

# The Wire

Volume 3 Issue 12

September 2020

Inside this issue:

Cooking with Gwen 2

Up coming Programs 3

On line dating tips continued 4

MHRD Fall Guide Info

Brain game/ Trivia 5

## 5 online dating tips for seniors looking for love



Whether looking for a new life partner or simply a date for the symphony, an increasing number of older Canadians are turning to online dating.

"I am finding more and more every day seniors are getting online, that's one of the fastest demographics turning to technology," says Jennifer Cairns, co-founder of [eGurus](#), a technology tutoring company for people over 55.

Are you looking for love as a senior? Cairns offers these useful tips:

### 1. Create a separate email

Everyone you meet will not turn out to be a perfect match, so you want to keep it a little more anonymous than the everyday email you use with your family and friends.

### 2. Choose an appropriate website

A lot of the traditional dating websites like eHarmony and Plenty of Fish, are now catering to the over 55 demographic, whereas five years ago it wasn't a section of the population they would necessarily target.

There are also specific dating websites designed seniors, such as Senior Friend Finder, Senior Match and Senior People Meet.

### 3. Research websites' terms and conditions

Read the fine print before signing up. If you have a free trial, put a reminder in your calendar so that you can decide if you want to continue.

A lot of the time with paid websites it is an automatic renewal. Investigate whether you have the option to opt out.

# 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!



## Cheese Cake

12 oz. Philadelphia cream cheese

1/2 tsp vanilla

3 cups cold milk

2 tbsp. white sugar

2 small pkgs instant pudding

1. line a 9x 13 pan with graham wafer squares
2. Cream cheese until soft. Add vanilla and sugar
3. Gradually add 1/2 cup milk. When mixed in, gradually add the rest of the milk.
4. Add pudding mix and beat for 2-3 minutes.
5. Pour into cracker lined pan. Cover and refrigerate for a few hours.
6. Top with favourite pie filling.



## Upcoming Programs

### Via ZOOM

#### **Facts vs Myths of Immune Boosting Nutrition**

Thursday, September 17, 1:00 p.m.

Register by [September 16](#)

#### **Journey to Antarctica**

Wednesday, September 30, 1:00 p.m.

Register by [September 29](#)

#### **Add More Plants to Your Plate**

Thursday, October 29, 1:00 p.m.

Register by [October 28](#)

#### **Italy Travels**

Tuesday, November 17

11:00 – Noon

Register by [November 10](#)

#### **Art Journaling to Navigate Stress & Anxiety**

8 Mondays, [September 28](#) – [November 23](#)

1:00 – 3:00

Register by [September 21](#)

Supply list will be provided upon registration.

#### **Driving Safely**

[Monday, October 19](#)

10:00

Register by [October 13](#)

### In Starbuck Hall

#### **Exercises with Liza**

14 Tuesdays, [September 15](#) – [December 15](#)

10:00 – 11:00

#### **Wills & Estates**

Wednesday, September 23

Register by [September 22](#)

#### **Advance Care Planning**

Wednesday, October 21, 1:00 p.m.

Register by [October 20](#)

#### **How to Shop for Groceries Online**

Thursday, November 5, 1:00-2:30

Register by [October 29](#)

#### **Functional Fitness**

23 classes, Mondays & Fridays, [September 28](#) – [Dec. 18](#) (no class Oct. 12) 10:00 – 11:00

Register by [September 21](#)

Participants will need a set of light weights, bands, and a yoga mat.

#### **Mindful Based Stress Reduction**

6 Tuesdays, [October 13](#) – [November 17](#)

6:30 – 8:30

Register by [October 6](#)

#### **Advance Care Planning (To be confirmed)**

Wednesday, [October 14](#)

1:00

There are many interesting and educational programs being offered online. If you are connected to the internet but are unsure on how to access these programs or would like some help with apps like ZOOM, call Leanne for information.

#### 4. Create an engaging profile

Honesty is the best policy. You get a much better response having a photograph online and websites suggest having action shots.

Make sure your profile is up to date and be specific about your interests and hobbies. It is difficult to talk about ourselves, so ask your friends for help.

Also, don't include too much personal information, as this could give away your address, for example.

#### 5. Be cautious if you plan to meet

If you do decide to meet someone, use your street smarts. Meet in a public area and don't tell them where you live.

You haven't really met them yet, so you need to be mindful of those security risks. The big thing is to listen to your gut.

[www.cbc.ca/news/canada/british-columbia/5-online-dating-tips-for-seniors-looking-for-love-in-canada-1.3102951](http://www.cbc.ca/news/canada/british-columbia/5-online-dating-tips-for-seniors-looking-for-love-in-canada-1.3102951)

**Macdonald-Headingley**  
RECREATION DISTRICT

The Guide will be online beginning of September, visit our website for guide and full list of programs! [www.mhrd.ca](http://www.mhrd.ca)



**Fall 2020**  
*Program & Community  
Resource Guide*

*Recreation... It's More  
Than You Think!*

Macdonald-Headingley  
RECREATION DISTRICT



**Macdonald-Headingley**  
RECREATION DISTRICT

Fall 2020 Program & Community  
Resource Guide is

**ONLINE & Open for  
Registrations**

COVID-19 is unpredictable, and programs may need to be changed or cancelled. Due to this uncertainty, there will be no print copy of the Fall 2020 Guide. A PDF copy and complete listing of programs may be found on our website.



Scan the QR Code for quick access to the Fall 2020 Guide or go to [www.mhrd.ca](http://www.mhrd.ca)

For more information and updates:  
Call 204-885-2444  
Email [info@mhrd.ca](mailto:info@mhrd.ca)

# Impossible Quiz: Brain Teasers

1. What word is spelled incorrectly in every dictionary?
2. What never asks a question but gets answered all the time?
3. What goes up but never comes down?
4. What starts with an e and ends with an e but has only one letter in it?
5. What will you find at the end of every rainbow?
6. How many months have twenty-eight days?
7. What can you hold without touching it at all?
8. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?
9. What occurs once in a minute, twice in a moment, and never in your life?
10. What travels the world while stuck in one spot?
11. What moves faster – heat or cold?
12. What two words in combination hold the most letters?
13. How many 6" by 9" books can you fit into a two-foot-square crate so that it is no longer empty?
14. Forwards, I'm heavy; backward, I'm not. What am I?
15. What's as big as a building and weighs nothing?
16. How many pounds of dirt are there in a 5-foot-square hole?
17. How many times can you fold a newspaper in half?



1. incorrectly 2. a telephone 3. your age 4. envelope 5. "w" 6. every month has 28 days 7. a conversation 8. yesterday, today, and tomorrow 9. the letter "m" 10. a stamp 11. heat...you can always catch a cold 12. post office 13. It only takes one of those 6" x 9" books to make your two-foot-square crate no longer empty. As soon as the first book is put in, the crate has something in it. 14. ton 15. No matter how big it gets, a shadow never weighs anything. 16. There's no dirt in a hole, and therefore, the answer is "nothing." 17. You can only fold a newspaper in half once. After that, you're folding it in quarters, eighths, sixteenths, and so on.



## Macdonald Services to Seniors

Leanne Wilson

Box 283

5-38 River Ave

Starbuck, MB R0G 2P0

Phone: 204-735-3052

E-mail:

mssi@mymts.net

## Macdonald Seniors Ad- visory Council (MSAC)

Ray & Joyce Kasur:

204-736-3734

Vic & Viviane Bossuyt:

204-895-0049

Carol & Dennis

Pascieczka:

204-736-2681

Cindy Bestland:

204-736-2667

Becki Ammeter:

204-735-2380

Judy Shirliff:

204-997-7966

Bernice Valcourt:

204-272-5586

Barry Feller:

204-736-4433

Susanne Moore:

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, 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.**

