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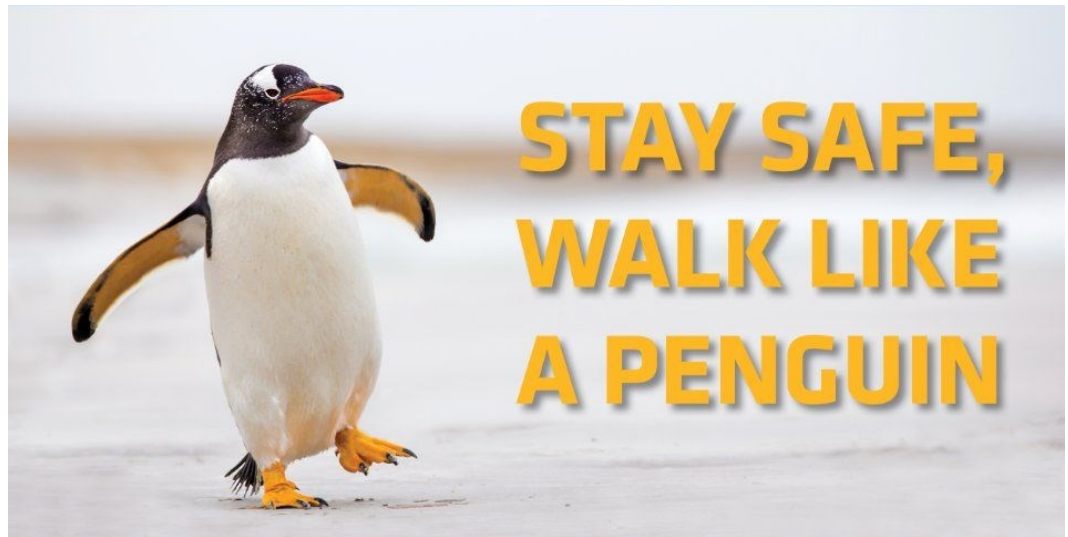
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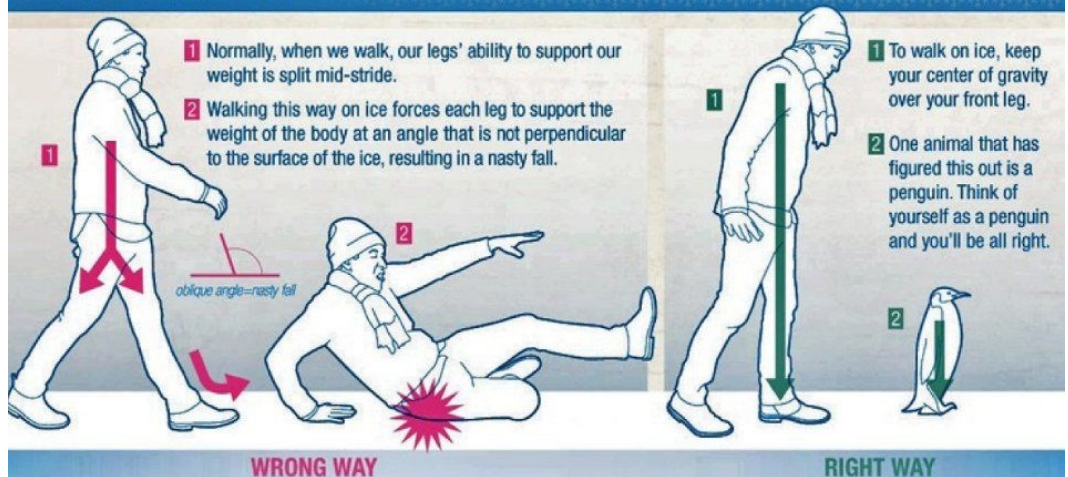
The Wire

February 2023



STAY SAFE, WALK LIKE A PENGUIN

HOW TO WALK ON ICE



Walk safely on snow or ice.

1. Take short steps or shuffle for stability.
2. Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
3. Keep your hands out of your pockets.
4. Be prepared to fall.

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.

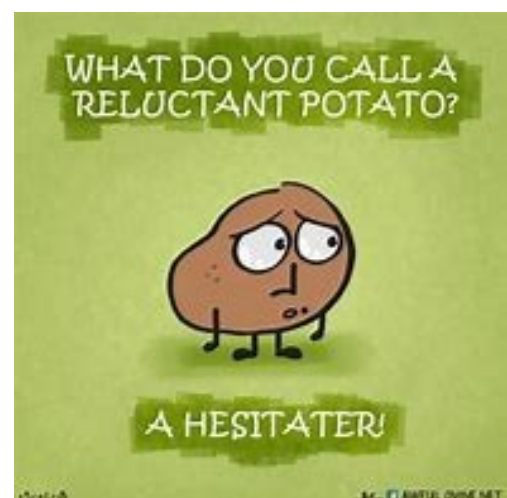


Creamy bacon Potato Soup

Ingredients

- 2 cups bacon ends or chopped bacon
 - 3 cups chopped carrots
 - 3 cups chopped celery
 - 1 medium onion, chopped
 - 4 red skin potatoes
 - 4 cups whole milk
 - 2 tbsp chicken Better than Bouillon
 - 1/4 cup cold water
 - 2 tbsp cornstarch
 - Optional garnishes:
 - Parsley, green onions, cheddar cheese
1. Fry the bacon in a soup pot. Remove bacon once it's cooked but still flexible/. Leave all the bacon grease.
 2. Chop and measure the carrots and celery. Chop the onion. Fry in reserved bacon fat until tender-crisp. If the veggies are done before the potatoes. Remove from heat.
 3. Peel and chop the potatoes into 1/2"-3/4" cubes. Place the potatoes in a pot with water and bring to a boil.
 4. The potatoes are done when they are fork tender. When veggies are done, add 3 cups of potato water to the soup pot. Add potatoes to the soup pot.
 5. Return bacon to the pot. Add milk and bouillon.
 6. Bring the soup to a low boil. Meanwhile, make a slurry with the cold water and cornstarch. Once the soup is boiling, pour the cornstarch slurry into the pot and wait a few moments for the soup to thicken.
 7. Garnish with parsley, green onions and cheddar cheese.

Potatoes can help reduce inflammation, regulate blood pressure, and prevent scurvy with their vitamin C and potassium content.



Lunch and Learn Presentations

Get Your Benefits

Income is a powerful determinant of health and influences overall well-being. You should file a tax return each year, even if you make no money. Filing your taxes allows you to access government benefits that you cannot receive otherwise. Learn more about resources, benefits, and credits for those 55+!

*Please call to register a couple days before any of the presentations:

February 13: La Salle Caisse Community Centre @ 12:45

February 15: Starbuck Hall @ 12:45

February 16: Sanford Legion @ 12:45

The presentation is free. Add lunch on at 11:45 for only \$10!

Coming up in April...Osteoporosis 101.
Dates to be announced!



Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: February 6

Starbuck: February 1, 8, 15 (presentation), 22

Sanford: February 2, 9, 16 (presentation), 23

La Salle: February 13 (presentation), 27

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.

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)

Celebrations Dinner Theatre

Heartbreak Hotel

Everyone knows “where” it is. It’s “down at the end of lonely street”, and Elvis has been dwelling there since his baby left him. But have you ever wondered what it would actually be like there... at the Heartbreak Hotel? Well you’re in luck, because Celebrations Dinner Theatre is gonna take you there. The legend never dies and his music lives on, as we have some fun imaging Elvis and his gang all rocking and rolling at the Heartbreak Hotel!



Tuesday, April 4, 2023

Doors open at 11 am

\$45 p.p.

-includes meal and ticket to the show

Seats are limited. Book and pay by March 10

Call today: 204-735-3052

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Starbuck Chicken Parm Pep in our Step Sanford	2 Sanford Chicken Parm Exercises with Liza Riverdale -Walking Club, La Salle	3	4
5	6 Brunkild Ham & Scalloped Potatoes	7 -walking club Starbuck	8 Starbuck Ham & Scalloped Potatoes Pep in our Step Sanford	9 Sanford Ham & Scalloped Potatoes -Exercises with Liza Riverdale -Walking Club, La Salle	10	11
12	13 La Salle Chicken Cordon Bleu -Lunch and Learn -La Salle iPad	14 -walking club Starbuck 	15 Starbuck Roast Beef -Pep in our Step Sanford Lunch and Learn	16 Sanford Roast Beef -Exercises with Liza Riverdale --Walking Club, La Salle Lunch and Learn	17	18
19	20 La Salle No Meal Louis Riel Day	21 -walking club Starbuck	22 Starbuck Homemade Soup & Sandwich -Pep in our Step Sanford	23 Sanford Homemade Soup & Sandwich -Exercises with Liza Riverdale -Walking Club, La Salle	24	25
26	27 La Salle Beef Stroganoff -La Salle iPad	28 -walking club Starbuck				

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**

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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.**

