



The Wire

January 2025

Inside this issue:

Cooking with Gwen	2
MHRD	3
Minds in Motion Open House	4
Lunch & Learns Congregate Meal Dates	5
Holiday Luncheon highlights	6
Calendar	7



Happy New Year
to You
from all of us at
Macdonald Services
to Seniors
and
Macdonald -
Headingley
Recreation District

-Tasha, Kristie, Rachel,
Krista, Leanne, Christee

GEMS Meal Program Looking for a New Name

Macdonald Services to Seniors offers a communal meal program every Monday, Wednesday, and Thursday for individuals 60 years old and up. It's an opportunity to join friends for a meal, not limited to those who can't cook for themselves but open to all who wish to partake. It serves as a hub for socializing, making new friends, engaging in conversation, and enjoying fun activities.

It provides an opportunity for volunteering to those community members who wish to help out and an outlet to promote other services for older adults. But...we need a new name... Vote for your favourite name and be entered into a draw for a \$50 meal voucher at any of the weekly meal programs.

1. The Gathering Plate
2. Golden Fork Café
3. Seasoned Plate
4. Macdonald Mingle Meals
5. Friendship Feast
6. The Social Spoon
7. Connections Café
8. Harvest & Harmony

Please email Leanne or call 204-736-2255 to vote for your selection. The new name will be revealed on January 6, 2025.

Cooking with Gwen

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



Holiday Luncheon Meatballs and Sweet and Sour Sauce

Contributed by Marlene Podaima

Ingredients for 5 lbs of meat

- | | |
|--------------------------|------------------------------|
| 5 eggs | 1/2 cup finely chopped onion |
| 2.5 cups bread crumbs | 1/4 c. ketchup |
| .5 tbsp salt | 1 tsp sage |
| .5 tbsp (or less) pepper | 1 tbsp Worcestershire sauce |
| | 1-2 cloves crushed garlic |

Directions

1. Mix well and form into meatballs
2. Bake them in the oven on cookie sheets lined with parchment 350 for 25 minutes. It also depends on the size of the meatballs. Small 25 minutes. A little bigger 30 minutes.
3. You may divide up the cooked meatballs and place in the freezer for future meals

Sweet and Sour Sauce

- 2 c water
- 1 c brown sugar
- 1 c. white sugar
- 1 c. vinegar
- 1 c. ketchup
- 1 tsp. salt

- 1 heaping tbsp Cornstarch
- 1/4 cold water to thicken

Directions

1. Mix cornstarch and 1/4 c water until smooth
2. Mix remaining ingredients in a saucepan and heat up
3. Slowly add cornstarch mixture while stirring
4. Boil until thickened



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!

Chair Yoga-La Salle

Caise Community Centre: MPR | 10 Mondays, January 6 – March 17, 2025 | 10:00 am – 11:00 am | \$80.00

Chair Yoga is a great fit for anyone looking to improve flexibility, balance, and posture without the need to get up or down from the floor. This class focuses on mindful breathing, gentle stretching, and balance exercises while using the chair for support. It is ideal for those with mobility or balance challenges but still want to enjoy the benefits of yoga in a comfortable, accessible way.

Join us for a relaxing, low-impact workout that strengthens both body and mind in a welcoming, supportive environment!

No class on February 17

For complete program descriptions or to register, please

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



Minds *in* Motion™

JOIN US AT OUR OPEN HOUSE!

Discover more about the
Minds in Motion® program
and see if it is right for you!

Thursday, January 16th
Sanford Legion
Railway Ave, Sanford, MB
1:00 - 3:00 pm

Minds in Motion is a weekly fitness program designed for people with early to moderate signs of dementia and their care partner. It includes a gentle chair fitness class, followed by engaging activities and conversation.

For more information or to register, please contact:

Leanne (Macdonald Services to Seniors)
info@macdonaldseniors.ca / 204-736-2255



Alzheimer Society
MANITOBA
Dementia Care & Brain Health

Lunch and Learns

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

♦ **Beginning Genealogy—FREE**

You will learn how to become family history detectives. You will participate in discussions, learning along the way how to find, and evaluate clues in actual case studies; helping you develop the skills necessary to pursue your own family history.

Each presentation usually takes approximately two, to two and a half hours depending on participation, and any follow up questions after.

Thursday, January 9: Sanford Legion

Monday, January 20: Caisse Community Centre-La Salle

Please register by calling Leanne at 204-736-2255 or by registering online at [MHRD](#)

♦ **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

Wednesday, Jan 29 at Starbuck Hall at 12:30 p.m.

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: January 13

Sanford: January 9 (presentation), 16, 23, 30

La Salle: January 6, 20 (presentation), 27

Starbuck: January 8, 15, 22, 29 (presentation)

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.



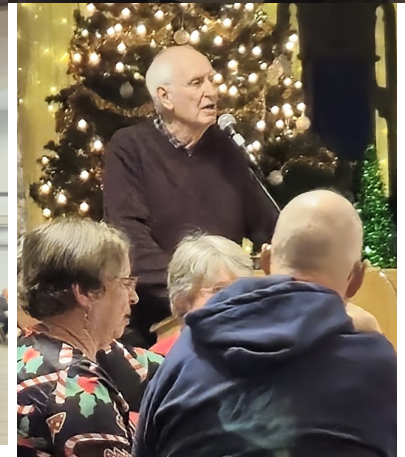
Candy Cane Hook game



A Huge Thank you to ACCESS Credit Union, all the volunteers, Starbuck Catholic Church, Girl Guides, MHRD and everyone who came out to celebrate the Holiday Season



A happy door prize winner- Lenny Poersch



Holiday Greetings from the RM—Barry Feller



Table Centerpieces –a big thank you to Gwen, Kathleen, Rita, Donna for helping to make the houses and trees for every table.



Snowball Scoop Game

January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Meal	2 No Meal	3	4
5	6 La Salle Holiday Meal	7	8 Starbuck Shepherd's Pie	9 Sanford Ham Casserole Genealogy 101	10	11
12	13 Brunkild Soup and Sandwich	14	15 Starbuck Chicken Casserole	16 Sanford Chicken Parmesan Minds in Motion Open House-1pm Sanford Legion	17	18
19	20 La Salle Lasagna Genealogy 101	21	22 Starbuck Teriyaki Chicken	23 Sanford Surprise	24	25
26	27 La Salle BBQ Chicken	28	29 Starbuck Lasagna Ask the Pharmacist	30 Sanford Roast Pork	31	

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.



Happy Holidays!
Services to Seniors Office is closed Dec 23-Jan 5

MACDONALD SERVICES TO SENIORS

Leanne Wilson
Box 100
161 Mandan Dr
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
- Bernice Valcourt:
204-272-5586
- Jane Kroeger
204-227-2975
- Roy & Shirley Switzer:
204-736-3744
- Ronda Karlowsky:
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.

