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# The Wire

April 2023

**April is Volunteer Appreciation Month**

## Thank You



To all of our many volunteers...thank you so much for helping to enrich the lives of older adults throughout the Municipality!

We really could not run these programs without your help!!

# 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.



## Ingredients

## Best ever Cinnamon Rolls

### Dough

- 1 package yeast 2 ¼ teaspoons
- 1 cup milk
- ½ cup granulated sugar
- 4 cups all-purpose flour plus up to ½ cup more as needed
- 6 tablespoons butter diced and softened
- 1 teaspoon salt
- 2 large eggs

### Filling

- 1 stick butter softened
- ½ cup brown sugar packed
- ½ cup white sugar
- 3 tablespoons ground cinnamon

### Instructions

- Warm milk to around 100°F. This will take 30–45 seconds in the microwave – do not use milk that is hotter than 105°F, or you will destroy the yeast!
- Place yeast in small bowl with 1 tablespoon warm milk and 1 teaspoon granulated sugar. Stir, then let sit for 5 minutes, until bubbles appear on the surface.
- Place flour, butter, salt, eggs, yeast mixture, remaining milk and sugar in the bowl of your stand mixer. Stir a little to roughly combine.
- Knead dough in the mixer with the dough hook attached on medium speed until dough forms a ball. Dough should be completely smooth. If dough doesn't form a ball: Add more flour, 1 tablespoon at a time with the mixer running on low speed, until dough pulls together (do not add too much flour, or dough will have a biscuit-like texture). Kneading can take around 10–12 minutes, so be patient.
- Turn dough out into a greased bowl. Shape into a ball, pinching the bottom to form a smooth surface. Place it seam down, then cover with a clean tea towel. Let the dough rise in a warm place for 1 hour, or until doubled in size.

### Shape the cinnamon rolls

- Dust work surface with flour. Turn out dough on floured surface, punch down and shape into a rectangle.

## Lunch and Learn Presentations

**Bone Health 101:** Are your bones at risk?  
What factors affect bones?



Monday, April 3: Brunkild Hall @12:30

Monday, April 17: La Salle Community Centre @12:30

Wednesday, April 19: Starbuck Hall @ 12:30

Thursday, April 20: Sanford Legion @12:30

**The presentation is free. Add lunch on at 11:45 for only \$10. Call Leanne to book your seat.**

## Coming up in May...Nutrition for Healthy Bones

Monday, May 1: Brunkild Hall @ 12:30

Monday, May 15: La Salle Community Centre @ 12:30

Wednesday, May 17: Starbuck Hall @ 12:30

Thursday, May 18: Sanford Legion @ 12:30

## Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: April 1

Starbuck: April 5, 12, 19 (presentation), 26

Sanford: April 6, 13, 20 (presentation), 27

La Salle: April 10, 17 (presentation), 24 (presentation)

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

## 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, Thursdays April 6 - June 15, 10 AM – 11 AM, FREE, (Riverdale Apartments)
- Yoga - All Levels, 10 Mondays April 10 - June 26, 8 PM – 9 PM, \$108, (Starbuck Hall)

### Sanford

- Fusion Fitness, 10 Tuesdays April 11 - June 13, 6:30 PM – 7:30 PM, \$110 (J. A. Cuddy School)
- Pep In Our Step - Older Adult Exercises!, Wednesdays March 29 – June 14, 10 AM – 11 AM, FREE (Sanford Legion)
- Yoga - All Levels, 10 Mondays, April 10 - June 26, 6 PM – 7 PM, \$120 (J. A. Cuddy School)

### La Salle

- Emergency First Aid CPR C/AED, Saturday April 15 9:00 AM — 5:00 PM, \$93 (Caisse Community Centre: MPR)
- Exploring Self-Expression Through Art!, 4 Thursdays May 18 - June 8, 2 PM – 4 PM, FREE (Caisse Community Centre/MPR)
- Fluid Flow Yoga, 8 Mondays April 10 until June 5, 6:30 PM – 7:30 PM, \$96 (Caisse Community Centre/MPR)
- Functional Fitness, Tuesdays & Thursdays April 11 - June 22, 9:05 AM – 10:05 AM, Regular \$242/ Tuesdays only \$121/ Thursdays only \$121 (Caisse Community Centre/ GYM)
- Yoga for Golfers, 4 Mondays, April 10 until May 1, 5:15 PM – 6:15 PM, \$48 (Caisse Community Centre: MPR)
- Yoga with Jo-Anne, 8 Thursdays, April 20 - June 8, 8 PM – 9 PM, \$96 (Caisse Community Centre: MPR)

### Oak Bluff

- Cardio, Core & Strength, 10 Thursdays, April 6 - June 8, 7 PM – 8 PM, \$110 (Oak Bluff Recreation Centre)
- Gentle Yoga with Nicole, 8 Mondays, April 10 - June 5, 6 PM – 7 PM, \$96 (Oak Bluff Recreation Centre)
- Yoga for Men with Nicole, 8 Mondays, April 10 to June 5, 7:30 PM – 7:30 PM, \$96 (Oak Bluff Recreation Centre)

### Pickleball

- La Salle, Tuesdays & Thursdays April 4 - June 29, 1 PM - 3 PM (Caisse Community Centre)
- Oak Bluff, Wednesdays April 5 - June 28, 6:30 PM - 8:30 PM (Oak Bluff Community School)
- Starbuck, Thursdays January 5 - March 30, 6:30 PM - 8:00 PM (Starbuck Hall)
- Headingley, Sundays & Thursdays, 1:00 PM - 4:00 PM, Mondays & Wednesdays, 6:30 PM - 9:00 PM (Headingley Community Centre)

### Art Clubs

- La Salle, Tuesdays April 18 & May 16, 7 PM – 9 PM (Community Fellowship Church)
- Sanford, every second and fourth Tuesday of each month, 6:30 PM to 9:00 PM (JA Cuddy School)

### Quilting Club

- Sanford, April 2, May 7, June 4, 9:00 am - 4:00 pm, Fee: \$10.00 per session (Sanford Legion)



## Let No One Be Alone is May 7-13 , 2023.

During the month of May, special programs and activities are coming your way to get more people out and engaged with each other.

Stay tuned for more information.

### Cinnamon Rolls, continued

- Roll dough into rectangle, about 18×12 inches. Dough should be around ¼ inch thick.
- Spread 1 stick softened butter over dough. Combine both sugars and the cinnamon for the filling in a small bowl. Evenly sprinkle over butter.
- Roll up into a log from the longer side and pinch the seam to seal. Place log seam-side down. Slice into 12 rolls (I use a piece of sewing thread or dental floss for neat rolls).
- Place rolls in greased 9×13 inch pan. Cover with the tea towel and let sit until puffy and almost doubled in size, about 30 minutes.

### Bake cinnamon rolls

- As rolls rise, heat oven to 350°F.
- Bake risen rolls in the hot oven until lightly golden brown. This takes around 18 minutes. Be sure to check the rolls often. If center rolls aren't baked after 20 minutes, tent pan with aluminum foil and continue baking for up to 15–20 extra minutes (this can happen if your room was cool and the dough is colder due to it).
- Once cinnamon rolls are done, remove pan from oven and place on a wire rack.
- Let cinnamon rolls cool until they can be touched, then serve warm.

# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Brunkild Lasagna -Lunch and Learn	4 Celebrations 11 am	5 Starbuck Lasagna	6 Sanford Lasagna -Exercises with Liza Riverdale -Walking Club, La Salle	7 8 Good Fri- day	
9 	10 La Salle Roast Chicken	11	12 Starbuck S&S Ribs -Pep in our Step Sanford	13 Sanford S&S Ribs -Exercises with Liza Riverdale -Walking Club, La Salle	14 15	
16	17 La Salle Chili & Grilled Cheese -Lunch and Learn	18	19 Starbuck Surprise meal -Pep in our Step Sanford -Lunch and Learn	20 Sanford Surprise meal -Exercises with Liza Riverdale -Walking Club, La Salle -Lunch and Learn	21 22	
23	24 La Salle Beef Tacos Presentation: Peace	25 -	26 Starbuck Homemade Soup & Sandwich	27 Sanford Homemade Soup & Sandwich -Exercises with Liza Riverdale -Walking Club, La Salle	28 29	
30						1

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

**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

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

Margret-204-745-0863-call for service area

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.**

