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The Wire

March 2023



A Doctor in Queue Waiting for You

What is QDoc?

- QDoc is a free, web-based platform that provides a means for patients to be connected to doctors by video.

Why use QDoc?

- QDoc allows you to see a doctor quickly anytime and anywhere for free.
- We are a government funded service and our goal is to get you connected to a doctor quickly from the comfort of your own home.
- QDoc has an excellent team of local doctors with a wide range of specialized training, ready to provide quality medical care for you.

What can QDoc do?

- During a visit doctors can write prescriptions using their discretion and send them to the patient's preferred pharmacy.
- QDoc doctors can also order lab tests, X-rays, and other diagnostic imaging exams as deemed necessary and appropriate.

For more information or to get started:

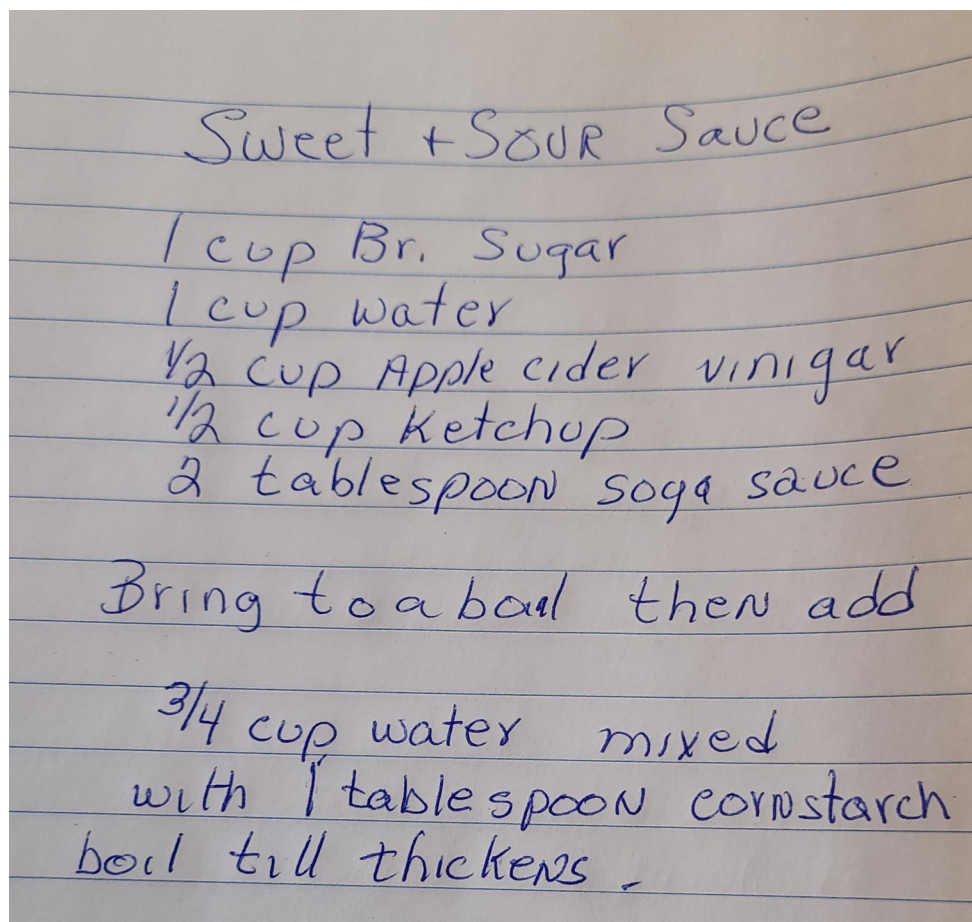
Phone : 1-833-736-2362

E-mail : info@qdoc.ca

Website: www.qdoc.ca

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.



This flavourful sauce is great on ribs, meatballs, pork cutlets or as a dipping sauce for chicken strips.

Lunch and Learn Presentations

Leanne goes to Ireland –Armchair travel

See and hear about Leanne's trip to Ireland. Time for discussion about your experiences on the Emerald Isle as well. Feel free to bring photos.

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

March 20: La Salle Caisse Community Centre @ 12:30

March 22: Starbuck Hall @12:30

March 23: Sanford Legion @ 12:30



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

Coming up in April...Bone Health 101

Monday, April 3: Brunkild

Monday, April 17: La Salle

Wednesday, April 19: Starbuck

Thursday, April 20: Sanford

SURPRISE MEAL:

Introducing Surprise meals in March...March 15 Starbuck and March 16 Sanford.

Sorry, I cannot tell you what these meals are. You will have to come out and see for yourself what delicious concoctions Gwen is going to make. Just know it won't be Liver!

Come out for the surprise!

Come out to both meals.

Gwen will be serving up something different at each location.

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: March 6

Starbuck: March 1, 8, 15, 22 (presentation), 29

Sanford: March 2, 9, 16, 23 (presentation), 30

La Salle: March 6, 13, 20 (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, 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)

Macdonald-Headingley
RECREATION DISTRICT

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 imagining 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

March 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---------------------------------|--|--|--|-----|
| | | | 1 Starbuck Pork Cutlets -Pep in our Step Sanford | 2 Sanford Pork Cutlets -Exercises with Liza Riverdale -Walking Club, La Salle | 3 | 4 |
| 5 | 6 Brunkild Chicken Drummies La Salle Spaghetti & meat- balls -La Salle iPad | 7 -walking club Starbuck | 8 Starbuck Lemon Chicken -Pep in our Step Sanford | 9 Sanford Lemon Chicken -Exercises with Liza Riverdale -Walking Club, La Salle | 10 | 11 |
| 12 | 13 La Salle Shepherd's Pie | 14 -walking club Starbuck | 15 Starbuck Surprise meal -Pep in our Step Sanford | 16 Sanford Surprise meal -Exercises with Liza Riverdale -Walking Club, La Salle | 17  | 18 |
| 19 | 20 La Salle Chicken Stew with Dumplings -Lunch and Learn | 21 - | 22 Starbuck Homemade Soup & Sandwich -Lunch and Learn | 23 Sanford Homemade Soup & Sandwich -Lunch and Learn -Exercises with Liza Riverdale | 24 | 25 |
| 26 | 27 No Meal | 28 | 29 Starbuck Liver n' Onions | 30 Sanford Liver n' Onions -Exercises with Liza Riverdale | 31 | |

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 Advisory 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.

