



# The Wire

May 2025

## Covid-19 Vaccine Info

### Inside this issue:

Recipe of the Month	2
MHRD	3
MB 55+ Games	4
Canadian Pride Trivia	5
Lunch & Learns Congregate Meal Dates	6
Canadian Trivia Answers	
Let No One Be Alone	7
Connections Café	8

To strengthen immunity ahead of an anticipated summer wave, starting May 1, 2025, individuals who received one dose of COVID-19 vaccine since fall 2024 and who meet the following criteria may receive an additional dose of COVID-19 vaccine, provided it has been at least three (3) months since their most recent dose:

Adults 65 years of age and older;  
Indigenous people 45 years of age and older, including First Nations, Inuit and Métis peoples, regardless of place of residence;  
Adult residents of long-term care homes and other congregate living settings for seniors;  
Individuals 6 months of age and older who are moderately to severely immunocompromised (due to an underlying condition or treatment).

The spring COVID-19 Immunization program will run from May 1, 2025 to June 30, 2025. This will ensure there is a three-month interval before the upcoming fall immunization campaign.

## Folklorama 2025

Friday, August 15, 2025

3 pavilions, 1 night

We will be visiting **Croatia, Germany, and Caribbean/Africa.**

No waiting in line, table service, progressive meal including 2 alcoholic beverages per person.

Air conditioned bus transportation-pick up in Oak Bluff

Space is limited. Call Leanne to book and pay by June \$30-\$85 p.p.  
After June 30, \$90 p.p. if there is space available.

# Connections Café Recipe of the Month

## Beef Enchiladas

### Ingredients

- 1 lb ground beef
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 can (10 oz) enchilada sauce (red or green)
- 1 can (15 oz) black beans, drained and rinsed (optional)
- 1 cup corn (fresh or frozen, optional)
- 2 cups shredded cheese (cheddar and/or Monterey Jack)
- 8-10 corn tortillas
- 2 green onions, sliced (for garnish)
- 1 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- Olive oil for cooking



### Instructions

1. Preheat your oven to 350°F (175°C).
2. In a large skillet, heat a tablespoon of olive oil over medium heat. Add the chopped onion and garlic, and sauté until the onion is translucent.
3. Add the ground beef to the skillet. Use a spatula to break it up and cook until browned. Don't forget to drain any excess fat if needed!
4. Stir in the chili powder, cumin, salt, and pepper. If you're using black beans and corn, add them in and mix well. Then, remove from heat.
5. In a separate dish, pour a bit of enchilada sauce to coat the bottom of the baking dish.
6. To assemble the enchiladas, take a tortilla, add a spoonful of the beef mixture, sprinkle with cheese, and roll it up tightly. Place seam-side down in the baking dish. Repeat until you've filled all the tortillas.
7. Once all the enchiladas are snugly in the dish, pour the remaining enchilada sauce over the top and sprinkle with any remaining cheese.
8. Cover the dish with aluminum foil and bake for 20 minutes. Then, remove the foil and bake for another 10 minutes, until the cheese is bubbly and golden.
9. Remove from the oven and let it cool for a few minutes. Garnish with sliced green onions before serving.

[www.deliciouslymadeathome.com/](http://www.deliciouslymadeathome.com/)



## Exercises with Liza—Starbuck

Riverdale Apartments | 12 Thursdays, April 10-June 12 | 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, April 9-June 11 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](http://www.mhrd.ca)  
or call 204-885-2444



## Spring is here! Time to get outside!!

### 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



# Save the Date & Participate!

Join us in Steinbach, MB  
June 3rd - 5th, 2025

At Active Aging in Manitoba (AAIM), we are proud to host the largest multi-sport event in Manitoba for those 55+.

This province wide event combines social activity, entertainment, and exercise. The Games are a fun and enriching experience for spectators, volunteers, and participants!



For more information or to register:

Website: [www.activeagingmb.ca](http://www.activeagingmb.ca)

Email: [info@activeagingmb.ca](mailto:info@activeagingmb.ca)

Phone: 204-632-3947



REGISTER ONLINE:

[www.activeagingmb.ca](http://www.activeagingmb.ca)

REGISTRATION  
OPEN NOW!

Closes: Thursday, May 15th



Manitoba  
55+ Games

PRESENTED BY **PLAYNOW**

Choose from any of these  
age-friendly events:

- 3 km walk/run (Predicted time)
- 5 Pin Bowling singles & team
- 8-Ball & 9-Ball
- 9 & 18 Hole Golf
- Arts & Crafts
- Bocce Ball
- Bridge
- Corn Hole
- Cribbage
- Floor Curling
- Horseshoes
- Lawn Bowling
- Pickleball
- Slo-Pitch
- Swimming
- Table tennis
- Track
- Wall Darts
- Whist
- Demo event: beach volleyball



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SPONSOR:

**PLAY  
NOW**

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Credit Unions



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Senior Scope  
Health and Wellbeing Information

MANITOBA BLUE CROSS®  
THE COLOUR OF CARING™





# Why do we only Celebrate our Great Country only once a year?

We are so fortunate to live in this great country. With all that has happened so far this year across the globe, one thing for sure is that the Canadian pride and spirit that has emerged is a wonderful thing. Let's keep it up...we live in the best country ...we should toot our own horns more often!

At a couple of Connections Café, we decided to do just that and dress "Canadian" to show our fierce national pride.



1. This area has less gravity than the rest of the world.
2. Canada has 2,860 of these, twice as many as the United States.
3. Quebec is the world's top producer of this condiment.
4. The beaver is one of Canada's national animals; this statuesque mammal is the other.
5. This type of bear lives in British Columbia—and nowhere else in the world.
6. A Canadian pharmacist invented this spreadable.
7. This type of pizza was created by Sam Panapoulos in Chatham, Ontario, in 1962.
8. This piece of hardware was invented in Canada.
9. A group of Canadian experimental filmmakers invented this technology for Expo 67.
10. This event was the most watched broadcast in Canadian history.

## Lunch and Learns

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

### Joint presentations from Blue Cross

**The MindTriggers** digital app offers a variety of brain games tailored to combat memory loss and cognitive impairment due to aging or dementia – no matter your age or stage of life. Inspired by research in brain stimulation and memory retrieval led by the University of Manitoba's Dr. Zahra Moussavi, MindTriggers is your proactive step toward maintaining a healthy, active mind. The MindTriggers app is now available at no cost on Google Play or the App Store, courtesy of Manitoba Blue Cross. The presentation will include a demonstration of the app, where participants will have the opportunity to familiarize themselves with the games.

### Hand Health:

Incorporating simple hand exercises into your daily routine can help prevent strain, improve flexibility and strengthen your hands. Our Hand Health guide includes stretches, movements, strengthening exercises, and tips for healthy hand habits. This guide can be used to improve your experience with a variety of activities, including crafts, handiwork, cleaning, and gardening. The presentation will include a demonstration of the exercises, and each participant will receive a free squeeze ball.

**Wednesday, May 7 at Starbuck Hall-12:30 p.m.**

**Thursday, May 15 at Sanford Legion-12:30 p.m.**

**Monday, June 16 at Brunkild Hall-12:30 p.m.**

#### Canadian Trivia Answers:

1. Hudson's Bay. It's due to a combination of the melting Laurentide Ice Sheet and convection in the Earth's mantle. 2. Hockey rinks. That's more than any other country. 3. Maple syrup. The province makes about 73 percent of the global supply. 4. The Canadian horse, which is usually black, bay or brown and descends from the horses sent by King Louis XIV of France to his subjects in New France in 1665. 5. The [kermode bear](#), also known as the spirit or ghost bear. It was named after Francis Kermode, who encountered the animals while working as a director of the British Columbia Provincial Museum. 6. Marcellus Gilmore Edson, who patented a method to turn roasted peanuts into peanut butter in 1884. 7. Hawaiian pizza. He had a hunch that the sweet pineapple and savoury ham would go well together. 8. The square Robertson screw. 9. Imax. It took longer than they expected, though, and the first screening took place three years later at Expo 70 in Japan. 10. The 2010 Olympic men's hockey final. Some 16.6 million Canadians watched Team Canada clinch the gold medal.

## Connections Café Meals in RM of Macdonald

**Let's Eat together!!**

**Brunkild: May 12**

**Sanford: May 1, 8, 15 (Presentation), 22, 29**

**La Salle: May 5, 26**

**Starbuck: May 7 (Presentation), 14, 21, 28**

**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.**



*Time is our  
Most  
Valuable  
Currency!*



*How will you invest it?*



**May 4-10, 2025**

***One Moment.  
One Connection.  
One Kind Act.***

**Everyone Matters. Everyone Belongs.**

**Our time is our greatest gift—  
a simple conversation, a shared laugh, a quiet visit.  
Use your time to make someone feel seen.**

**Together, we can brighten someone's day.  
Together, we can change lives.**

**Who could you reach out to today?  
Join in on this week of awareness!**



*NOW is ALWAYS a good time to make a difference!*



**AGE FRIENDLY**  
Manitoba



# May 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sanford Chicken Stew	2	3
4	5 La Salle Cinco de Mayo	6	7 Starbuck Beef enchiladas	8 Sanford Salisbury Steak	9	10
			Presentation: Blue Cross at 12:30			
11 Mother's Day	12 Brunkild Sweet and Sour Meatballs	13	14 Starbuck Lemon Chicken	15 Sanford Orange Chicken	16	17
				Presentation: Blue Cross at 12:30		
18	19 No meal Victoria Day	20	21 Starbuck Salisbury Steak	22 Sanford Smothered Pork Chops	23	24
25	26 La Salle Lemon Chicken Birthday Cake	27	28 Starbuck Pulled Pork Birthday Cake	29 Sanford Beef Enchiladas Birthday Cake	30	31
<p>All meals served at 11:45 a.m.  Please call ahead-Call Leanne at 204-736-2255  <b>Lunch and Learn Presentations start at 12:30</b>  All meals \$10 p.p.  We will try to accommodate special dietary requests.      Menu subject to change.</p>						



## 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
- Ronda Karlowsky:  
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.**

