

THE Wire



JANUARY 2026

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Red Cross Friendly Calls Program

For some people, a little conversation can make a big difference. So, what if we told you that a meaningful connection was just a phone call away?

The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

It's not just about making a phone call — it's about forming connections. The Friendly Calls program is part of our bigger commitment to care for the overall well-being of people who live in Canada by creating and fostering stronger, more connected communities together.

Everyone deserves to benefit from the power of human connection, no matter where you live. We can't wait to connect with you!

Friendly Calls is safe, accessible, free, and available nationwide. Call 1-833-979-9779 toll-free from 9 a.m. to 5 p.m. on weekdays

Register here online

**HAPPY
2026
NEW YEAR**

Recipe of the Month

PAN-FRIED PORK CUTLETS

JUICY, TENDER, AND UNBELIEVABLY CRISPY, THESE FRIED PORK CUTLETS ARE MADE IN JUST 30 MINUTES FROM START TO FINISH! THEY'RE LIGHTLY SEASONED, COATED IN PANKO BREADCRUMBS, AND THEN PAN-FRIED IN MERE MINUTES. THIS EASY FAMILY DINNER IS SO DELICIOUS YOU'LL WANT TO MAKE IT ON A WEEKLY BASIS!

8 BONELESS PORK CUTLETS (OR THIN PORK CHOPS)

KOSHER SALT - TO TASTE

GROUND BLACK PEPPER - TO TASTE

GARLIC POWDER - TO TASTE

½ CUP ALL-PURPOSE FLOUR

2 EGGS

1 ½ CUPS PANKO BREADCRUMBS

AVOCADO OIL (OR OTHER HIGH HEAT COOKING OIL)

INSTRUCTIONS


- LIGHTLY SEASON BOTH SIDES OF THE PORK CUTLETS WITH SALT, PEPPER, AND GARLIC POWDER.
- SET UP A BREADING STATION USING FLOUR, EGGS, AND BREADCRUMBS. POUR THE FLOUR INTO A MEDIUM-SIZED SHALLOW DISH, CRACK THE EGGS INTO A MEDIUM-SIZED MIXING BOWL, AND POUR THE BREADCRUMBS INTO A SEPARATE, MEDIUM-SIZED SHALLOW DISH. WHISK THE EGGS.
- WORKING WITH ONE CUTLET AT A TIME, COAT BOTH SIDES OF THE CUTLET WITH FLOUR, DIP IN EGG WASH, AND THEN FIRMLY PRESS BOTH SIDES INTO THE PANKO BREADCRUMBS. REPEAT THIS STEP UNTIL ALL OF THE PORK CUTLETS ARE BREADED.
- HEAT THE OIL OVER MEDIUM HEAT IN A LARGE, CAST IRON SKILLET OR HEAVY-DUTY PAN. YOU'LL NEED ENOUGH OIL TO SUBMERGE THE CUTLETS HALFWAY. THIS MAY SEEM LIKE A LOT OF OIL, BUT IT'S NECESSARY FOR AN ULTRA-CRISPY CRUST AND SUPER FAST COOKING TIME.
- ONCE THE OIL IS SIZZLING HOT, PAN-FRY THE BREADED PORK CUTLETS IN BATCHES SO YOU DON'T OVERCROWD YOUR PAN. PAN FRY FOR 2 MINUTES PER SIDE, OR UNTIL GOLDEN BROWN AND COOKED TO AN INTERNAL TEMPERATURE OF 145°F.
- AFTER FRYING, PLACE THE CUTLETS ON A WIRE RACK INSTEAD OF PAPER TOWELS. THIS PREVENTS THE BOTTOM OF THE CUTLETS FROM BECOMING SOGGY AS THEY COOL.
- WHEN FINISHED, SLICE INTO THIN STRIPS, SERVE IMMEDIATELY, AND ENJOY!



January

2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Happy New Year!! 	2	3
4	5 La Salle Beef Stew	6	7 Starbuck Lemon Chicken	8 Sanford Walleye Fun with MHRD	9	10
11	12 Brunkild Salmon Patties Fun with MHRD	13	14 Starbuck Chicken & Pesto Pasta Fun with MHRD	15 Sanford Chicken Pot Pie Mystery Guest Speaker	16	17
18	19 La Salle Chicken Cordon Bleu Fun with MHRD	20	21 Starbuck Pork Cutlets Mystery Guest Speaker	22 Sanford Italian Wedding Soup	23	24
25	26 La Salle Italian Wedding Soup Mystery Guest Speaker	27	28 Starbuck Quiche & Tomato basil soup	29 Sanford Chicken Stir Fry	30	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.

Lunch and Learns

Mystery Guest Speaker

After lunch, get ready for something extra special... We're bringing in a Mystery Guest Speaker, and trust us, you do NOT want to miss it! 🤖
Who are they? What will they talk about? All we'll say is— It's going to be inspiring, maybe even a little shocking, and totally worth sticking around for!

Come hungry for lunch, and stay hungry for a surprise that'll leave you talking. 🗓️💬 Please register for lunch-\$10 p.p. or come just for the speaker-Free

January 15-Sanford Legion at 12:30
January 21-Starbuck Hall at 12:30
January 26-Caisse Community Centre at 12:30

Fun with MHRD

After lunch, join us for a fun filled afternoon with the gang from MHRD.

Could be noodle hockey, brain games or trivia...Join us to find out what fun they have in store for us!

January 8-Sanford Legion at 12:30
January 12-Brunkild Hall at 12:30
January 14-Starbuck Hall at 12:30
January 19-Caisse Community Centre at 12:30

Connections through Grief

A space to share, reflect, and connect

Grief is a personal experience, and there is no single "right" way to navigate it. Join us in a welcoming space where you can share, listen, and connect with others who truly understand the journey of loss.

We will explore topics such as understanding grief, coping with emotions, and honoring your loved ones. Participants will have the opportunity to engage in open, supportive conversation and take part in an optional activity designed to encourage reflection and healing.

This group is open to anyone who has experienced loss—whether recent or long ago—and offers a compassionate environment to process grief and find connection with others.

January 5 at 10 am-Caisse Community Centre

Register with Leanne 204-736-2255 or info@macdonaldseniors.ca



Macdonald-Headingley

R E C R E A T I O N D I S T R I C T

La Salle

Chair Yoga

7 Mondays, January 12 - March 2, 10:00 am - 11:00 am | \$56.00

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 who 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!

Macdonald Headingley Recreation District • Program Information • Chair Yoga, Winter 2026 session

La Salle Walking Club

11 Wednesdays, January 14 - March 25, 9:00 am - 10:00 am | FREE

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

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Macdonald Headingley Recreation District • Program Information • La Salle Walking Club, Winter 2026 session

Puzzle Mania

Friday, February 6, 7:00 pm - 10:00 pm | \$40.00 per team

Ages 16+

500-Piece Showdown! Do you have what it takes to piece it all together?

Join us for Puzzle Mania, the ultimate test of focus, speed, and teamwork!

In this high-energy puzzle competition, teams will race against other fellow teams to complete a 500-piece jigsaw puzzle. Whether you're a casual hobbyist or a puzzle pro, this event is for anyone who loves a good challenge.

Macdonald Headingley Recreation District • Program Information • Puzzle Mania, Winter 2026 session



Sanford

Pep In Our Step - Older Adult Exercise!

9 Wednesdays, January 21 - March 18, 10:00 am - 11:00 am | FREE

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!

Macdonald Headingley Recreation District •
Program Information • Pep In Our Step - Older Adult Exercises, Winter 2026 session



Starbuck

Exercises with Liza

10 Thursdays, January 15 - March 19, 10:00 am - 11:00 am | FREE

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!

Macdonald Headingley Recreation District •
Program Information • Exercises with Liza, Winter 2026 session



**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)**

- Jane Kroeger
204-227-2975
- Nancy Langlois:
204-471-7056
- Ronda Karlowsky:
204-794-4821
- Barbara Nixon
204-895-9292
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee
Stokotelnny
204-885-2444

About Us:

**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.**

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 offer services for seniors, and would like to be
featured in this newsletter, please contact Leanne**

**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.**