

# The Wire

September 2025

## Inside this issue:

Recipe of the Month **2**

Weed Whackers  
Gardening Club

Aging Well, Living  
Well **3**

Flu Clinics

MHRD **4**

Lunch and Learns **5**

Congregate meal  
dates

Meal Calendar **6**

## 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](mailto:info@macdonaldseniors.ca)

# Connections Café Recipe of the Month

## Honeycrisp Apple Broccoli Salad

A refreshing and flavorful salad with crisp Honeycrisp apples, broccoli, dried cranberries, and a tangy dressing—perfect for a light side dish or a healthy snack.

Prep Time: 15 minutes

Cook Time: 30minutes

Total Time: 45 minutes

Yield: 4-6 servings

### Ingredients

4 cups broccoli florets, chopped

1 large Honeycrisp apple, diced

1/2 cup dried cranberries

1/2 cup chopped pecans or walnuts

1/4 cup red onion, finely diced

1/2 cup shredded sharp cheddar cheese (optional)



For the dressing:

1/2 cup mayonnaise

2 tablespoons apple cider vinegar

## 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!**





# Aging Well, Living Well

Together in the RM of Macdonald

**Friday, October 3, 2025**

**Presentations by**

**\*Medi-Quote**

**\*RCMP-Frauds & Scams**

**\* Kyle Arnal-Estate Planning**

**Oak Bluff Rec Centre**

**9:30 a.m.-3:00 p.m.**

**Information Booths**

**Door Prizes, 50/50 raffle**

**Lunch by Deluca's**

**Tickets \$15**



**Tickets available by calling Leanne at 204-736-2255**

## 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](http://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.

Thursday, Sept 11, Sanford Legion  
Wednesday, Sept 17, Starbuck Hall

Monday, September 15, Brunkild Hall  
Monday, Sept 22, 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

## 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

50/50 draw, door prizes



## Connections Café Meals in RM of Macdonald

Let's Eat together!!

Brunkild: Sept 15 (Presentation)

Sanford: Sept 4, 11 (Presentation), 18, 25

La Salle: Sept 8, 22 (Presentation), 29

Starbuck: Sept 3, 10, 17 (Presentation), 24

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.

# September 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No Meal Labour Day	2	3 Starbuck Pickeral	4 Sanford Roast Chicken	5	6
7	8 La Salle Soup & Sandwiches	9	10 Starbuck Liver n Onions	11 Sanford Perogies & Farmer's Sausage Identity Theft: Access C.U.	12	13
14	15 Brunkild Pickeral Identity Theft: Access C.U.	16	17 Starbuck Salmon Identity Theft: Access C.U.	18 Sanford Pickeral	19	20
21	22 La Salle Meatloaf Identity Theft: Access C.U.	23	24 Starbuck Beef Stew	25 Sanford Soup & Sandwiches	26	27
28	29 La Salle Chicken	30 Reconciliation Day Office closed				

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.**

