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# The Wire

**January 2023**

## Macdonald Services to Seniors 14th Annual Holiday Luncheon

On Friday, December 2 at Oak Bluff Hall, residents and former residents of the RM of Macdonald gathered for an afternoon of food, fun and fellowship.

151 people plus volunteers braved the less than ideal weather for this event.

A great big THANK YOU to the Starbuck Catholic Church for preparing such a delicious meal!

**Congratulations Kelly Dobrowolski for winning the survey draw held after the event. Kelly won a large poinsettia plant.**

**If anyone has any photos they took at the event and would like to share with me, please email them to [info@macdonaldseniors.ca](mailto:info@macdonaldseniors.ca)**



Table Centrepieces made by Starbuck craft group

**Please see page 5 for a few photos submitted by Marlene Podaima**

## One-time top-up to the Canada Housing Benefit

The one-time top-up to the Canada Housing Benefit aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify.

The Canada Revenue Agency (CRA) administers this one-time payment. To apply for this new federal one-time payment, you do not need to receive other housing benefits such as the Canada Housing Benefit, which is co-funded and delivered by the provinces and territories.

Applications are open **until Friday, March 31, 2023.**

# 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.



## Broken Glass

### Ingredients

- 1 box each (85g) of red, orange, lime, peach jello
  - 6 cups water
  - 1 envelope of Knox unflavoured gelatin
  - 1/2 cold water
  - 1/2 cup boiling water
  - 2 cups whipping cream
  - 1/2 cup sugar
  - 1/4 cup pineapple juice
  - 2.5 cups graham cracker crumbs
  - 1/3 cup sugar
  - 1/2 cup butter
- Prepare the 4 pkgs of Jello - Dissolve each package of Jello in 1 1/2 cups of the boiling water. Pour each into a separate shallow pan and refrigerate until set (pie plates work great).
  - Prepare crust - Mix together the graham crumbs, sugar, and melted butter. Reserve 1/3 cup off the crumb mixture. Press remaining crumb mixture into a 9 X 13 pan lightly sprayed with cooking spray. (FYI - you can also divide the mixture into 2 - 8 X 8 pans if you would like to share it with someone)
  - Chill crumbs in fridge while waiting for Jello to set.
  - Lastly, prepare the unflavored gelatin. Mix the package of unflavored gelatin with the 1/2 cup of cold water first. Stir in the 1/2 cup boiling water and stir well. Pour gelatin into a dish and refrigerate for about 1 1/2 hours - until set a little bit but not completely set.
  - Assemble dessert - Whip the whipping cream with the 1/2 cup of sugar until stiff peaks form. Beat in the gelatin mixture and the pineapple juice.
  - Cut the colored Jello into cubes and gently fold into the whipped cream mixture.
  - Spread over the crust.
  - Chill until ready to serve - at least 5 hours but even better overnight.



[Jo and Sue: Broken Glass Dessert](#)

## Lunch and Learn Presentations

### Mature Driver Workshop

Manitoba's varying road conditions emphasize the importance of refreshing driving skills as we age. This workshop is for experienced drivers who wish to brush up on their skills and enhance their driving performance.



Benefits of attending this workshop include: fewer accidents and claims, and learn how to compensate for the physical effects that aging has on driving.

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

January 23: La Salle Caisse Community Centre @ 12:45

January 25: Starbuck Hall @ 12:45

January 26: Sanford Legion @ 12:45



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

### Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: January 9

Starbuck: January 4, 11, 18, 25(presentation),

Sanford: January 5, 12, 19, 26 (presentation)

La Salle: January 16, 23 (presentation), 30

**Did You Know?**  
You may attend any  
of the Congregate  
Meals being offered in  
the Municipality re-  
gardless of where you  
live.

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



## 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 21<sup>st</sup>, 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)

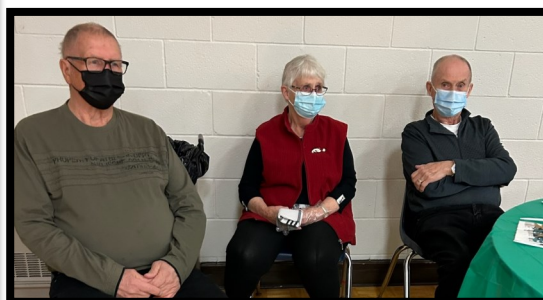
**Macdonald-Headingley**  
RECREATION DISTRICT





Reeve Brad Erb in line for lunch

Volunteers Ken, Janis, and Herb



Cheesecake as far as the eye can see!



Leanne Wilson, Community Resource Coordinator



Georges Cormier delivers the meal blessing



Former Reeve Rodney Burns popped in for a visit!



Roy & Shirley Switzer

# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No Meal	3	4 Starbuck Chili	5 Sanford Chili	6	7
8	9 Brunkild Chili	10 -walking club Star- buck	11 Starbuck Liver n'Onions	12 Sanford Liver n'Onions -Exercises with Liza Riverdale -Walking Club, La Salle	13 Worship ser- vice Riverdale Apts, Star- buck, 10 am	14
15	16 La Salle BBQ Chick- en	17 -walking club Star- buck	18 Starbuck Homemade Soup & Sand- wich	19 Sanford Homemade Soup & Sandwich -Exercises with Liza Riverdale --Walking Club, La Salle	20	21
22	23 La Salle Quiche -Sanford iPad	24 -walking club Star- buck	25 Starbuck S & S Ribs -Pep in our Step San- ford	26 Sanford S& S Ribs -Exercises with Liza Riverdale -Walking Club, La Salle	27 Worship ser- vice Riverdale Apts, Star- buck, 10 am	28
29	30 La Salle Salmon -Sanford iPad -La Salle iPad	31 -walking club Star- buck				

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

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

Margret-204-745-0863-call for 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.**

