



Inside this issue:

Cooking with Gwen **2**

Lunch and Learn **3**

GEMS Meal Dates

MHRD Programs **4**

Let No One be Alone, continued **5**

Happy Mother's Day Help-age grant

GEMS calendar **6**

The Wire

May 2023

May 7-13 is Let No One Be Alone Week



High-quality social connections are essential to our mental and physical health and our well-being. Social isolation and loneliness are important, yet neglected, social determinants of the health of older people.

Social isolation and loneliness are widespread, with some countries reporting that up to one in three older people feel lonely. A large body of research shows that social isolation and loneliness have a serious impact on older people's physical and mental health, quality of life, and their longevity. The effect of social isolation and loneliness on mortality is comparable to that of other well-established risk factors such as smoking, obesity, and physical inactivity. [Social Isolation and Loneliness \(who.int\)](https://www.who.int)

Let us try to identify those living alone in our communities and invite them out to lunch. All older adults are encouraged to attend any of our congregate meal programs for food, fun and fellowship.

In order to get more people out to experience what the congregate meal programs have to offer during the month of May, anyone who lives alone and wishes to attend the GEMS program may do so at a cost of \$5.

In order to attend the meal program with the discounted rate:

1. You must be an older adult living alone within the R.M. of Macdonald
2. You must not have attended the GEMS program within the last 6 months
3. You must call Leanne and book your spot a few days before the meal program date 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.



INGREDIENTS

FOR THE CRUST:

- 9 graham crackers 1 sleeve
- 2 Tablespoon sugar
- ¼ teaspoon salt
- 8 Tablespoons melted butter 1 stick, unsalted

FOR THE CHEESECAKE:

- 16 ounces cream cheese (2 blocks, softened)
- 1 cup confectioner's sugar
- 8 ounces Cool Whip (1 container)
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice fresh
- 21 ounces cherry pie filling (1 can)

INSTRUCTIONS

- Line an 8×8 baking dish with parchment paper, letting the parchment fold over two sides of the dish. This will allow you to pull the cheesecake out of the pan later.
- In food processor, pulse graham crackers until they are small crumbs. If you don't have a food processor, put the crackers in a zip top bag and hit them with a mallet or other kitchen object.
- In medium-sized mixing bowl, place graham cracker crumbs, sugar, salt, and melted butter and mix to combine.
- Press graham cracker mixture into bottom of the baking dish, pressing until firm. Place in refrigerator to chill while you make the cheesecake filling.
- With electric mixer beat cream cheese until soft, mix in powdered sugar, vanilla, and lemon. Stir until smooth.
- Fold in Cool Whip until combined and smooth.
- Pour cheesecake mixture on top of graham cracker crust. Smooth out with spatula. Cover and chill in refrigerator for 4-6 hours or overnight.
- Top with cherry pie filling before serving.

Lunch and Learn Presentations

Nutrition for Healthy Bones: Part 2 in the 3 part series.

In the last session, Bone Health 101, we learned what Osteoporosis is and that most people begin to lose bone after the age of 30. We also learned that we can slow the loss of bone down by eating the right foods. This presentation will cover what foods we should be eating in order to maintain our 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

Coming up in June...Exercise for Healthy Bones

Monday, June 12: Brunkild Hall @ 12:30

Monday, June 19: La Salle Community Centre @ 12:30

Wednesday, June 21: Starbuck Hall @ 12:30

Thursday, June 22: Sanford Legion @ 12:30

Congregate Meals in RM of Macdonald

Let's Eat together!!

Brunkild: May 1

Starbuck: May 3, 10 (Whist), 17 (presentation), 26 (Cribbage), 31 (BINGO)

Sanford: May 4, 11, 18 (presentation), 25

La Salle: May 8 (Whist), 15 (presentation), 29 (Cribbage)

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)



Look what else we have planned:

Cribbage afternoons starting around 12:30

May 11, Sanford Legion

May 24: Starbuck Hall

May 29: La Salle Community Centre

Whist Afternoons starting around 12:30

May 8: La Salle Community Centre

May 10: Starbuck Hall

May 25: Sanford Legion

BINGO starting around 12:30

May 31: Starbuck Hall

June 1: Sanford Legion



Happy Mother's Day on May 14
to all the Mothers out there.

We wouldn't be here without you!

Seniors Can! (Aînés Debout!) is an initiative of HelpAge Canada designed to help low-income seniors across Canada avoid isolation and loneliness and to engage more fully with their communities.

Through the generous support of the Founding Program Partner, HelpAge Canada offers the following grant:

Well-Being Grants of up to \$10,000 per organization are available to provide one or more low-income seniors with mobility and communication enhancing equipment or devices, dental care, and/or for social services or supports such as transportation, delivered meals, or senior center memberships.

If you have low income and would like additional funding to help with the above, please contact Leanne at 204-735-3052 and we will apply for funding. Applications open up in May.

If you would like more info: [Apply - HelpAge Canada](#)

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Brunkild Teriyaki Chicken -Lunch and Learn	2	3 Starbuck Teriyaki Chicken -Pep in our Step Sanford	4 Sanford Teriyaki Chicken -Exercises with Liza Riverdale -Walking Club, La Salle	5	6
7	8 La Salle Creamy Parmesan Lemon Chicken Whist	9	10 Starbuck Ham & Texas pota- toes Whist -Pep in our Step Sanford	11 Sanford Ham & Texas pota- toes Cribbage - Exercises with Liza Riverdale -Walking Club, La Salle	12	13
14	15 La Salle Greek meal -Lunch and Learn	16	17 Starbuck Roast beef Pep in our Step Sanford -Lunch and Learn	18 Sanford Roast beef -Exercises with Liza Riverdale -Walking Club, La Salle -Lunch and Learn	19	20
21	22 No Meal Victoria Day	23 -	24 Starbuck Soup & Sandwich Cribbage Pep in our Step Sanford	25 Sanford Soup & Sandwich Whist -Exercises with Liza Riverdale -Walking Club, La Salle	26	27
28	29 La Salle Lasagna Cribbage	30	31 Starbuck Meatloaf BINGO Pep in our Step Sanford	1 Sanford Meatloaf BINGO Exercises with Liza Riverdale -Walking Club, La Salle		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.**

