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# The Wire

June 2023

## Now Booking Celebrations and Folklorama

### Celebrations: Tuesday, July 25

#### Mamma Mio

Of all the great bands of the disco era, none has had the enduring popularity of ABBA. With many musicals and movies celebrating their music, we thought it was time, once again, for Celebrations Dinner Theatre to have some ABBA fun. We’re taking all the best of the ABBA music and movies and putting them into one classic Celebrations Dinner Theatre parody romp. Our amazing cast of top Canadian talent will surely get you disco dancing and singing along to your favorite ABBA songs... and maybe even a few other disco classics as well!

So, come on over to Celebrations Dinner Theatre and “do a little dance, get down tonight!

Tickets are \$45p.p. and includes your ticket, entrée and coffee or tea. Seating is limited. Call today! Doors open at 11 am

### Folklorama: Friday, August 18

Visit 3 Pavilions in one Night: Japan, Scandinavian, Scotland

Air conditioned transportation from your pick up point, appetizer & alcoholic cultural beverage at stop 1, entrée and domestic alcoholic beverage at stop 2, and dessert with coffee or tea at stop 3. Book and pay by June 30: \$80 p.p., after June 30, \$85 p.p.

**Call Leanne to book your seat for either program! 204-735-3052**

# 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.



## Copycat Wisconsin Cauliflower Soup

### INGREDIENTS

- 1 head of cauliflower
- 2 cups chicken (or veggie stock)
- 3 cups of milk
- 1/4 cup heavy whipping cream
- 2 cups shredded sharp cheddar
- 1 1/2 cup shredded pepper jack cheese
- 2 cloves minced garlic
- 1/4 cup butter
- 1/4 cup flour
- 2 teaspoons onion powder
- Optional: bacon and cheese for topping, but it's not necessary for this recipe. It's great meatless.

### INSTRUCTIONS

1. Cook the cauliflower until it's soft. I don't care how you get there. boil it, steam it, instant pot, whatever. Get the cauliflower soft.
2. Once the cauliflower has cooled enough to handle, add it to a blender with 1 cup of your chosen stock. Pulse blend it. You're not trying to annihilate it. If you over blend it, you're going to get kinda a weird grainy texture to your soup. Blend it until it's about two blends away from being baby food, but don't go full baby food, k? Set aside.
3. In a large pot over medium-high heat, melt the butter and add the garlic. Saute together for about 2-3 minutes.
4. Whisk in the flour to make a roux.
5. Whisk the remaining cup of stock in, and whisk until the roux and the stock become one. It should be kinda gravy-ey.
6. Turn the heat down to medium, and slowly whisk in your milk a cup at a time. Allow it to get steamy, but it should not simmer. If it is starting to simmer, turn it down.
7. Add your cheese just a bit at a time, and quickly and thoroughly whisk until it's completely melted in before adding more cheese. This is probably the most time-consuming part but if it's not done correctly you can really fuck up your soup. Be patient with the cheese-ing process.
8. Once all the cheese is melted into the soup, whisk in your cauliflower stuff from the blender along with the heavy cream and onion powder. Allow the soup to cook covered for about 5 minutes or until warmed through.
9. Serve.

## Lunch and Learn Presentations

### **Exercise for Healthy Bones: Part 3 in the 3 part series.**

In the last session, Nutrition for Healthy Bones, we learned what kinds of foods we need to consume in order to maintain the density of our bones and that supplements are effective in helping achieve the amount if we cannot get all our calcium from food. This presentation will cover what types of exercises are important in maintaining our bones.

Monday, June 12: Brunkild Hall @12:30

Monday, June 26: La Salle Community Centre @12:30

Wednesday, June 21: Starbuck Hall @ 12:30

Thursday, June 22: Sanford Legion @12:30

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



### **Congregate Meals in RM of Macdonald**

**Let's Eat together!!**

**Brunkild: June 12**

**Starbuck: June 7, 15, 21 (presentation), 28**

**Sanford: June 8, 15, 22(presentation), 29**

**La Salle: June 5, 19, 26(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://Macdonald Headingley Recreation District • Welcome! (mhrd.ca))



### La Salle

6 Tuesdays

June 13-July 25

6pm-7pm

or

### Oak Bluff

6 Thursdays

June 15-July 27

**\$60**

## Zumba in the Park



## Fitness in the Park

Oak Bluff

8 Tuesdays, July 4 - August 22

7:00 pm - 8:00 pm

**\$88**



Macdonald-Headingley  
RECREATION DISTRICT



For more information, Please

call

204-885-2444

or visit their website at

[www.mhrd.ca](http://www.mhrd.ca)

# Macdonald-Headingley

RECREATION DISTRICT

## Dial a Dietitian

1-877-830-2892

Call 788-8248 in Winnipeg

Free nutrition  
information  
for everyone

Eating well can be a daily  
challenge and you may  
have questions.

Call to speak to a Registered  
Dietitian right here in Manitoba  
and get answers about  
food and nutrition.



Provincial Health  
CONNECTION CENTRE  
Communicability Care

Centre Provincial & Communication  
EN MATIÈRE DE SANTÉ  
L'Équipe d'entraide et de soutien

Financial contribution from  
Provinciale  
Agence de Santé

Agence de santé  
Affiliée au Canada  
Manitoba

The Dial a Dietitian service of Manitoba is here to answer questions and provide advice on food and nutrition to help individuals and families live well and stay healthy. Dial a Dietitian connects callers to a Registered Dietitian, a licensed health professional who has studied the science of nutrition. Registered Dietitians have the ability to put the science of nutrition into everyday practical advice.

Service is free of charge and is available to all residents of Manitoba. Any one can call – the general public, health professionals and community leaders.

Nutrition information is provided verbally and written resources can be mailed to the caller. Callers may be asked to provide confidential information regarding their name, age, address and specific medical conditions to provide for more personalized advice. The service does not provide medical opinions, symptom assessment or medical diagnosis. Contact information or referral to other community nutrition support programs for more in-depth nutrition advice or counseling may be offered and provided.

## Picnic at Burns Museum, Thursday, June 15

Alan Burns (1920-2009) was a collector of curiosities and antiques all his life. As storage for his treasures became increasingly an obstacle he built a museum to house his collection. The Burns Museum opened in September of 1989 and reopened at his son, Lyle's property in August of 2011. Now, The Alan Burns Museum, hosts a wide variety of antiques including agricultural, household, W.W.II artifacts, along with unique and whimsical items that will take you back in time. You'll see something new each time you visit.

Bring lawn chair, sun screen, hat, bug

spray.

Call Leanne to reserve your place.

\$12 p.p. includes your barbecue lunch with dessert (homemade rhubarb pie and ice cream) and admission to the museum.



Happy Father's Day on June 18  
to all the Father's out there.  
*We wouldn't be here without  
you!*

# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sanford <b>Meatloaf</b> -Exercises with Liza Riverdale	2	3
4	5 La Salle <b>Burgers &amp; Fries</b>	6	7 Starbuck <b>Liver n'Onions-</b> Pep in our Step Sanford	8 Sanford <b>Liver n'Onions</b> Exercises with Liza Riverdale	9	10
11	12 Brunkild -Liver n'Onions <b>Lunch and Learn</b>	13	14 Starbuck <b>No meal</b> Pep in our Step Sanford -	15 Sanford <b>-Picnic at Burns Mu- seum 11:45</b> Exercises with Liza Riverdale	16	17
18	19 La Salle <b>Salmon</b>	20 -	21 Starbuck <b>Soup &amp; Sandwich</b> Pep in our Step Sanford <b>Lunch and Learn</b>	22 Sanford <b>Soup &amp; Sandwich</b> <b>Lunch and Learn</b> -Exercises with Liza Riverdale	23	24
25	26 La Salle <b>Roast Chicken</b> <b>Lunch and Learn</b>	27	28 Starbuck <b>Surprise meal</b> Pep in our Step Sanford	29 Sanford <b>Surprise meal</b>	30	

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  
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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 Shirtliff:  
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

Melanie Cotroneo: 204250-2260

**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.**

