



The Wire

November 2025

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Manitoba Safe and Healthy Home for Seniors

Funded by the Manitoba Government Department of Health, Seniors and Long-Term Care, the Safe and Healthy Home for Seniors Program provides funding for basic and essential devices or adaptations for seniors facing barriers within their homes.

The goal of the program is to create an accessible, barrier-free living space where a low-moderate income senior with a condition or limitation can complete basic activities of daily living (eating, bathing, toileting, transferring, and mobility) or getting in and out of their home to access essential medical care and community services safely, independently and with dignity.

Grant Amounts

If eligible, you may apply for:

Up to \$5,000 for basic and essential accessibility solutions, every three years, to a lifetime maximum of \$15,000.

Up to \$6,500 for basic and essential accessibility solutions if the applicant resides in a rural or remote area of Manitoba, every three years, to a lifetime maximum of \$15,000.

For assistance in completing the application please call one of our team members at 1-866-906-6006

An eligible applicant must:

- Be a permanent Manitoba resident.
- Be 65 years of age or older.
- Have a combined net household income of under \$60,000.
- Have a permanent ongoing or recurring condition/limitation that impedes mobility and results in substantial restrictions in activities of daily living (eating, bathing, toileting, transferring, and mobility) and/or getting in and out of your home to access essential medical care or community services.

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Connections Café Recipe of the Month

Butternut Squash Soup

Ingredients

- 1 medium butternut squash
- 1 tablespoon olive oil
- 1 medium onion chopped
- 2 cloves garlic minced
- 4 cups vegetable broth
- 1 cup coconut milk or cream
- 1 pinch salt to taste
- 1 pinch pepper to taste
- 1 pinch nutmeg optional
- 1 handful toasted pumpkin seeds for topping, optional
- 2 tablespoons sour cream or yogurt for garnish, optional



- Preheat the oven to 400°F (200°C). Cut the butternut squash in half and scoop out the seeds. Brush the inside with olive oil and sprinkle with salt and pepper. Place the squash cut-side down on a baking sheet and roast for 30-40 minutes or until tender.
- In a large pot, heat olive oil over medium heat. Add onions and garlic, sauté until softened to build flavor base.
- Remove the roasted squash from the oven, scoop out the flesh and add it to the pot with the aromatics.
- Add the vegetable broth and bring to a simmer. Cook for about 10 minutes, allowing flavors to blend together.
- Blend the soup until smooth, using an immersion blender or regular blender. Work in batches if using regular blender.
- Stir in coconut milk and nutmeg. Adjust seasoning with salt and pepper if necessary.
- Serve immediately, topped with toasted pumpkin seeds and a swirl of sour cream or yogurt if desired.

[Creamy Butternut Squash Soup – Comfort in a Bowl](#)

Weed Whackers Gardening Club for Seniors Dig In. Grow Together. Have Fun!

- ☐ Plant, weed & grow
- ☐ Make friends
- ☐ Receive a garden box and seeds*
- ☐ Tours, speakers and more...

No green thumb needed — just you!

***Watch for details. More info will be out soon!**



Rockin' around the Christmas Tree Holiday Luncheon

Hey cool cats and jingle belles – it's time to **boogie into the holiday season 50's-style!**



Friday, December 5 at Starbuck Hall—12-2 pm

Put on your **poodle skirts, leather jackets, and saddle shoes**-prize draw for dressing up 50's style
Grab your friends, shine up your blue suede shoes, and join us for a great afternoon of friends, fun, & food .

Tickets on sale now.

Catering: Starbuck Catholic Church –Roast beef dinner

Tickets \$25

50/50 draw, door prizes

Call Leanne for tickets: 204-736-2255

Manitoba Safe and Healthy Home for Seniors, *continued from page 1*

List of Eligible Devices

- Modular ramps
- Inside and outside platform lifts, stairway lifts and lifting/ transferring devices
- Elevating devices
- Wall grab bars, and bathtub safety rails
- Disability features for major appliances that allow a person to safely use them
- Portable roll-in shower
- Environmental controls to operate appliances; switch lights and computers on or off; facilitate the use of a telephone; or to open, close and lock doors
- Repairs to electrical or battery-operated devices funded by this program

List of Adaptations

- Widening of doors and/or replacement of conventional doors by sliding or folding door
- Rearrangement of bathrooms to permit safe use
- Zero threshold showers Note: When bathroom modification is required but the structure of the bathroom is not able to accommodate a zero-threshold shower, the Program would only consider funding transferable equipment (e.g. a portable roll-in shower) as recommended by an Occupational Therapist.
- Rearrangement and lowering or raising of kitchen equipment and cupboards

[Manitoba Safe and Healthy Home for Seniors - How to Apply](#)

Flaky Friends 2

Along with Southern Health's Healthy Together Now program, we are pleased to offer Flaky Friends part 2.

Discover the Joy of Homemade Creations

Join us for a unique and fun-filled series of intergenerational cooking classes where you'll master the art of: Holiday Baking – Whip up festive favourites like cookies and seasonal treats to celebrate the season in the sweetest way.

Sourdough – Learn the magic of fermentation, shaping, and baking your own tangy, crusty sourdough loaves.

Connect Across Generations:

Bring your kids, grandparents, or friends

—these classes are designed for all ages to share memories and skills.

Learn Timeless Techniques: Step-by-step guidance makes even tricky recipes achievable for beginners and fun for seasoned cooks.

Create Delicious Memories: Sit down together after class and enjoy the fruits of your labour.

Take Your Creations Home: Impress your family with sourdough and holiday treats made by your own hands.

Starbuck Hall: Nov 21, Mar 13

Each class is \$10 and being held on in-service days.

Sign up for all three classes and get a free apron.

Do you have a baking specialty? We are looking for people able to teach others the art of Holiday Baking and Sourdough Bread. If you are interested, or would like more info, please call Leanne at 204-736-2255 or email at info@macdonaldseniors.ca

Flu Clinics

Nov.5- Oak Bluff 3-6pm



Chair Yoga is a great fit for anyone looking to improve flexibility, balance, and posture without the need to get up or down from the floor. This class focuses on mindful breathing, gentle stretching, and balance exercises while using the chair for support. It is ideal for those with mobility or balance challenges but still want to enjoy the benefits of yoga in a comfortable, accessible way.

Join us for a relaxing, low-impact workout that strengthens both body and mind in a welcoming, supportive environment!

September 15 - December 8, 2025 at Caisse Community Centre, MPR

La Salle Walking Club

Join our Outdoor Community Walking Club for fresh air, friendly faces, and feel-good movement! We meet Wednesday mornings for group walks that welcome all ages and fitness levels—no pressure, just good company and a chance to enjoy the outdoors together.

Urban Poles will be available for use if anyone would like to try them *

September 17 - December 10, 2025, La Salle



Pep in Your Step with Agnes

Looking to maintain muscle strength and enhance your mobility? Join Agnes for our gentle exercise sessions, thoughtfully designed for participants of all fitness levels!

In these classes, you'll engage in gentle exercises using 1 lb weights and stretchy bands to promote strength and flexibility. You can choose to participate while standing or seated, making it accessible for everyone.

Remember to wear comfortable clothing and footwear. Take a step toward better health and mobility—join us for a supportive and effective workout!

September 17 - December 10, 2025 at Sanford Legion

Exercises with Liza

Want to maintain muscle strength and enhance your mobility?

Our gentle exercise sessions are the perfect fit for you! Led by Liza, these classes focus on being effective and accessible for everyone. In these sessions, you'll engage in gentle exercises suitable for all fitness levels, incorporating 1 lb weights and stretchy bands for strength training.

You can choose to participate while standing or sitting, ensuring a comfortable experience for all.

Don't forget to wear comfortable clothing and footwear!

Join us and take a step toward better health and mobility today!

September 25 - December 11, 2025 at Riverdale Apts, Starbuck

For complete program descriptions or to register, please

visit www.mhrd.ca
or call 204-885-2444



Macdonald-Headingley
RECREATION DISTRICT

Lunch and Learns

Identity Theft and Fraud Prevention: Access Credit Union

In this workshop, you'll learn how thieves steal and use your personal information, tips to keep your financial and personal information safe and what to do if you're the victim of fraud or identity theft.

TBA- Caisse Community Centre

Caribou and Black flies

Presenter: Dani Nawosad

Join us for this educational presentation about black flies in Arctic Canada and how climate change has increased the presence of a parasite spread between black flies and caribou. This has cropped up as an emerging issue of concern with Inuit because the herd that had the first outbreak of this parasite in 2023 is already declining rapidly (think 104,000 individuals in 2000, down to 19,000 by 2018). So, it's an intersection between Indigenous land-users being able to practice subsistence harvest, climate change, caribou conservation, and emerging disease in the Arctic.

- **Mon, Nov 3-Caisse Community Centre La Salle at 12:30 pm**
- **Wed. Nov 5-Starbuck Hall at 12:30**
- **Thurs, Nov 20-Sanford Legion at 12:30**

Remembrance Day Services

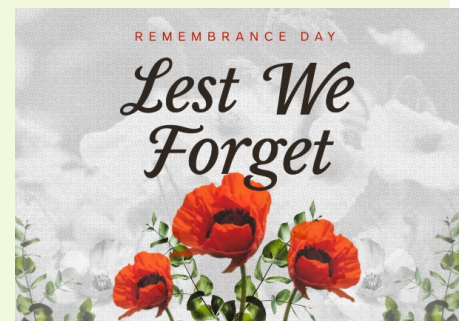
Sanford: Sanford United Church 10:45-12:20

10:45 am - Church service commences

11:45 am - March or drive to Cenotaph for laying of the wreaths

12:00 pm - Laying of the wreaths

Domain: The outdoor program starts at 10:40 followed by an indoor program. Coffee and donuts to close the day.



Connections Café Meals in RM of Macdonald

Let's Eat together!!

Brunkild: November 10

Sanford: November 6, 13, 20 (Presentation), 27

La Salle: November 3 (Presentation), 17, 24

Starbuck: November 5 (Presentation), 12, 19, 26

See the Connections Café 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.

204-736-2255

November 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 La Salle Chicken Alfredo	4	5 Starbuck Pork chops	6 Sanford Liver n Onions	7	8
	Caribou & Black Flies		Caribou & Black Flies			
9	10 Brunkild Pulled pork	11 Remem- brance Day	12 Starbuck Beef Stew	13 Sanford Ham & Scalloped pota- toes	14	15
16	17 La Salle Sweet Chicken	18	19 Starbuck Ham & Scalloped po- tatoes	20 Sanford Turkey noodle soup & sandwiches	21	22
				Caribou & Black Flies		
23	24 La Salle Bonnie's Choice	25	26 Starbuck Soup & Sandwiches	27 Sanford Salmon cakes	28	29
30						

All meals served at 11:45 a.m.

Please call ahead-Call Leanne at 204-736-2255

Lunch and Learn Presentations start at 12:30

All meals \$10 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

MACDONALD SERVICES TO SENIORS

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161 Mandan Dr
Sanford, MB

Phone: 204-736-2255

Email:
info@macdonaldseniors.ca

Macdonald Seniors Advisory Council (MSAC)

- Mike Kukelko:
204-770-7838
- Wendy Kukelko:
204-770-2361
- Jane Kroeger
204-227-2975
- Nancy Langlois:
204-471-7056
- Ronda Karlowsky:
204-794-4821
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee
Stokotelnny
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, 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 (204) 250-2260

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
La Salle Cleaning Services: 204-805-4249 call for service area

Grief Counselling & Family Wellness: Brooke Robinson
(204) 361-5683

Helping Hands Senior Care: Melissa Blais :204-228-8761

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.

