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The Wire

October 2021

Macdonald Services to Seniors and Macdonald Head-ingley Recreation District work to bring you more Lunch and Learn Topics

Slowly but surely life is beginning to resume. With that comes re-suming our Lunch and Learn program.

The Lunch and Learn Program is a program where a nutritious lunch is offered followed by an educational presentation. Sometimes the presentations cover health topics (Osteoporosis, Arthritis...), topics that may help you to be prepared and protected (Wills & estates, Health Care Directives, Frauds and Scams...) or sometimes they are just random topics of interest (Writer's Guild of Manitoba).

If you have an idea for a Lunch and Learn, I would really like to know about it. Together with my friends at the Macdonald Head-ingley Recreation District office, we will work to bring you different topics of interest every month.

In order to attend the Lunch and Learns, you must be double vaccinated and must be able to show your vaccination card or QR code on your phone. Also, you must wear your mask until you are seated at your table for lunch. You will be asked to put your mask on again after lunch for the presentation. All presenters must be double vaccinated in order to present their topics to you in person.

Cost: Lunch is offered for the low, low price of \$9. The presentation is free. Lunch includes the entrée, salad, veggie, dessert and your beverage.

The meal coordinators, Gwen and Vanessa will always try to accommodate dietary restrictions. Upcoming Lunch and Learns are shown on page 3. Hope to see you there!

Cooking with Gwen

Gwen is a Meal Coordinator for the La Salle, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared deliciously for the GEMS meal program.



Corn Salad

2 (15 oz) cans whole kernel corn, drained

1 1/2 cups grated cheddar cheese

1 cup red bell pepper, chopped

1/4 cup chopped green onion

1/2 cup mayonnaise

- * In a large bowl, toss together corn, cheese, red pepper & green onion.
- * Stir in sour cream and mayonnaise.
- * Stir in corn chips just before serving. Season with salt and



Corn Trivia

1. **Corn is a wild grass.**
2. **Corn is not native to Canada.** 65% of Canadian corn comes from Ontario. 25% of the corn grows in Quebec and the remaining 10% is grown throughout Canada.
3. **There is an even number of rows in every cob of corn.**
4. **Corn was used as a substitute for coffee!** In the 1800s when coffee was too expensive and scarce, thrifty people used parched corn as a coffee substitute and the ashes of burnt corn cobs were used as baking soda.
5. **Corn is an ingredient in fireworks.**

What's Coming Up

Lunch and Learns

October 18th in La Salle – Gabriele Goldstone (Writer's Guild of MB) 1 pm

??Who, What, Where, When & Why?? Sleuthing your way through family history to write your story. We will go through the W's, question by question to help the new writer discover the story that wants to be told. Bring a notebook and pen so you can participate in a meaningful way.

October 20th in Starbuck – No speaker – Wills and Estates is canceled – looking for a speaker

October 21st in Sanford – Ron Hore (Writer's Guild of MB) 1 pm

Join us for a lively discussion with local author Ron Hore! Writing as R. J. Hore, his genres include: Non-Fiction, Science Fiction, Horror, and Fantasy (Mediaeval, Historical, Detective). In a quick overview of the writing world, he will cover such wide-ranging topics as:

- *What you might consider writing as a senior*
- *Formats: pen vs computer*
- *Styles: Pantser vs Potter*
- *Write what you know*
- *The setting*
- *The need for a good editor*
- *Publishing and self-publishing*
- *Q & A*

Raffle off a book or two

Call Leanne to book your spot at the table for lunch (\$9). The featured meal is Liver and Onions but if you are not a Liver and Onions lover, we have a substitute meal. Just let me know when you register for lunch.

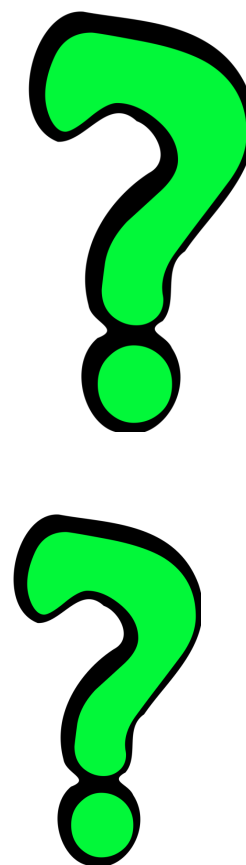
To attend just the presentation (free) call Leanne to register.

Please remember to bring your Vaccination card or QR code to the programs and to wear a mask upon entry to the facility.

Hope to see you there!

Where in the Municipality?

Every month, I will post a photo of something located within the R.M. of Macdonald. If you recognize the item and location, email (mssi@mymts.net) or phone me (204-735-3052) with your answer. Anyone submitting the correct answer will be entered in a draw for a Rise and Shine Care package. Your answer must be submitted by October 20th to be entered into the draw.



Update to last month's "Where in the Municipality???"

Thanks to all who took a guess at the picture. Our lucky winner guessed correctly...War memorial in Domain!

Congratulations Jane Kroeger!

MHRD Programs coming up for Fall



- Healthy Aging Through the Arts in La Salle, 6 Wednesdays starting October 20
The La Salle Art Club gets together every Tuesday evening in the Community Fellowship Church, its Bring Your Own Art!
- Quilting Club – Bring sewing machines for quilting or knitting material. 9am to 4pm in Sanford Legion on November 7th and December 9th.
- Exercises with Liza – Riverdale apts!

Pickleball:

- La Salle – Tuesdays and Thursdays from 1-3pm, in Caisse Community Centre. Call Bernice Valcourt for more information ([204.479.0514](tel:204.479.0514))
- Oak Bluff – Wednesday Evenings from 6-8pm (time subject to change), in the Oak Bluff Rec Centre. Call Shawnda Muir for more information ([204.479.6791](tel:204.479.6791))
- Starbuck – Thursdays starting October 7th from 6-8pm in Starbuck Hall – Call Brenda Shirtliff for more information ([204.735.2880](tel:204.735.2880))

Congregate Meals in RM of Macdonald

Brunkild: Monday, Oct 4

**La Salle: Monday, Oct 18 with a Speaker: Creative Writing historical Fiction 1 pm
And Monday, Oct 25**

Starbuck: Wednesdays—Oct 6, Oct 13, Oct 20, and Oct 27

Sanford: Thursdays—Oct 7, Oct 14, Oct 21 with speaker: Creative Writing, The Writing Process at 1 pm, and Oct 28

**See GEMS menu to find out what yummy delights are being prepared each meal!
All meals are \$9 per meal. Call Leanne to sign up at least a couple days in advance.**

204-735-3052

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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

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.**

