

The Wire

October 2025

Inside this issue:

Recipe of the Month **2**

Weed Whackers

Aging Well, Living Well **3**

Holiday Luncheon

Flaky friends **4**

Flu Clinic Dates

MHRD **5**

Lunch & Learns **6**

Meal Calendar **7**



Meridian Pastoral Charge

Can't get to church but do not want to miss a Sunday Service?

For those who are unwell or who are unable to make it into a Sunday service, the Meridian Pastoral charge has you covered! You can hop online and live stream it! Meridian Pastoral Charge is made up of the three United Church congregations in the RM of MacDonald. The three congregations are Starbuck United Church in Starbuck, Sanford United Church in Sanford and Avonlea United Church in Domain.

For more information to livestream a service, please visit:

www.meridian-pastoral-charge.ca

Connections Café Recipe of the Month

Ingredients

4 cups prepared stuffing
1 lb coarsely chopped cooked turkey (about 4 cups)
¾ cup Hellmann's Real Mayonnaise
¼ cup fresh whole berry cranberry sauce
2 cups mashed potatoes
1½ cups shredded mozzarella cheese
Fresh dried cranberries (optional, for garnish)

Turkey Casserole



Instructions

Preheat the oven to 375°F (190°C). Grease a 9×13-inch baking dish with cooking spray. Spread half of the prepared stuffing evenly in the baking dish. Top the stuffing with the chopped cooked turkey. In a small bowl, mix cranberry sauce and ¼ cup of mayonnaise. Spread this mixture over the turkey. In a large bowl, combine the remaining mayonnaise with the mashed potatoes and shredded mozzarella. Spread this mixture over the turkey and cranberry sauce layer. Top with the remaining stuffing. Bake in the preheated oven for 40 minutes, or until the casserole is hot and bubbling in the center. Let the casserole stand for 10 minutes before serving. Optionally, garnish with dried cranberries and serve.

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!**





Tickets available by calling Leanne at 204-736-2255

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 Oct 3.

Catering: Starbuck Catholic Church

Tickets \$25

50/50 draw, door prizes

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: Oct 24, 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

Oct 15: 12:30 p.m.—3 pm at Starbuck Hall

Oct.15- Meadowbrook Sanford 3-6pm

Oct.22- Family Flu @ La Salle Public Health Office

Oct.29- La Salle 3-6pm

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 1lb 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

Circle of Life—Living a Whole Life

Did you know there are non-food sources of nourishment that are vital building blocks to healthy, happy and whole living? They are Community, Health, Creativity and Purpose. As we transition through different stages of life, how we "feed" ourselves these sources of nourishment will change as we adapt. We will do a fun Circle of Life exercise and talk about all the ways we can nourish ourselves. Thursday, October 2, Sanford Legion

Home Care Solutions for Everyone-Caregiver Burnout

Learn about caregiver burnout and how to avoid it.

Thursday, October 16 at 12:30 pm-Sanford Legion

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**

Connections Café Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Oct 20 (Presentation)

Sanford: Oct 2 (Presentation), 9, 16 (Presentation), 23, 30 (Lunch at Meadowbrook)

La Salle: Oct 6, 27

Starbuck: Oct 1, 8, 15, 22, 29

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

October 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Starbuck Chicken Parm	2 Sanford Salmon Nicoise Salad Living a Whole Life	3	4
5	6 La Salle Thanksgiving Dinner	7	8 Starbuck Thanksgiving Dinner	9 Sanford Chicken Parm	10	11
12	13 No Meal Thanksgiving Day	14	15 Starbuck Halibut	16 Sanford Thanksgiving Dinner Caregiver Burnout	17	18
19	20 Brunkild Thanksgiving Dinner	21	22 Starbuck Turkey Noodle Soup & egg salad sandwiches	23 Sanford Beef Stew	24	25
26	27 La Salle Perogies and Sausage	28	29 Starbuck Tuna Casserole	30 Sanford Creamy Garlic Chicken at Meadowbrook Clubhouse	31	

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

Leanne Wilson
Box 100
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.

