



The Wire

March 2025

**FREE TELEPHONE
GROUP**

**ACTIVITIES FOR
MANITOBANS 55+**

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Calendar



MARCH 2025

Mon	Tue	Wed	Thu	Fri
3 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	4 Poetry 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM	5 Bullying 1:30 - 2:30 PM	6 Short Stories 10:00 - 10:30 AM Trish's Dishes 1:30 - 2:30 PM	7 Good News 10:00 - 10:30 AM Bankers Row 1:30 - 2:30 PM
10 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	11 What's the Verdict? 11:00 - 11:45 AM Bingo 2:00 - 2:45 PM	12 Kids Chat 1:30 - 2:00 PM	13 Coffee Talk 10:00 - 10:30 AM Biographies - Elvis Presley 1:30 - 2:00 PM	14 Spelling Bee 10:00 - 10:30 AM St. Patrick's Day 1:30 - 2:00 PM
17 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	18 A & O Programs & Services 10:00 - 11:00 AM Food Series: Protein 1:30 - 2:30 PM	19 Chat Pack 1:30 - 2:15 PM	20 Short Stories 10:00 - 10:30 AM Creative Writing 2:00 - 3:00 PM	21 Idioms 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
24 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	25 Living Your Best Life 10:00 - 11:00 AM Bingo 2:00 - 2:45 PM	26 Emergency Preparedness 1:00 - 2:00 PM	27 Coffee Talk 10:00 - 10:30 AM Autumn in Minnesota 1:30 - 2:30 PM	28 Talent Show 10:00 - 11:00 AM Radio Station 207 1:30 - 2:15 PM
31 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM				

For more information or to
register:

204-956-6440 (Winnipeg)

1-888-333-3121 (Toll-free)

info@aosupportservices.ca

The Senior Centre Without Walls program is funded by the
Winnipeg Regional Health Authority and Manitoba Health, Seniors
and Long-term Care as part of the Age-Friendly Manitoba Initiative.



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.

Old Fashioned Beef Stew

INGREDIENTS

- 2 lbs beef chuck roast, cut into 1-inch cubes
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 large onion, diced
- 4 cloves garlic, minced
- 4 cups beef broth
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 4 large carrots, sliced
- 4 medium potatoes, peeled and diced
- 2 cups green beans, trimmed and cut into 1-inch pieces
- 1 tsp dried thyme
- 1 bay leaf
- Fresh parsley for garnish

INSTRUCTIONS

1. ****Sear the Beef:**** In a large Dutch oven or heavy pot, heat the olive oil over medium-high heat. Season the beef cubes with salt and pepper. Work in batches to sear the beef until browned on all sides (about 5-7 minutes). Remove the beef and set aside.
2. ****Sauté the Vegetables:**** In the same pot, toss in the diced onion and sauté for about 3-4 minutes until it becomes translucent. Stir in the minced garlic and let it cook for an additional 30 seconds.
3. ****Simmer the Stew:**** Return the seared beef to the pot. Add the beef broth, tomato paste, Worcestershire sauce, thyme, and bay leaf. Bring to a boil, then reduce heat to low. Cover the pot and let it simmer for 1.5 hours, savoring the smells!
4. ****Add the Vegetables:**** After 1.5 hours, toss in the sliced carrots, diced potatoes, and green beans. Stir everything together, replace the lid, and continue simmering for another 30-45 minutes until the vegetables are tender and the beef is falling apart.
5. ****Final Seasoning:**** Give it a taste and adjust the seasoning with more salt and pepper if needed. Don't forget to fish out that bay leaf before serving!

6. ****Serve:**** Ladle the stew into bowls, garnishing with a sprinkle of fresh parsley. Serve hot, and let that warm, inviting aroma fill the room!



New Plastic Health Cards

Do you have a paper Manitoba Health Card?

Click here to be taken to the government web page to register for your new health card. (CTRL Enter)

[Privacy Notice and Consent](#)



Manitoba Health, Seniors and Long-Term Care

Insured Benefits Branch

Phone Numbers:

Voice: 204-786-7101

Toll Free: 1-800-392-1207

Fax: 204-783-2171

Deaf Access Line TTY/TDD: 204-774-8618

300 Carlton Street

Winnipeg, MB R3B 3M9

Business hours: Monday to Friday 8:30 a.m. to

4:30 p.m.

You are required to report any changes in personal information, location, immediate family, or immigration status to Manitoba Health, Seniors and Long-Term Care within 30 days to remain eligible for coverage.

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



Nordic Pole Walking Loan Program

Only for use by Macdonald & Headingley Residence

Looking to try something new?! Wanting to 'Step-up' your walking game?! Try Nordic Pole Walking! It is a great way to get active and work almost your entire body just by walking! Come and borrow a set of Nordic Walking poles and enjoy all the benefits they have to offer!

Increase your cardiovascular capacity

Strengthen and work 90% of your muscles

Improve your balance

Try out a set of poles today! Contact our office to borrow a pair! 204-885-2444, info@mhrd.ca

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.

Bring a youth under 12 and only pay for yourself...the youth is free!

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.

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

DNA testing for Genealogy

Are you thinking of doing, or have you already done a DNA test?

Can DNA testing help solve a family mystery, and if so, how?

This session will give you a basic understanding of what DNA testing is, in simple and easy to understand language.

It will explain what kinds of DNA tests are available, and what they can and cannot tell you. It will cover topics such as finding living relatives today, and how far back you might be able to trace your family.

We will discuss which family members should do a test, and why.

We will look at how ethnicity is determined, and discuss the different testing companies.

Are you puzzled by your test results? We will also discuss that.

Bill has done his own DNA test with some surprising results.

Monday, April 21 at 12:30 p.m.– Caisse Community Centre

Connections Café Meals in RM of Macdonald

Let's Eat together!!

Brunkild: March 10

Sanford: March 6, 13, 20, 27

La Salle: March 3, 17, 24, 31

Starbuck: March 5 12, 19, 26

See the Connections Café 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

March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 La Salle Lemon Chicken Ask the Pharmacist, 12:30	4	5 Starbuck Liver Lovers Lunch	6 Sanford Liver Lovers Lunch	7	8
9 Spring Forward	10 Brunkild Irish Meal	11	12 Starbuck Salmon	13 Sanford Shepherd's Pie	14	15
16	17 La Salle Irish Meal	18	19 Starbuck Irish Meal	20 Sanford Irish Meal	21	22
23	24 La Salle Salmon	25	26 Starbuck Pasta casserole	27 Sanford Meatloaf	28	29
30	31 La Salle Meatloaf					



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

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
- 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
Stokotelnny
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.

