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5 May 2022



Everyone Knows Someone Living Alone

This week let's **take the time** to make sure those that are alone know that we care!

Offer to Run an Errand
Pay Attention
MAKE TIME
Attend an Event
Bake a Goodie Basket
Create a Hand-Made Card

Go Out for Coffee or a Drive
Be Spontaneous
Be Supportive
Clean their Yard
LISTEN
Positive Conversations
Take them to a Movie
Invite Someone Over for Meal
A PHONE CALL

Kindness

SHOW
you Care!

Friendly Visit

"Too often we underestimate the power of a touch, a smile a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
- Leo Buscaglia -



Connect with us on Facebook and share your stories, ideas and events @ Let No One Be Alone



Manitoba Association of Senior Centres



A SIMPLE ACT OF KINDNESS
Can Brighten Someone's Day!

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.



Texas Potatoes

2 lb Pkg hashbrowns
2 cups shredded cheddar cheese
2 cups sour cream
2 cans Mushroom soup
1/2 cup Melted Butter
Small onion chopped
salt

Preheat oven to 350 F

- Mix all ingredients in a large bowl
- Place in a 9 x 13 baking dish
- Bake for 1-1 1/2 hours until top is golden brown



Congregate Meals in RM of Macdonald

We are back to eating in together!

Brunkild: May 2

Starbuck: May 4, 11, 18 (Speaker), 25

Sanford: May 5, 12, 19 (Speaker), 26

La Salle: May 9, 16 (Speaker), May 30

See GEMS menu to find out what yummy delights are being prepared for each meal!

All meals are \$9 per meal. Call Leanne to sign up at least a couple days in advance.

204-735-3052

*****Due to rising food costs, the GEMS meal price will be increasing to \$10 per meal on June 1, 2022.*****

Upcoming Lunch and Learns

Emergency Preparedness:

This presentation by the Canadian Red Cross will discuss how to become prepared for emergencies. We will discuss the steps of 1) Knowing the Hazards 2) Making a Plan 3) Making a Kit. We will also cover some basics about the Canadian Red Cross and it's work in Emergency Management, and how to become a volunteer."

- **Monday, May 16**
Caisse Community Centre, 12:45 pm. Free! Call to book your spot by April 14
- **Wednesday, May 18: Starbuck**
Starbuck Hall, 12:45 p.m. Free! Call to book your spot by April 18
- **Thursday, May 19: Sanford**
Sanford Legion, 12:45 p.m. Free! Call to book your spot by April 18

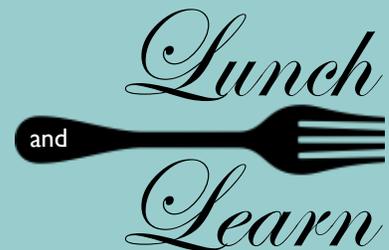
If there is a topic you would like more information on or you have an idea for an informational speaker, please let us know.



Join Us!

Join us once per month as we explore different topics—some health related, a few educational and some just for the fun of it.

Please call Leanne to book your spot at the table for lunch (\$9pp) or just for the presentation (FREE).



Mother's Day is May 8!

Thank you Mothers, Stepmothers, Grandmothers and Mothers-in-Law for all you do!



Summer of '69: Celebrations Dinner Theatre...Tuesday, June 14
Matinee

Let me take you back to that Summer!

I got my first real six string, I bought it at the five and dime... or maybe it was actually Woolco? Either way... it was in the Summer of 69' and my life would never be the same. Yep... Me and some guys from school, we had a band and we tried real hard. But then Jimmy quit, Jody got married... man that Jimmy was such a quitter. Let me take you back to that summer, and tell you the story of peace, love, long hair and music that would change the world.

\$45 per person

-includes lunch, dessert, coffee, tea, or pop, all taxes and gratuities and a ticket to the show!

Please call Leanne to reserve your spot by May 20

204-735-3052

Folklorama 2022

Friday, August 12

\$85 p.p.

Visit 3 Pavilions all in one evening! Call Leanne at 204-735-3052 to reserve and pay for your spot on the bus by **June 29**. Don't delay – space is limited!

Italian: Appetizer plus 1 Cultural Alcoholic Beverage

Ukrainian: Meal plus 1 Domestic Alcoholic Beverage

Egyptian: Dessert plus 1 Non-alcoholic Beverage

Included in the price:

- Luxury motor coach transportation: pick up in **Starbuck, Sanford and Oak Bluff**
- No waiting in line – VIP Entrance
- Reserved seating at each Pavilion
- A tour of the cultural display at the first Pavilion
- Table Service
- Progressive meal through the evening

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)

La Salle

Functional Fitness (Tuesdays and Thursdays, April 12 to June 23, 9:10AM-10:10AM)

Pickleball (Mondays, Tuesdays & Thursdays, 1PM-3PM)

Watercolour Painting Series for Beginners (3 Tuesdays, May 24 to June 7, 1:30PM-3:30PM)

Yin Yoga (8 Mondays, April 18 to June 13, 7:45PM-8:45PM) **There is still room! Slower with lots of deep stretching!**

Oak Bluff

Gentle Yoga with Nicole (8 Mondays, April 11 to June 6, 6PM-7PM)

Pickleball (Wednesdays, April 6 to June 29, 6:30PM-8:30PM, Oak Bluff School)

Yoga for Men with Nicole (8 Mondays, April 11 to June 6, 7:30-8:30PM)

Sanford

Basic Alignment Yoga (8 Tuesdays, April 19 to June 7, 6:15PM-7:15PM, JA Cuddy)

Starbuck

Beekeeper for an Afternoon (Sunday May 29, 1PM-2:30PM OR 3PM-4:30PM)

Exercises with Liza (10 Thursdays, April 14 to June 16, 10AM-11AM, Riverdale Apts)

Yoga Asana with Karyn (10 Mondays, April 11 to June 20, 8PM-9PM)

The Quilting Club will be meeting Sunday May 1st and Sunday June 5th this Spring at **Sanford Legion**. You can bring your own project to work on and it doesn't have to be quilting, it could be knitting as well. You can bring your sewing machines or do hand work. The group will be gathering from 9:00am to 4:00pm to work on projects, so bring a lunch and \$2.00 for coffee and tea!

Please register for these courses by calling our office 204-885-2444 or online at MHRD.

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Brunkild Lasagna	3	4 Starbuck Lasagna	5 Sanford Lasagna	6	7
8 Mother's Day	9 La Salle Shepherd's Pie	10	11 Starbuck Sesame Chicken	12 Sanford Sesame Chicken	13	14
15	16 La Salle Honey Garlic Chicken Presentation: Emergency Preparedness 12:45 Caisse Community	17	18 Starbuck BBQ Ribs Presentation: Emergency Pre- paredness 12:45 Starbuck Hall	19 Sanford BBQ Ribs Presentation: Emergency Pre- paredness 12:45 Sanford Legion	20 Last day to regis- ter for Cele- brations	21
22	23 No Meal- Victoria day	24	25 Starbuck Chili & a Bun	26 Sanford Hot Pork sand- wich	27	28
29	30 La Salle Lasagna	31				

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

***Meal price will increase to \$10 on June 1 ***

change

\$9 per person.

**MACDONALD
SERVICES TO
SENIORS**

Leanne Wilson
Box 283
5-38 River Ave
Starbuck, MB
R0G 2P0

Phone: 204-735-3052

Email:
info@macdonaldseniors.ca

**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

Roy & Shirley Switzer:
204-736-3744

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, 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.**

