

The Wire

Volume 4 Issue 4

January 2021

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Goodbye and good riddance 2020!

For most, much of this last year had been a challenge! We've had to adapt in so many ways. We've had to go without family, friends, hockey, handshakes and hugs. Communication now takes place over the phone or a computer screen. Hand sanitizer and masks have become the new normal.

Despite the new protocols, something pretty great has emerged...a new appreciation for life, love, family and friends. Not taking each other for granted, of neighbours checking on neighbours. Slowing down. Living simply. Being more kind.

I have included a Kindness Calendar on page 5 if you are looking to continue 2021 with the lessons 2020 has taught us. I *challenge* you to use it.

Let's take the best parts of the last year and carry them over into 2021. by just being kinder to our neighbours, our community...and ourselves. Kindness is never wasted!

Wishing you all a very Happy New Year !

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!



Super Sweet and Sour Sauce

1 cup brown sugar

1 cup water

1/2 cup ketchup

1/4 cup white vinegar

1/4 cup apple cider vinegar

2 tbsp. soya sauce

Mix all together and bring to a boil.

Thicken with cornstarch mixture: 1/2 cup water

2 tbsp. cornstarch

Add to ribs, meatballs, chicken or pork. Yum!

Jig Saw Puzzle Loan Program

If you love jig saw puzzles and would like to try different ones, give Leanne a call to arrange to borrow one.



Upcoming Programs

Free Telephone Bingo

Every Wednesday at 1:30 p.m.

January 6th – March 31st

Call Leanne at 204-735-3052 to get your cards and telephone access code.

Fun! Fun! Fun! and a few prizes too!



Winter 2021

Program & Community Resource Guide



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



Macdonald-Headingley

RECREATION DISTRICT

Winter 2021 Program & Community Resource Guide
HAS ARRIVED!

The Macdonald-Headingley Recreation District is excited to announce that the Winter 2021 Program & Community Resource Guide is now ONLINE and OPEN for registration! We are so excited for all the amazing programs coming your way in the new year!

www.MHRD.ca

For more information and updates:
Call 204-885-2444 Email info@mhrd.ca

Name That Christmas Song

A lyric from the song is given. In what song would you find the lyric?

1. "Round yon virgin mother and child"
 - a. Jingle Bells
 - b. Silent Night
 - c. I'll be Home for Christmas
 - d. We Three Kings
2. "And Heaven and nature sing"
 - a. Away in a Manger
 - b. Joy to the World
 - c. While Shepherds Watched
 - d. White Christmas
3. "'Tis the season to be jolly"
 - a. Jingle Bells
 - b. While Shepherds Watched
 - c. Deck the Halls
 - d. God Rest Ye Merry Gentlemen
4. "God and sinners reconciled"
 - a. O Come O Come Emmanuel
 - b. O come All Ye Faithful
 - c. Hark the Herald Angels
 - d. The First Noel
5. "Disperse the gloomy clouds of night"
 - a. O Come All Ye Faithful
 - b. O Come O Come Emmanuel
 - c. Hark the Herald Angels
 - d. The First Noel
6. "Joyful and triumphant"
 - a. O Come All Ye Faithful
 - b. Joy to the World
 - c. Deck the Halls
 - d. Ave Maria
7. "Looked down where he lay"
 - a. The First Noel
 - b. Little Town of Bethlehem
 - c. Joy to the World
 - d. Away in a Manger
8. "O tidings of comfort and joy"
 - a. God Rest Ye Merry Gentlemen
 - b. The First Noel
 - c. Ding Dong Merrily on High
 - d. Away in a Manger
9. "On a cold winter's night that was so deep"
 - a. Away in a Manger
 - b. The First Noel
 - c. Ave Maria
 - d. Deck the Halls
10. "Hang a shining star upon the highest bough"
 - a. O Come O Come Emmanuel
 - b. Have Yourself a Merry Little Christmas
 - c. Hark the Herald Angels
 - d. Frosty the Snowman
11. "City sidewalk, busy sidewalks, dressed in holiday style"
 - a. Joy to the World
 - b. Deck the Halls
 - c. Rudolf the Red Nosed Reindeer
 - d. Silver Bells
12. "Please have snow and mistletoe and presents under the tree"
 - a. Beginning to Look a Lot Like Christmas
 - b. Silent Night
 - c. I'll Be Home For Christmas
 - d. Jingle Bells
13. "Somebody snitched on me"
 - a. Bill's Christmas Treat
 - b. The First Noel
 - c. Nuttin' for Christmas
 - d. Deck the Halls
14. "Bearing gifts we traverse afar"
 - a. Jingle Bells
 - b. Silent Night
 - c. I'll Be Home for Christmas
 - d. We Three Kings
15. "Come on, it's lovely weather"
 - a. Deck the Halls
 - b. While Shepherds Watched
 - c. Jingle Bells
 - d. Sleigh Ride

January Kindness Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Kindness is spreading sunshine into other people's lives regardless of the weather—

RAKtivist

1 Wish everyone a Happy New Year	2 Share this calendar to inspire kindness in others
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3 Let someone go ahead of you in line	4 Send a Thank You card to someone	5 Make a batch of cookies for your neighbour	6 Contact someone you can't be with and see how they are	7 Leave a positive message for someone to find	8 Send a snail mail letter to someone	9 Smile at everyone you meet
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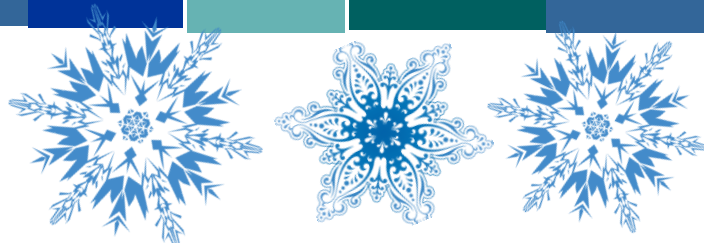
10 Buy an extra food item and donate it to a food bank	11 Tell someone you are proud of them and why	12 Start a Gratitude diary: write down 3 things every day	13 Donate pre-loved books to charity	14 Collect spare change & leave in a donation box	15 Bring soup to a neighbour or friend	16 Pay for a stranger's coffee
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17 Be gentle with yourself. You are doing the best you can.	18 Call Leanne to buy lunch for an older adult in the community	19 Be generous with your compliments all day	20 Call up a neighbour and offer to pick up their mail	21 Make an appointment to donate blood	22 Sing a happy song out loud	23 Stay in your pajamas and read a good book today
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24 Forgive someone	25 Write a letter to someone in personal care	26 Take some treats to the teachers at school	27 Tell someone a silly joke	28 Bundle up and go for a walk outside	29 Call up someone living alone and chat	30 Do something you love
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Time to clean out your closet and donate what is not needed



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)

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.**

