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The Wire

December 2022

Ugly Sweater Festive Meals

Search around in your closet for your ugliest Christmas Sweater and wear it for lunch to one of our 4 Ugly Sweater Festive Meals!

* **Brunkild: Monday, Dec 12**

* **Starbuck: Wednesday, Dec 14**

* **Sanford: Thursday, Dec 15**

* **La Salle: Monday, Dec 19**



A prize will be awarded for the Ugliest Sweater. Stick around after lunch for games. All meals begin at 11:45 and cost \$10.00 per person. Call Leanne to reserve your spot at the table...204-735-3052

Cooking with Gwen

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



Blueberry French Toast Casserole

INGREDIENTS:

French Toast Casserole:

- 12 slices day-old bread, cut into 1-inch cubes
- 2 (8 ounce) packages cream cheese, cut into 1 inch cubes
- 1 cup fresh blueberries
- 12 eggs, beaten
- 2 cups milk
- 1 teaspoon vanilla extract
- 1/3 cup maple syrup

Blueberry Sauce:

- 1 cup white sugar
- 1 cup water
- 2 tablespoons cornstarch
- 1 cup fresh blueberries
- 1 tablespoon butter

Directions

- Prepare casserole: Lightly grease a 9x13-inch baking dish. Arrange 1/2 of the bread cubes in the dish and top with cream cheese cubes. Sprinkle blueberries over the cream cheese, then top with remaining bread cubes.
- Whisk eggs, milk, vanilla extract, and syrup together in a large bowl until well-combined; pour over the bread cubes. Cover and refrigerate overnight.
- Remove casserole from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C).
- Bake casserole in the preheated oven, covered, for 30 minutes. Uncover, and continue baking until center is firm and surface is lightly browned, about 25 to 30 minutes.
- Meanwhile, prepare blueberry sauce: Mix sugar, water, and cornstarch together in a medium saucepan; bring to a boil and cook, stirring constantly, 3 to 4 minutes. Stir in blueberries, reduce heat to low, and simmer until all the blueberries burst, about 10 minutes. Stir in butter.
- Serve portions of casserole on plates and pour warm syrup over top.



Happy Holidays

The Macdonald Services to Seniors office and programs will be closed December 26—Jan 2.
 Activities will resume on January 3.
 Wishing you all Happy Holidays!

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: December 12 (Ugly Sweater Festive Meal)
 Starbuck: Dec 7, 14 (Ugly Sweater Festive Meal), 21
 Sanford: Dec 1, 8, 15 (Ugly Sweater Festive Meal), 22
 La Salle: Dec 5, 19 (Ugly Seater Festive Meal)



See GEMS menu to find out what yummy delights are being prepared for each meal!
 All meals are \$10 per meal. Call Leanne to sign up at least a couple days in advance.

204-735-3052

Monetary Donations Gratefully Accepted

The end of the year is fast approaching. If you are looking to make a financial donation and keep it in the community, consider giving to Macdonald Services to Seniors. The money donated help to offset the costs of our programs. Charitable tax receipts will be issued for use on your 2022 Income Tax return if the donation is received by Dec 31, 2022.

Cheques can be made out to RM of Macdonald. On the description line add: donation to MSS
 Please mail your donation to Macdonald Services to Seniors. Box 283. Starbuck, MB R0G 2P0

Macdonald Headingley Programs

Check out the MHRD website for more information on their wide range of programs. [Macdonald Headingley Recreation District • Welcome! \(mhrd.ca\)](http://mhrd.ca)

Starbuck:

- Exercises with Liza, 10 Thursdays, January 12 to March 16, 10AM-11AM, Free (Riverdale Apts)
- Starbuck Walking Club, 10 Tuesdays, January 11 to March 15, 10AM-11AM (Starbuck Hall) - \$2 drop in

Sanford:

- Fibre Art: Eco-Dyeing a Silk Scarf, Tuesday February 21st, 6:45PM-8:45PM, \$45 (Sanford United Church)
- Getting The Most Out of Your iPad, 6 Mondays, January 23 to March 6, 10AM-11:30AM, \$60 (Sanford Legion)
- Pep In Our Step – Older Adult Exercises, 8 Wednesdays, January 25 to March 15, 10AM-11AM, Free (Sanford Legion)

La Salle:

- Fluid Flow Yoga, 8 Mondays, January 16 to March 13, 5:15PM OR 6:30PM, \$96 (Caisse Community Centre)
- Functional Fitness, 10 Tuesdays & 10 Thursdays, January 17 to March 23, 9:10AM-10:10AM
- Getting the Most Out of Your iPad, 6 Mondays, January 30 to March 20 (No Feb 6, 20), 10AM-11:30AM (Caisse Community Centre)
- La Salle Art Club, January 17, February 21, March 21, 7PM-9PM, Free, Bring Your Own Projects (Fellowship Church)
- Yin Yoga, 8 Mondays, January 16 to March 13, 7:45PM-8:45PM, \$96 (Caisse Community Centre)
- Walking Club: Jan 12—Mar 23 at Caisse Community Centre- \$2 drop in fee

Oak Bluff:

- Gentle Yoga with Nicole, 8 Mondays, January 23 to March 20, 6PM-7PM, \$96 (Oak Bluff Rec Centre)
- Yoga for Men, 8 Mondays, January 23 to March 20, 7:30PM-8:30PM, \$96 (Oak Bluff Rec Centre)
- Cardio, Core and Strength, 10 Thursdays, January 12 to March 16, 7PM-8PM, \$110 (Oak Bluff Rec Centre)

PICKLEBALL

Oak Bluff – Wednesdays, January 11 to March 22 (Oak Bluff School)

La Salle – Tuesdays and Thursdays, January 5 to March 23, 1PM-3PM (Caisse Community Centre)

La Salle (Beginners) – Wednesdays, January 4 to March 22, 11AM-1PM (Caisse Community Centre)

Starbuck – Thursdays, January 5 to March 30, 7PM-8:30PM (Starbuck Hall)



CLINIC
OR DOCTOR



URGENT
CARE



EMERGENCY

DID YOU
KNOW ?

Every month, approximately 40% of people who visit a Winnipeg **Urgent Care Centre** or **Emergency Department** could receive the health care they need, often sooner, through a **family doctor** or **walk-in clinic**.

If you are in need of Health care but are unsure which option you require, please check out Winnipeg Regional Health authority's Wait Times Link.

The site will help you to decide which option will be best for you depending on your situation AND will also let you know what the wait times are closest to you within the Winnipeg area.

Please visit: [Wait Times | Winnipeg Regional Health Authority \(wrha.mb.ca\)](https://www.wrha.mb.ca/wait-times)

Life Threatening Emergencies: Call 9-1-1 or go to your nearest Emergency Department

Health Links: If you are unsure what to do about a health issue or if you need health information, Health Links – Info Santé is staffed by bilingual registered nurses 24/7, 365 days of the year. Call 204-788-8200 or toll-free 1-888-315-9257.

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sanford	2	3
4	5 La Salle Lasagna	6 Walking club 10 am Star- buck Hall	7 Starbuck Lasagna	8 Sanford Lasagna	9 Worship ser- vice Riverdale Apts, Star- buck, 10 am	10
11	12 Brunkild Ugly Sweater- Festive Meal	13	14 Starbuck Ugly Sweater Festive Meal	15 Sanford Ugly Sweater Festive Meal	16	17
18	19 La Salle Ugly Sweat- er Festive Meal	20	21 Starbuck	22 Sanford	23 Worship ser- vice Riverdale Apts, Star- buck, 10 am	24
25	26	27	28	29	30	31

Merry Christmas, Happy Holidays...See you in
2023

Please call Leanne at 204-735-3052 to sign up no later than a couple days before each week's meals.

We will try to accommodate special dietary requests.

Menu subject to
change

- \$10 per person.

MACDONALD SERVICES TO SENIORS

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R0G 2P0

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Email:
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Macdonald Seniors Ad- visory Council (MSAC)

Vic & Viviane Bossuyt:
204-895-0049

Carol & Dennis
Pascieczka:
204-736-2681

Cynthia Bisson:
204-736-2976

Judy Shirliff:
204-997-7966

Bernice Valcourt:
204-272-5586

Roy & Shirley Switzer:
204-736-3744

RM Rep: Barry Feller:
204-736-4433

MHRD: Kathleen Low:
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, housekeeping, 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 :

RM of Macdonald

Foot Care:

Karen Dingman: 204-996-2376

Hair Care:

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

Housecleaning Services:

Carly —204-558-1012 -Domain, La Salle and Sanford

Elsie-204-461-2999-La Salle

Brenda—204-799-2185- Starbuck, Oak Bluff

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
transportation or light house cleaning, please call
Leanne.**

