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The Wire

November 2022

SANTA SAYS

Save the Date

Macdonald Seniors Holiday Luncheon
Friday, December 2, 2022
Oak Bluff Recreation Centre
more details to follow

MACDONALD SERVICES TO SENIORS
Macdonald-Headingley RECREATION DISTRICT
Access CREDIT UNION
MUNICIPALITY OF MACDONALD

Macdonald Services to Seniors Holiday Luncheon set to return in full force on Friday, December 2 in Oak Bluff.

We are just waiting for some details to fall into place before we start selling tickets.

Tickets will be available soon.

Please watch for posters, updates on Facebook and from Macdonald Services to Seniors!

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.



Mock Apple Crisp

INGREDIENTS:

for the topping

- 1/2 cup rolled oats
- 1/4 cup all-purpose flour
- 1/2 cup light brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 3 tablespoons cold unsalted butter, plus more for greasing

for the filling

- 4 cups peeled and diced zucchini (about one medium)
- 1/3 cup lemon juice
- 2 tablespoons all-purpose flour
- 1/4 cup sugar
- pinch of salt
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon allspice

INSTRUCTIONS:

1. Lightly grease a 9-inch pie plate and set aside.
2. In a medium bowl, stir together the topping ingredients (oats through nutmeg). Cut in the butter using two forks or your fingers until it resembles a crumble. Put in the refrigerator until time to use.
3. Preheat the oven to 400 degrees.
4. In a medium pot, combine the zucchini, lemon juice, flour, and sugar. Cook over medium heat, stirring often, until the zucchini is tender and the juice is thickened. Stir in the salt and spices.
5. Pour the filling into the pie plate. Sprinkle the topping on top. Bake for about 25 minutes, until the top is golden and the filling is bubbling.
6. Serve warm with a scoop of vanilla ice cream or a dollop of whipped cream, if desired.



Did you know ...

-that a Zucchini has more potassium than a BANANA?

-the world's largest zucchini was 69 1/2 inches long, and weighed 65 lbs. I bet they got some serious loaves of **zucchini bread** out of that one!

-Even though zucchini is served as a vegetable, it's technically a fruit because it comes from a flower.

Healthy Eating: Seniors, Sustenance and Supplements Oct 31 – Lunch and Learn (La Salle): (Jayne Trojack – Clinical Dietician): The importance of nutrients for older adults; when to get nutrients from food or when to get them from supplements.

Healthy Eating: Seniors, Sustenance and Supplements Nov 2 – Lunch and Learn (Starbuck): (Jayne Trojack – Clinical Dietician): The importance of nutrients for older adults; when to get nutrients from food or when to get them from supplements.

Heart Health Nov 3 – Lunch and Learn (Sanford): (Kerby Sylvester – Chronic Disease Dietician)

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 (\$10pp) or just for the presentation (FREE).



Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: November 14
Starbuck: Nov 2(Dietician), 9, 16, 26
Sanford: Nov 3 (Dietician), 10, 17, 24
La Salle: Nov 7, 21, 28



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)

Yin Yoga (There's still room!) Yin Yoga is a slower pace style of yoga that incorporates principles of traditional Chinese medicine with asanas or postures. a

Salle Mondays 7:45PM-8:45

Functional Fitness (There's still room!) Everyone benefits from functional fitness! *What does functional fitness mean? Functional fitness refers to exercises that help with you with everyday movements and activities like reaching for something in a high cupboard or looking for something under a chair. These exercises will help you to build strength, improve your coordination and balance and enhance your ability to perform normal, daily activities. This program will help you increase your range of motion, muscle strength and cardiovascular conditioning.* **La Salle Tuesdays and Thursdays 9:10AM-10:10AM**

Pickleball La Salle Tuesdays and Thursdays 1PM-3PM

Pickleball for Beginners La Salle Wednesdays 11AM-1PM

Exercises with Liza Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Liza will lead the group using 1 lbs weights and stretchy bands. These exercises can be done standing or seating. Program takes place in the Riverdale Apartments' lounge. **Starbuck Thursdays 10AM-11AM**

Starbuck Walking Club (Starts November 1!) Come join us for an enjoyable hour and get some exercise and conversation. This group will meet once per week in the Starbuck Community Hall this Fall. There are many benefits to joining an indoor walking club.

If you are interested in volunteering for this free program, please reach out to Leanne Wilson, (204) 735-3052. **Starbuck Tuesdays 10AM-11AM**

For a full Listing of recreation programs in the area, please click on

Macdonald-Headingley
RECREATION DISTRICT

Powerful Benefits of Using Walking Poles.

1. Work Out Your Core. Your abs tighten each time you push off with your poles. That's the equivalent of 1,000 abdominal contractions every kilometre or 1,800 each mile!

- Promotes good posture, stability and balance
- Increases walking speed and distance
- Promotes increased core strength and functional independence

2. Gentle on the Joints. Your knees and hips will thank you. The poles let you offload weight from your hips and knees into your upper body. You can walk further, faster or even pain-free.

- Reduces impact on knee & hip joints
- Fall prevention
- Increased gait speed

3. Burn Calories Quickly. It revs up the calorie burning. Research proves it over and over again: urban poling burns up to 46% more calories than standard walking. Wow!

- Exercises 90% of your muscles & reduces stress on lower joints
- Burns up to 47% more calories over walking without poles

4. Tone the Upper Body. It sculpts your arms and shoulders. Urban poling uses 90 percent of your muscles—especially those underused upper body muscles. Hello short sleeves!

- Promotes upper extremity mobility and strength
- Increases blood flow throughout the entire body

5. Keep Blood Sugar Balanced. It helps balance your blood sugar. The full-body urban poling workout helps keep blood sugars in a healthy range.

- Promotes healthy blood glucose management
- Promotes healthy weight loss
- Reduces pain caused by insufficient blood flow during exercise

6. Improve Posture. You'll straighten up and feel more confident—Your upper back muscles (the ones that pull your shoulders back) tighten each time you plant your poles and press down on the ergonomic handles.

- Promotes good posture
- Promotes greater walking tolerance
- Increases core strengthening

7. Enjoy a Social Workout. It's a fun social workout. Invite your friends, your parents and your kids to enjoy all the health benefits with you.

- Improves self-esteem and overall feeling of well being
- Promotes social interaction

8. Reduce Tension and Stress. It's an amazing stress buster. The smooth rhythmic action provides a distraction from everyday concerns and lifts your mood.

[10 Powerful Benefits of Using Walking Poles – Healthcare Solutions](#)

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Walking club 10 am Star- buck Hall	2 Starbuck Roast Beef Supplements	3 Sanford Roast Beef Heart Health	4	5
6	7 La Salle Baked Salm- on	8	9 Starbuck Liver n'Onions	10 Sanford Liver n'Onions	11 Worship ser- vice Riverdale Apts, Star- buck, 10 am	12
13	14 Brunkild Pork Cut- lets	15	16 Starbuck Chicken Fettucine	17 Sanford Chicken Fettuci- ne	18	19
20	21 La Salle Perogies & Kielbasa	22	23 Starbuck Spaghetti & Meat- balls	24 Sanford Spaghetti & Meatballs	25 Worship ser- vice Riverdale Apts, Star- buck, 10 am	26
27	28 La Salle It's all GREEK to me!	29	30 Starbuck Meatloaf			

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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Vic & Viviane Bossuyt:
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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.

