



The Wire

Volume 3 Issue 4

January 2020

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May 12, 2020 will mark 150 years since the Manitoba Act received royal assent, paving the way for Manitoba to become Canada's fifth province. The Manitoba 150 Host Committee is engaging Manitobans in the yearlong celebration of this momentous milestone. The Manitoba 150 Host Committee aims to support initiatives and events that cultivate pride in our province, foster a profound connection with our diverse cultures and, above all, unite us in celebration. Manitoba 150 United in Celebration – Unis dans la fête highlights the fact that our province is in the heart of the country, uniting the east and the west. The unbroken line of the logo represents our unity and the strong connection we feel to our home that is part of our identity, uniting us as Manitobans. The brand personality is welcoming and inclusive, proud and celebratory,

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Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!

If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!



All Purpose Dressing

1 Cup mayo

1/4 cup sugar

1/3 cup white vinegar

Mix together and enjoy on salads

For different variations, try apple cider vinegar, rice wine vinegar or even white wine vinegar in place of the white vinegar. You will be surprised at the flavour changes.

BRAIN BODY NUTRITION

2 TUESDAYS
JANUARY 14 & 21
7:00 PM - 8:00 PM
OAK BLUFF SCHOOL - LIBRARY
FEE: \$20.00

REGISTER BY: JANUARY 7
VISIT MHRD.CA
CALL 204.885.2444
EMAIL INFO@MHRD.CA


Macdonald-Headingley
RECREATION DISTRICT



Upcoming Programs



Exercises at Mandan Manor

Sanford

Wednesdays,

Beginning January 15

11:00 am – 12:00 pm

Mandan Manor – Common Room

Fee: FREE!

visit mhrd.ca

call 204.885.2444

email info@mhrd.ca



Speaking of Bones

Thursday, January 23 at 1pm at Sanford Legion

Cost Free

Presented by Osteoporosis Canada (OC).

You will learn what osteoporosis is, whether you are at risk, how osteoporosis is diagnosed, what you can do to maintain healthy bones, the role of exercise, nutrition and lifestyle choices, how osteoporosis is treated and how to live well with it.

If you are interested in attending lunch before the presentation, cost of the lunch is \$10 and you must pre-register. Call Leanne at 204-735-3052

Kidney Health

Wednesday, January 29 at 1pm at Starbuck Hall

Cost: Free. Come and enjoy a delicious lunch prior to the presentation for \$10. Lunch served at 11:45. Call Leanne at 204-735-3052 to reserve your seat.

The Manitoba Renal Program will share information on kidney health and the impact of chronic kidney disease on Manitobans. Learn about keeping your kidneys healthy and how kidney disease is diagnosed and managed.



M.S.S. is looking for individuals to help others out with snow clearing of steps, sidewalks, decks. This is a paid service. If you know of anyone (student or adult) who could help out, please contact Leanne at 204-735-3052 or mssi@mymts.net



MB 150, *continued*

exciting and creative. We are proud of our province's beauty, our culture, our people, our history!

Programs are already being planned to celebrate Manitoba 150. For more information check out their website at:

<https://manitoba150.com/>

You still have time!!

Act now to nominate the Manitoban who inspires you! Through Honour 150, sponsored by Canada Life, you have the chance to recognize the person who goes above and beyond to support the community. Canada Life will make a \$500 community grant in tribute to each recipient!

Nominate the Manitoban in your life who inspires you with Honour 150, sponsored by Canada Life. Closes January 31, 2020. Honour 150 celebrates Manitobans who give back to the community and enrich our province. Honorees will receive a commemorative medal, an invitation to a special celebration in November, and will have a \$500 grant made in tribute to their good deeds.

Trimble

Long term memory

Executive functioning

Trimble is a trivia game and word jumble combined.

First, answer the trivia questions and cross out the letters of each answer in the letter grid. Then, rearrange the remaining letters (those that have not been crossed out) to reveal another word or phrase related to the same theme.

Theme: Colours and the jumble consists of one word.

1. What was the name of the Lone Ranger's horse?_____
 2. What was the colour of Dorothy's magical slippers in *The Wizard of Oz*?

 3. What was the colour of the submarine in the Beatles song? _____
 4. What is the colour of the third place medal in the Olympics?_____
 5. What colour is Dr. Seuss's Grinch who stole Christmas?_____
 6. What was the last name of the television journalist played by Candice Bergen?_____
 7. What was the colour of Paul Bunyan's ox Babe?_____
 8. Prisoners are often made to wear this colour of jumpsuit so they can be easily spotted if they escape?_____
 9. This is the appropriate gift for a fiftieth anniversary?_____
 10. What colour is known worldwide as the signal for surrender or truce?

- answers on page 6

answers on page 6

[illegible]

Answers to Trimble from page 5

- | | |
|-----------|-----------|
| 1. Silver | 6. Brown |
| 2. Ruby | 7. Blue |
| 3. Yellow | 8. Orange |
| 4. Bronze | 9. Gold |
| 5. Green | 10. White |

Hall Walking

Join us for warm indoor hall walking.
Nineteen laps around the hall is one mile!

Starbuck Hall
Thursdays,
beginning January 9
10:00 am - 11:00 am
Fee: Free!

Please contact Maggie for more information.
Maggie Crompton, 204.735.2378

Its now 2020! Remember to write the date out completely on any legal document!

That '20 could be turned into "2018" or "2019" on a check or other legal document, setting you up for fraud, For instance, the scammers could date that captured check to "2021" and attempt to cash it again next year. Another scenario: Say you signed documents agreeing to start paying debt on 1/3/20. That could be turned into 1/3/2019, and the scammers could attempt to collect past debt.

The simple solution: Fully write out the year -- 2020 -- on any legal documents, authorities say.

Macdonald Services to Seniors has a Website!

Check us out at www.MacdonaldSeniors.ca

Macdonald Services to Seniors

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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, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline 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 Featured in Previous Issues:

Foot Care:

Karen Dingman: 204-996-2376

Leanne Maes: 204-771-4030

Hair Care:

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

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

**Macdonald Services to Seniors is in Need of
Drivers, and House and yard maintenance
in all communities.**

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

