MACDONALD SERVICES TO SENIORS

DECEMBER 2026

THE Wire



Introducing the newest member of the Macdonald Services to Seniors Team....

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Macdonald Services to Seniors is excited to welcome Lori Dezall as our new Assistant Coordinator!

Lori brings a wonderful combination of experience, enthusiasm, creativity and a passion for working with people. We are looking forward to having her join our team and contribute to the programs, services and community connections that help older adults in the RM of Macdonald live well, stay connected and remain independent in their own homes.

Please join us in giving Lori a warm welcome!

Welcome to Macdonald Services to Seniors, Lori! We're so happy to have you on board!

Recipe of the Month



find the recipe here

2026

December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Sanford @11:45 **Pickerel**	2Starbuck @11:45 **Turkey Chili**	3	4 Holiday Luncheon	5
6	7 La Salle@ 11:45 **Holiday meal** 14 Brunkild @11:45 **Holiday meal**	8 Sanford @11:45 **Holiday meal** Fun with MHRD @12:30 15 Sanford @ 11:45 **Chicken Stirfry** BINGO @12:30	9 Starbuck @11:45 **Beef Stew** Fun with MHRD @12:30 16 Starbuck @11:45 **Holiday meal** BINGO @12:30	10 17	11 18	12 19
20	21 No Meal	22 No Meal	23 No Meal	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28 No Meal	29 No Meal	30 No Meal	31 New Year's Eve	1 New year's Day	

Connections Café meals will resume on Monday, January 5, 2027 in La Salle. The Tuesday Sanford meals will be moving back to Thursdays in January.

Please call Leanne at 204-736-2255 to sign up no later a couple days before each week's meals.

We will try to accommodate special dietary requests. **Please call ahead to confirm.**

Menu subject to change. **$10 per person eat in, $12 take out or delivery**

Lunch and Learns

- **Thyroid Function/healthy Eating**
  Dec 2-Starbuck Hall at 12:30
  Jan 21/27-Sanford Legion at 12:30
  Jan 25/27-Tank Traders Multiplex at 12:30

- **Habitat for Humanity**
  Jan 7/27-Sanford Legion at 12:30
  Feb 22/27-Tank Traders Multiplex at 12:30

- **Financial Wellness for Seniors-Feb 3/27-Starbuck Hall at 12:30**

Call to register with Leanne 204-736-2255 or info@macdonaldseniors.ca

LET'S TALK TRANSPORTATION

COMMUNITY TRANSPORTATION

NEED A RIDE? HAVE A SEAT TO SHARE?

GoManitoba is connecting people, communities and destinations across Manitoba!

Whether you're travelling to work, school, social activities or into the city, GoManitoba is a FREE ride-matching tool that connects drivers and passengers heading in the same direction.

By matching people based on their starting location, destination and travel time, GoManitoba helps make everyday trips more affordable, convenient and connected.

More Than Just a Ride!

Sharing a ride isn't just about getting from one place to another. It's an opportunity to meet people, build social connections and make better use of transportation resources already available in our communities.

Bring GoManitoba to Your Community!

Municipalities and organizations can create their own networks for FREE!

These networks help expand transportation options, encourage ride-sharing and support greater social and economic participation in communities across Manitoba.

Ready to Get Connected?

Find a ride or share yours!

Visit www.gomb.ca to create your free account.

GO MANITOBA.ca

Interested in bringing GoManitoba to your organization or community?

Email gohappy@greenactioncentre.ca to learn more about creating a network.

Macdonald-Headingley
RECREATION DISTRICT

Exercises with Liza

Thursdays, Riverdale Apts, Starbuck
Oct 1- Dec 3/2026

Want to maintain muscle strength and enhance your mobility? Our gentle exercise sessions are the perfect fit for you! Led by Liza, these classes focus on being effective and accessible for everyone. In these sessions, you'll engage in gentle exercises suitable for all fitness levels, incorporating 1 lb weights and stretchy bands for strength training. You can choose to participate while standing or sitting, ensuring a comfortable experience for all.

Don't forget to wear comfortable clothing and footwear! Join us and take a step toward better health and mobility today!

Register Here



Pep in Your Step

Wednesdays, **Sanford Legion**

Looking to maintain muscle strength and enhance your mobility? Join Agnes for our gentle exercise sessions, thoughtfully designed for participants of all fitness levels! In these classes, you'll engage in gentle exercises using 1lb weights and stretchy bands to promote strength and flexibility. You can choose to participate while standing or seated, making it accessible for everyone. Remember to wear comfortable clothing and footwear. Take a step toward better health and mobility—join us for a supportive and effective workout!

Register Here

La Salle Walking Club

Wednesdays, 9:00 am - 10:00 am | FREE



Join our Outdoor Community Walking Club for fresh air, friendly faces, and feel-good movement! We meet Wednesday mornings for group walks that welcome all ages and fitness levels—no pressure, just good company and a chance to enjoy the outdoors together. * Urban Poles will be available for use if anyone would like to try them *

Meet up at the Tank Traders Community Centre by 9 am

13 Wednesdays-Sept 16-Dec 9

For more information

La Salle Chair Yoga

Mondays, 10:00 a.m. -11:00 a.m. | $80



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!

10 Mondays, September 21 - November 30, 2026No Class - October 12, 2026

Register here

Macdonald-Headingley

RECREATION DISTRICT

Did you know...?


Tillwell™
FOR MANITOBA FAMILIES
Prepaid your funeral before aquamation came to Manitoba?
You still have a choice.
Your prepaid funds are held for you, not spent by the funeral home. In most cases, your plan can follow your wishes, including choosing aquamation, a gentle water-based alternative to flame cremation.
01 Your money is protected
Manitoba law requires prepaid funeral money to be held in trust or in an insurance policy for you.
02 Many plans move at no cost
Insurance-funded plans can usually be transferred with no fee and their full value.
03 Nothing is wasted
If your plan is worth more than you need, the difference goes to your beneficiary or estate, not the funeral home.
Certified B Corporation
We'll review your plan with you.
Free, no obligation, and no pressure.
(204) 885-0409
Tillwell is Manitoba's first licensed aquamation provider.

Stories across Generations

🌟 Your Story Matters! 🌟
Senior Volunteers Wanted for Stories Across Generations
Do you remember playing outside until the streetlights came on? 📚
Going to a one-room school? 🏫
Your first job? 👩‍🍳👨‍🔧
A favorite family tradition? ❤️
We want to hear your story!

Macdonald Services to Seniors is looking for senior volunteers to take part in a special intergenerational project connecting older adults with students from J.A. Cuddy School.

Over three sessions, you will be paired with a student who will get to know you, ask questions, listen to your memories, and discover what life was like when you were young.
Together, you'll talk, laugh, share memories, and discover the things you have in common.
📖 And there's a special ending...
The stories collected from all of our senior volunteers will be compiled into a community book:
Stories Across Generations
Our Community, Our Stories
Your story could become part of a lasting collection that future generations can enjoy!
No special skills are required—just a willingness to share, listen, and have some fun.
❤️ Be a storyteller. Be a mentor. Be a friend.
Interested in participating?
Contact Macdonald Services to Seniors at 204-736-2555
Space is limited, so sign up today!

MASC AGE FRIENDLY Manitoba SOCIAL PRESCRIBING
manitobaseniorcommunities.ca info@manitobaseniorcommunities.ca

Update: Stories Across Generations will start in February

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)
La Salle· Jane Kroeger 204-227-2975
Sanford· Nancy Langlois: 204-471-7056
Brunkild· Ronda Karlowsky: 204-794-4821
Oak Bluff -Barbara Nixon 204-895-9292
· -RM Rep: Christine Kabernick 204.479.2999·
MHRD: Christee Stokotelny 204-885-2444

Home Care
Brunkild, Oak Bluff, Sanford, Starbuck
204-735-3193

La Salle, Domain
204-746-7351

Palliative Care
Marni Cormier
204-870-7476

About Us:

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.

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:**
  La Salle Cleaning Services: 204-805-4249 call for service area
- **Helping Hands Senior Care: Melissa Blais : 204-228-8761**
- **Grief Counselling & Family Wellness: Brooke Robinson (204) 361-5683**
- **Home maintenance, safety upgrades (grab bars, lighting, railings, etc.), and tech support MRCaretaker.com: Peter Kaluzny 204-293-7948**

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

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.