



**Inside this issue:**

Cooking with Gwen **2**

MHRD **3**

Wendy & Miike  
Kukelko

MHRD Programs ,  
continued **4**

Lunch and Learns

Lunch and Learns **5**

Lunch with your Coun-  
cillor

GEMS Meal Dates

GEMS Meal Calendar **6**

# The Wire

September 2023

## Thank you Vic & Viviane Bossuyt!

On behalf of the Macdonald Seniors Advisory Committee, I would like to thank Vic and Viviane Bossuyt for their years of dedication and service to the older adults of Oak Bluff and the R.M. of Macdonald.

It has been both a pleasure and a privilege to work with you both!

## Welcome to the Macdonald Seniors Advisory Committee

Appointed by Council as of August 9, 2023, it is our pleasure to announce our new Oak Bluff Representatives on the Macdonald Seniors Advisory Council: Wendy & Mike Kukelko.

Check out page 3 for more information on Wendy & Mike.

## What is the Macdonald Seniors Advisory Committee

The Macdonald Seniors Advisory Committee's (MSAC) mandate is to provide advice and perspective to the Senior Services Resource Coordinator and Council of the RM of Macdonald on all matters relating to supporting older adults to remain living independently in the municipality for as long as possible. MSAC will also assist with identifying and suggesting solutions to gaps and barriers that impede full participation of seniors in all aspects of community life.

## The Community Representatives of the Macdonald Seniors Advisory Committee (MSAC) are the eyes and ears of your community. Some of their duties include:

- Provide recommendations to improve the effectiveness of programs and services.
- Assist with educating and improving the quality of life for seniors.
- Assist with connecting seniors to services and disseminating information to communities to encourage participation...and more!

# 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.



## Chocolate Zucchini Cake

### Ingredients

#### Cake

1/2 cup butter, room temperature  
1/2 cup vegetable oil  
1 3/4 cups granulated sugar  
2 tsp vanilla  
1 tsp baking soda  
1/2 tsp baking powder  
1 tsp salt  
2 eggs

1/2 cup sour cream  
2 3/4 cups flour  
3/4 cup cocoa powder  
3 cups grated zucchini  
3/4 cup semi sweet chocolate chips

#### Pourable frosting

1/2 cup butter  
1/2 cup milk  
1/4 cup cocoa powder  
4 cups powdered sugar

### Instructions

Preheat oven to 325°

Spray a 9×13 baking dish with cooking spray and set aside.

In bowl of stand mixer beat butter, vegetable oil and sugar together until smooth. Add in vanilla, baking soda, baking powder, salt and eggs and continue mixing until smooth and combined, scraping sides as needed.

Add in sour cream alternately with the flour, mixing after each addition until smooth.

Next mix in cocoa powder until evenly combined.

Finally fold in zucchini and chocolate chips.

Pour batter into prepared pan and bake for 30-40 minutes or until a toothpick inserted in center comes out clean.

### Frosting

In a medium saucepan over medium-low heat melt butter, milk, and cocoa powder together, stirring frequently. Remove from heat and whisk in powdered sugar until there are no more lumps.

Pour frosting over your cake while it's still warm.

Allow the cake to cool completely before serving.

### Did you know...

The world's largest zucchini was 69 1/2 inches long, and weighed 65 lbs. (That's a lot of zucchini bread).

Even though zucchini is served as a vegetable, it's technically a fruit because it comes from a flower.

A zucchini has more potassium than a banana.

A Zucchini is 95% water.

You can even eat the blossoms!



## 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)

La Salle:

### Getting The Most Out of Your iPad

Instructor: Karen Lough & Leslie Malcolm

Location: Caisse Community Centre: MPR

Date: 6 Mondays, Oct 23 - Nov 27, 2023

Time: 10:00 am – 11:30 am

Fee: \$30.00

Description: Do you have an iPad but you are not quite sure how it works and what to do with it? We can help! You will learn how to navigate your iPad, customize your settings, connect to the internet/Wi-Fi and how to search and share. We will explore the apps that come with your device and how to find the best apps using top charts and customer ratings.

This 6-week course is an introduction to the iPad. You can bring your own iPad and charger, a notepad and a pen. If you don't have an iPad, please contact Leanne Wilson (Macdonald Senior Services Coordinator) at 204-735-3052 or [info@macdonaldseniors.ca](mailto:info@macdonaldseniors.ca).

**Macdonald-Headingley**  
RECREATION DISTRICT

## Introducing Oak Bluff Representatives, Mike and Wendy Kukelko

Wendy grew up in Oak Bluff on the Bossuyt family dairy farm. She and her husband Mike moved to Oak Bluff Estates in 1995 to raise their two children, Scott and Leanne. Wendy has volunteered extensively including coaching softball, hockey and ringette and various roles on the Oak Bluff Rec board. She retired as a laboratory technologist at the Cadham Provincial Lab.

Mike is a retired CPA. He also volunteered extensively as a soccer and hockey coach. He has served as the President of the Oak Bluff Rec Committee, treasurer for the Manitoba Division of the Canadian Diabetes Association and treasurer for Community Financial Counselling Services.

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*Wendy and Mike will be the eyes and ears of Oak Bluff as it relates to Older Adults. They can bring your senior-related ideas or concerns to the Macdonald Advisory Committee. They will also be reporting to the Committee on the events occurring in Oak Bluff. If you would like to reach out to Wendy and Mike, you can find their contact info on the last page of this newsletter.*

## 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)

Sanford:

### **Pep In Our Step – Older Adult Exercise!**

Instructor: Agnes Gousseau

Location: Sanford Legion

Date: 15 Wednesdays, September 13 - December 20, 2023

Time: 10:00 am – 11:00 am

Fee: Free!

Description: Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Agnes will lead the group using 1 lbs weights and stretchy bands. These exercises can be done standing or seated. **Equipment:** Please wear comfortable clothing and footwear.

### **Introduction to the iPad – Sanford**

Instructor: Macdonald Senior Services

Location: Sanford Legion

Date: 6 Mondays, Oct 2 - Nov 13, 2023 (No class Oct 9)

Time: 10:00 am – 11:30 am

Fee: \$30.00

Description: This 6 week course will support you in getting the most out of the Apple iPad. If you've taken the *Introduction to the iPad* course before, this course is the next step. Or if you are already comfortable using an iPad and are looking for more helpful tips and trick to better use your device, this course is for you! In this program, your instructor will go over using social media, being aware of scams, threats and phishing, better understanding your settings, troubleshooting common device issues, and setting up iPad security.

You can bring your own iPad and charger, a notepad and a pen.

If you have a Samsung device, you can still join the class!

Please register online to save your spot or call the Macdonald Headingley Recreation District office at 204-885-2444.

Starbuck

### **Exercises with Liza**

Instructor: Liza Rasmussen

Location: Riverdale Apartments

Date: 14 Thursdays, September 14 - December 14, 2023

Time: 10:00 am – 11:00 am

Fee: Free!

Description: Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. Liza will lead the group using 1 lbs weights and stretchy bands. These exercises can be done standing or seating. Program takes place in the Riverdale Apartments' lounge.

**Equipment:** Please wear comfortable clothing and footwear.

## Lunch and Learns Coming Up

### Active Living

An interactive presentation to engage older adults in a discussion about the health benefits of active living. Active Aging in Manitoba speakers are older adults who themselves have embraced an active living lifestyle. The topics include:

- Why active living is so important.
- Assessment of the participant's current life-style.
- Motivational Tips
- Making a commitment to be more active.

**Wed. Sept 6: Starbuck Hall @ 12:30**

**Monday, Sept 25: La Salle Caisse Commu-  
nity Centre @ 12:30**

**Monday, Oct 2: Brunkild Hall @ 12:30**

**Thursday, Oct 26: Sanford Legion @ 12:30**

**Call Leanne to book your spot.**

**This is a free presentation. Lunch served at 11:45 for \$10 p.p. 204-735-3052**

## Lunch with your Councillor

Join us for a leisurely lunch as your councillor fills you in on what has been happening in your community at the Municipal level. This is also an opportunity for you to ask a question or two.

- Monday, Sept 25: Caisse Community Centre-lunch with Glen Irvine, councillor Ward 2
- Thursday, Sept 28: Sanford Legion- lunch with Barry Feller, councillor Ward 3

## Congregate Meals in RM of Macdonald

Let's Eat together!!

**Brunkild: Sept 18**

**Starbuck: Sept 6 (presentation), Sept 13, Sept 20, Sept 27**

**Sanford: Sept 7, Sept 14, Sept 21, Sept 28 (Lunch with Councillor Barry Feller)**

**La Salle: Sept 11, Sept 18, Sept 25 (Lunch with Councillor Glen Irvine  
and presentation)**

See the attached 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**

September 2023

## GEMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <b>No Meal</b> Labour Day	5	6 <b>Starbuck</b> Teriyaki Chicken <b>Speaker</b>	7 <b>Sanford</b> Teriyaki Chicken	8	9
10	11 <b>La Salle</b> Meatballs	12	13 <b>Starbuck</b> Shepherd's Pie	14 <b>Sanford</b> Surprise a la Roy	15	16
17	18 <b>Brunkild</b> Sesame Chicken	19	20 <b>Starbuck</b> Minute Steak  Cribbage	21 <b>Sanford</b> Minute Steak  Cribbage	22	23
24	25 <b>La Salle</b> Teriyaki Chicken <b>Speaker</b>  Lunch with Glen Irvine	26	27 <b>Starbuck</b> Surprise Meal	28 <b>Sanford</b> Surprise Meal  Lunch with Barry Feller	29	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  
Box 283  
5-38 River Ave  
Starbuck, MB  
R0G 2P0

Phone: 204-735-3052

Email:  
info@macdonaldseniors.ca

**Macdonald Seniors Ad-  
visory Council (MSAC)**

Mike  
Kukelko: 204-770- 7838  
Wendy  
Kukelko: 204-770-2361  
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:**

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.**

