nutri-
tional needs of guests attending the
GEMS meal program, Gwen has retired.

We would like to thank Gwen for her
service through the years. She went
above and beyond and made every meal a
delicious food experience.

Gwen, we will miss you but are so happy
to see where life will take you now!





Cooking with Ashley

Ashley is the Meal Coordinator for the La Salle, Brunkild, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared for the meal program.

Teriyaki Chicken

INGREDIENTS

- 1 tablespoon Olive Oil
- 1 1/4 pounds Chicken breasts or thighs, cut into 1-inch cube size

Teriyaki Sauce Ingredients

- 1/4 cup Low Sodium Soy Sauce
- 1 tablespoon Rice Vinegar
- 2 cloves Garlic, minced
- 2 teaspoon Ginger, minced
- 2 tablespoons Brown Sugar
- 2 tablespoons Honey
- 1/4 teaspoon Sesame Oil
- 1/4 cup Water
- 2 teaspoon Cornstarch

Garnish

- Sesame Seeds
- Green Onions

INSTRUCTIONS

- Heat oil in a pan, brown the chicken over medium-high heat, both sides until cooked through.
- Combine all the teriyaki sauce ingredients in a bowl. Pour over the chicken in the pan. Cook until the sauce thickens and bubbles.
- Garnish and serve with rice or noodles and steamed vegetables.



Exercises with Liza—Starbuck

Riverdale Apartments | 12 Thursdays, January 9-March 16 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Liza!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Liza, these classes are designed to be both effective and accessible.

Program Details:

- **Gentle Exercises:** Suitable for all fitness levels.
- **Strength Training:** Use 1 lb weights and stretchy bands.
- **Flexible Participation:** Exercises can be done standing or sitting.

Comfortable Environment: Please wear comfortable clothing and footwear.

Join us and take a step towards better health and mobility!

Pep In Our Step – Older Adult Exercises! _ Sanford

Sanford Legion | 14 Wednesdays, Jan 8-Mar 26, 2025 | 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Agnes!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Agnes, these classes are designed to be both effective and accessible.

Program Details:

- **Gentle Exercises:** Suitable for all fitness levels.
- **Strength Training:** Use 1lb weights and stretchy bands.
- **Flexible Participation:** Exercises can be done standing or seated.

Comfortable Environment: Please wear comfortable clothing and footwear.

Join us and take a step towards better health and mobility!

For complete program descriptions or to register, please

visit www.mhrd.ca
or call 204-885-2444



MIND TRIGGERS

We are thrilled to share a free resource crafted for those impacted by dementia, and those at risk of developing the condition. MindTriggers is a phone or tablet app created by a prominent Manitoba researcher, Dr. Zahra Moussavi. It consists of seven games designed to challenge the mind and improve cognitive skills in short, fun bouts of concentration.

The app has been shown to improve the brain health of its users!

This app is free to all Manitobans as a result of the financial support provided to Dr. Moussavi's research facility. We hope your support will help drum up more interest locally, drive engagement, and justify further supporting Dr. Moussavi's work. For more information and direct download links, please consult

<https://wellness.mb.bluecross.ca/resources/self-directed-supports/mindtriggers>

Flaky Friends



Intergenerational Cooking Classes

Discover the Joy of Homemade Creations

Join us for a unique and fun-filled series of intergenerational cooking classes where you'll master the art of making:



- Bread from Scratch – Knead, shape, and bake your way to golden perfection.
- Pie Crusts – Learn the secrets to flaky, buttery goodness for sweet or savory pies.
- Perogies – Craft these delightful filled dumplings from dough to delicious!

Why Join?

- **Connect Across Generations: Bring your kids, grandparents, or friends—these classes are designed for all ages to share memories and skills.**
- Learn Timeless Techniques: Step-by-step guidance makes even tricky recipes achievable for beginners and fun for seasoned cooks.
- Create Delicious Memories: Sit down together after class and enjoy the fruits of your labor.

Take Your Creations Home: Impress your family with bread, pie, and perogies made by your own hands.

When Is It? March 3, 2025, April 1, 2025, April 3, 2025

Where is it? Sanford Collegiate Home-Ec Room

How Do I Get In?

You can [Register Online](#) or by phone at [\(204\) 885-2444](tel:2048852444).

How Much Does it Cost?

3 Classes: Join all 3 classes and save! \$30.00

- March 3 - Bread Making \$12.00
- April 1 - Pies: \$12.00
- April 3 - Perogies \$12.00



Lunch and Learns

Presentations are free but you must register by calling 204-736-2255. There is a charge for the meal.

Manitoba Birds:

Celebrating Manitoba's Birds: Diversity, Threats, and Conservation

The prairies are home to a wonderful array of bird species, many of which are in decline. Join this talk by the Manitoba Important Bird Areas Program to learn more about the bird species at risk found in Manitoba, why they're declining and how you can support their recovery.

Brunkild Hall @ 12:30: Monday, February 10

Frauds and Scams with Constable Chris

Join us for an informative session on "Frauds and Scams Awareness" put on by the RCMP. Learn about common scams targeting older adults, how to recognize them, and practical strategies for prevention.

The presentation will cover financial, health, and tech-related scams, highlighting warning signs and protection tips. Attendees will also receive resources for reporting scams and seeking help. Empower yourself with the knowledge to stay safe and secure.

La Salle-February 3 at Caisse Community Centre at 12:30 p.m.

Ask the Pharmacist

Join us as Andrew from La Salle Pharmacy talks about:

- Over the counter meds: how to safely use and common interactions with chronic medications
- Vitamins and supplements: are they really needed? Or is it adding to one's pill burden
- Compliance and it's importance

February 5 at 12:30 at Starbuck Hall

February 13 at 12:30 at Sanford Legion

March 3 at 12:30 p.m. at Caisse Community Centre, La Salle

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: February 10 (presentation)

Sanford: Feb 6, 13 (presentation), 20, 27

La Salle: Feb 3 (presentation), Feb 24

Starbuck: Feb 5 (presentation), 12, 19, 26


See the GEMS menu to find out what yummy delights are being prepared for each meal!

All meals are \$10 per meal. Call Leanne to sign up at least a couple days in advance.

204-736-2255

February 2025



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-----|--|--|--|-----|
| | | | | | | 1 |
| 2 | 3 La Salle Valentine's meal Frauds and Scams 12:30 | 4 | 5 Starbuck Shepherd's Pie Ask the Pharmacist 12:30 | 6 Sanford Lasagna | 7 | 8 |
| 9 | 10 Brunkild Valentine's meal Manitoba Birds 12:30 | 11 | 12 Starbuck Valentine's Meal | 13 Sanford Valentine's Meal Ask the Pharmacist 12:30 | 14  | 15 |
| 16 | 17 No Meal Louis Riel Day | 18 | 19 Starbuck Chili | 20 Sanford Hot Pork Sandwich | 21 | 22 |
| 23 | 24 La Salle Chili | 25 | 26 Starbuck Pulled Pork | 27 Sanford Soup & Sandwich | 28 | |



All meals served at 11:45 a.m.

Please call ahead-Call Leanne at 204-736-2255

Lunch and Learn Presentations start at 12:30

All meals \$10 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

MACDONALD SERVICES TO SENIORS

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Sanford, MB

Phone: 204-736-2255

Email:
info@macdonaldseniors.ca

Macdonald Seniors Advisory Council (MSAC)

- Mike Kukelko:
204-770- 7838
- Wendy Kukelko:
204-770-2361
- Jane Kroeger
204-227-2975
- Roy & Shirley Switzer:
204-736-3744
- Ronda Karlowky:
204-794-4821
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee
Stokotelny
204-885-2444

Helping seniors remain in their own homes

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, housekeeping, foot care, medical equipment loans, filling out forms, accessing information, and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

Service Providers :

RM of Macdonald

Foot Care:

Karen Dingman: 204-996-2376
Melanie Cotroneo (204) 250-2260

Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

Housecleaning Services:

Elsie-204-461-2999-La Salle
Margret-204-745-0863-call for service area
La Salle Cleaning Services: 204-805-4249 call for service area

Grief Counselling & Family Wellness: Brooke Robinson
(204) 361-5683

If you are interested in putting your name forward to be contacted when someone requires help with transportation or light house cleaning, please call Leanne.

