



The Wire

December 2025

Inside this issue:

Recipe of the Month **2**

Weed Whackers

Accessibility at YWG, con't **3**

Flaky friends **4**

MHRD **5**

Lunch & Learns **6**

Holiday Jokes

Meal Calendar **7**

Taking a Flight? Did you know ...

Accessibility at YWG

YWG is dedicated to creating an inclusive environment, guided by the 2023-2026 Accessibility Plan. We focus on improving facilities, training staff, and implementing innovative services to enhance travel for individuals with disabilities. Many of our features are built into the environment, such as accessible washrooms and pet relief areas.

For more information on what is offered, please visit our website:



Accessibility Programs and Products

- **Curbside Assistance:**
Travellers with a disability or reduced mobility can request curbside assistance by touching the screen of one of the digital accessibility kiosks located in the Departures Level drop-off area or by calling 204-987-9798. A representative will be dispatched within five minutes to meet you at the curb and help you to the check-in counter for your airline.
- **Passenger Rehearsal Program:**
Designed for travellers who want to familiarize themselves with the airport environment before they travel. This program allows passengers to experience check-in, security screening, and boarding procedures in a stress-free setting. To schedule, email Accessibility@waa.ca.
- **Hidden Disabilities Sunflower Lanyard Program:**
Passengers with non-visible disabilities can wear a sunflower lanyard to discreetly signal staff that they may need extra help. Over 200 airports are part of the program. Lanyards are free of charge and available at our information booth at the Arrivals Level.

Connections Café Recipe of the Month

Turkey Tetrazini



Ingredients:

4 tablespoons (1/2 stick) butter
4 cloves garlic, minced
1 pound white mushrooms, quartered
1 cup dry white wine
1/2 teaspoon salt, plus more
1/2 teaspoon black pepper, plus more
1/4 cup flour
4 cups turkey or chicken broth, plus more if needed
One 8-ounce package cream cheese
3 cups leftover Thanksgiving turkey, shredded or diced
1 1/2 cups frozen green peas
1 cup grated Monterey Jack cheese
1 cup finely chopped black olives
1/2 cup grated Parmesan
4 slices bacon, fried and chopped
12 ounces thin spaghetti, broken in half and cooked
1 cup panko

[Turkey Tetrazzini Recipe | Ree Drummond | Food Network](#)

Directions:

1. Preheat the oven to 350 degrees F.
2. Melt the butter in a large pot over medium heat and add the garlic. Throw in the mushrooms, wine, salt and pepper, and cook them, stirring occasionally, until the liquid reduces by half, 3 to 4 minutes.
3. Sprinkle the flour all over, then stir to combine.
4. Pour in the broth, stir and continue to cook until the sauce is nice and thick, 3 to 4 minutes.
5. Add the cream cheese and stir until it mixes in. (Don't worry if it seems a little lumpy at first. That will go away!)
6. Add the turkey, peas, Monterey Jack, olives, Parmesan and bacon.
7. Stir until everything is well combined, then add salt and pepper to taste.
8. Add the spaghetti and stir to combine. If the mixture is too thick, splash in 1/2 cup of broth.
9. Pour the whole shebang into a large casserole dish and even out the surface.
10. Sprinkle on the panko breadcrumbs and bake it until the crumbs are golden brown and the casserole is bubbly, 20 to 25 minutes. Serve it to hearty appetites!

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. Info will be launched at the Holiday Luncheon!**



Accessibility at Winnipeg Richardson Airport, con't from page 1

- **Sensory Support Kits:**
Available for passengers with sensory sensitivities, these kits contain items such as noise-cancelling headphones and fidget tools to create a more comfortable travel experience. Sensory kits are free of charge and available at our Information Booth on the Arrivals Level.
- **WHILL Autonomous Vehicles:**
Self-driving mobility devices available for passengers with reduced mobility, ensuring independent and seamless movement throughout the terminal. Chairs are located after security near the shoeshine station.
- **Hearing Loops:**
Installed at the check-in counters, Information Booth and Valet Desk, these systems help passengers with hearing aids by reducing background noise and enhancing sound clarity.
- **MagnusCard:**
A digital guide tailored for individuals with cognitive disabilities, providing step-by-step visual and audio instructions to navigate airport procedures with confidence.
- **Aira Service:**
Aira connects blind and low-vision passengers with professional agents who provide real-time navigation assistance through a smartphone app.

Continuous Improvement & Passenger Feedback

We encourage passengers to share their experiences and suggestions to help us improve accessibility. Your feedback is essential in shaping our future initiatives. Feedback can be sent to Accessibility@waa.ca.

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: Mar 13

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

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



Winter 2026 Program & Community Resource Guide



 **Macdonald-Headingley**
RECREATION DISTRICT

Recreation...It's More Than You Think!

MHRD Winter 2026 Program & Community Resource Guide goes LIVE on Monday, December 1!

Registration opens at 12:00 pm sharp - set your reminder!

We've got an amazing lineup of programs for all ages and interests, including:

- Fitness, Yoga, Pilates & Zumba
- Fun Zone
- Hit the Ice - Recreational Hockey
- Stay & Play
- Pre-School Programs
- Active Aging
- Home Alone & Babysitter's Training
- ...and much more!

Don't miss out on the fun – mark your calendar and be ready to sign up!

www.mhrd.ca

For complete program descriptions or to register, please visit www.mhrd.ca or call 204-885-2444



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



Lunch and Learns

* **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, Dec 1-Caisse Community Centre La Salle at 12:30 pm

* **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.

Monday, December 8-Caisse Community Centre-12:30 p.m.

Holiday jokes to share with the kiddos

- **How does the snow globe feel this year?** A little shaken.
- **What did the gingerbread man put on his bed?** A cookie sheet!
- **What do Christmas trees say when they're in love?** I'm pining for you.
- **What do you get when you mix a Christmas tree and an iPad?** A pineapple!
- **Knock, knock! Who's there? Honda. Honda who? Honda first day of Christmas my true love sent to me ...**
- **What did the wise men say after they offered up their gifts of gold and frankincense?** Wait, there's myrrh.
- **What did one snowman say to the other?** "Is it just me, or do you smell carrots?"
- **Who is never hungry at Christmas?** The turkey—he's always stuffed.

Connections Café Meals in RM of Macdonald

Let's Eat together!!

Brunkild: December 15

Sanford: December 4, 11, 18

La Salle: December 1 (Presentation), December 8 (Presentation)

Starbuck: December 3, 10, 17


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

December 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 La Salle Ham and Scal- loped Potatoes Presentation: Caribou and Black Flies @ 12:30	2	3 Starbuck Beef Stroganoff	4 Sanford Lemon Chicken	5 Holiday Luncheon Starbuck Hall @ 12 pm	6
7	8 La Salle Holiday Meal Identity Theft @ 12:30	9	10 Starbuck Holiday Meal Games with MHRD	11 Sanford Holiday Meal Games with MHRD	12	13
14	15 Brunkild Holiday Meal Games with MHRD	16	17 Starbuck Lemon Chicken	18 Sanford Pork Cutlets	19	20
21	22 No Meals See you in January 2026	23	24	25 	26	27
28	29	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.

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 Karlowky:
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.

