



THE Wire

Macdonald Seniors Advisory Committee: Nancy Langlois, Ronda Karlowsky
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Missing: Barbara Nixon and Barry Feller

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APRIL 2026

We ♥ our Volunteers

We want to extend our heartfelt thanks to all of our incredible volunteers who dedicate their time, energy, and compassion to supporting older adults in our community.

Your kindness makes a real difference. Whether you're offering a helping hand, sharing a conversation, or simply showing up with a smile, you bring comfort, dignity, and connection to those who need it most. The impact of your efforts goes far beyond what words can express—you help create a stronger, more caring community for everyone. We are truly grateful for everything you do. Thank you for your generosity, your patience, and your unwavering commitment.



Recipe of the Month

These Easter No-Bake Mini Cheesecakes turn any spring gathering into something special. They taste rich, creamy, and light all at once, and you don't even need to turn on the oven. That means less stress in the kitchen and more time with family. Plus, they come together quickly and look bright and festive on any dessert table.

Ingredients

For the Crust

1 ½ cups graham cracker crumbs
¼ cup unsalted butter, melted
1 tablespoon granulated sugar

For the Cheesecake Filling

12 ounces cream cheese, softened
½ cup powdered sugar
1 teaspoon vanilla extract
1 cup heavy whipping cream

For the Toppings

Pastel candy melts (pink, yellow, blue, purple)
Mini chocolate eggs or jelly beans
Easter or pastel sprinkles



Directions

Prepare the Crust

In a medium bowl, stir together the graham cracker crumbs, melted butter, and sugar until the mixture feels like damp sand.

Spoon 1-2 tablespoons into each lined cup of a 12-cup muffin tin.

Press the mixture down firmly using the back of a spoon or a small glass.

Place the pan in the refrigerator to chill while you prepare the filling.

Make the Filling

Beat the softened cream cheese in a large bowl until smooth and creamy.

Add powdered sugar and vanilla extract, then mix until fully combined.

In a separate bowl, whip the heavy cream until stiff peaks form.

Gently fold the whipped cream into the cream cheese mixture. Mix just until light and fluffy.

Assemble

Spoon or pipe the filling evenly over the chilled crusts. Smooth the tops with a spoon or spatula.

Refrigerate for at least 2 hours, or until fully set.

Decorate

Melt the candy melts according to the package instructions.

Drizzle the melted candy over the chilled cheesecakes in soft pastel patterns.

Top each one with mini chocolate eggs, jelly beans, and sprinkles.

Carefully remove the cheesecakes from the pan and serve chilled.

Nutritional Information

Prep Time: 20 minutes

Chill Time: 2 hours

Total Time: 2 hours 20 minutes

Servings: 12 mini cheesecakes

Approximately 290 calories each



April 2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Starbuck Liver n Onions	2 Sanford Liver n Onions Cribbage at 12:30	3 Good Friday 	4
5 East er 	6 La Salle Perogies & Farmers Sausage	7	8 Starbuck Beef Stew Mystery Guest	9 Sanford Greek Lunch	10	11
12	13 Brunkild Chicken Dumpling Soup • Lunch with Seniors Advocate and the Reeve, Brad Erb	14	15 Starbuck Chicken Stir fry • Lunch with the Reeve, Brad Erb	16 Sanford Lentil & Rice Salad with Salmon Fun with MHRD	17	18
19	20 La Salle S & S Meatballs • Lunch with Seniors Advocate and the Reeve, Brad Erb	21	22 Starbuck Ham & Scalloped Potatoes • Games at 12:30	23 Sanford Meatloaf Mystery Guest	24	25
26	27 La Salle Chicken & Chickpea Curry Mystery Guest	28	29 Starbuck Soup & Sandwich Fun with MHRD	30 Sanford Beet Borsch & grilled sandwiches • Lunch with the Reeve, Brad Erb		

All meals served at 11:45 a.m.

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

Lunch and Learn Presentations, Mystery Guest, and Games 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

April 8: Starbuck hall at 12:30

April 23: Sanford Legion at 12:30

April 27: Tank Traders Multiplex 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!

April 16-Sanford Legion at 12:30

April 29-Starbuck Hall at 12:30

Board Games

After lunch, join us for a fun filled afternoon playing cards or board games. Teach us to play your favourite game or join in on one of the games going on.

April 2-Cribbage at Sanford Legion at 12:30

April 15-Games at Starbuck Hall at 12:30

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

10 Mondays, April 8-June 10, 10:00 am - 11:00 am | \$80.00

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!

<https://www.mhrd.ca/programs/details/chair-yoga/3740>

La Salle Walking Club

11 Wednesdays, April 15-June 10, 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

*



<https://www.mhrd.ca/programs/details/la-salle-walking-club/3925>

ATTENTION

Connections Cafe Meal Delivery and Take Out

Effective July 1, 2026 all meal delivery and take outs will be \$12 per meal.
Eat in will continue to be \$10 per meal.

Sanford

Pep In Our Step - Older Adult Exercise!

10 Wednesdays, April 8-June 10, 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!



<https://www.mhrd.ca/programs/details/pep-in-our-step---older-adult-exercises/3723>

Starbuck

Exercises with Liza

10 Thursdays, April 16-June 18, 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!

<https://www.mhrd.ca/programs/details/exercises-with-liza/3714>



Brain Health Tip

Stay Physically Active

Engage in regular exercise to improve blood flow to the brain and enhance cognitive function. Aim for at least 150 minutes of moderate aerobic activity each week, such as brisk walking, swimming, or dancing.

Seniors Advocate Meetings

Join us for lunch where the new Seniors Advocate, Leigh Anne Caron, will join us. Hear about her roles and responsibilities in this newly formed position and be sure to ask questions or raise your concerns as an older adult within Manitoba.

- April 13-Brunkild Hall at 11:45
- April 20-Tank Traders Multiplex, La Salle at 11:45

Must pre-register for the \$10 lunch by calling Leanne at 204-736-2255 or email: info@macdonaldseniors.ca

Lunch with the Reeve, Brad Erb

Join us for lunch as we welcome Brad Erb, who will be sharing a meal with us and giving an update on all the latest happenings within the Municipality.

- Monday, April 13, 2026: Brunkild Hall at 11:45**
- Wednesday, April 15, 2026: Starbuck Hall at 11:45**
- Monday, April 20, 2026: Tank Traders Multiplex**
- Thursday, April 30, 2026: Sanford Legion at 11:45**

M.A.I.D.

Medical assistance in dying (MAID) is a process that allows someone who is found eligible to be able to receive assistance from a medical practitioner in ending their life. The federal Criminal Code of Canada permits this to take place only under very specific circumstances and rules. Anyone requesting this service must meet specific eligibility criteria to receive medical assistance in dying. Any medical practitioner who administers an assisted death to someone must satisfy certain safeguards first.

Join us as we receive information on who meets the eligibility requirements and what the process entails including the safeguards.

May 4 at Tank Traders Multiplex at 12:30

Please register in advance for this presentation by calling Leanne at 204-736-2255 or email: info@macdonaldseniors.ca

Note: Macdonald Services to Seniors does not take a stance for or against MAID, but simply aims to share information to help individuals learn about options available to them.



MOBILITY EQUIPMENT TUNE UP CLINIC



Come and get
your walker tuned
up and ready to roll
for summer

Thursday, May 7
1-4pm
Sanford Legion

FREE inspection*



Starbuck All Charities Inc.

Event & Spring Market

Please join us at our annual event on

Saturday, April 11th, 2026

(stormdate April 18th, 2026)

10:00 am - 2:00 pm

Starbuck Community Hall

Main Street, Starbuck, MB

Lunch and desserts available for purchase

Donations to BAKE TABLE appreciated

Brown Bag Auction, Charity

Representatives and Spring Market with a
Variety of Vendors

*Please come out and enjoy the opportunity of
donating to your favourite charities, pick up
some baking, support Manitoba vendors and
enjoy visiting with neighbours.*

**Table rentals \$20 (\$25 includes lunch brought
to your table)**

**email: shirliffbrenda@gmail.com or
dawnhirst0@gmail.com**

What is Starbuck All Charities Inc.?

Starbuck All Charities Inc. is a registered charity that hosts a community event each year allowing members of the community and its neighbours to make donations to any number of charitable causes **in one place**. Every year there are generously donated and delicious home-made baked goods for sale, soups and pies, local vendors, as well as booths for charities that would like the opportunity to share information about their good work.

Receipts issued for income tax purposes.

Examples of such charities would be:
Stars, Canadian Cancer Society, Heart & Stroke
Foundation, Alzheimer's Association, various
animal shelters, etc.

*The SACI board members would like to thank
you in advance for donations to the bake table,
brown bag auction table and for supporting local
charities and vendors.*

FOLKLORAMA 2026

Friday, August 14th, 2026

- Mabuhay Philippine Pavilion
- Chinese Pavilion
- Salvadorian Pavilion (New)

No waiting in line, progressive meal with table service, air conditioned motor coach, and tour guide

- \$92.00 p.p. book & pay before May 29, 2026
- \$97.00 p.p. book & pay May 30-July 10, 2026

**Contact Leanne to book your spot on the bus
204-736-2255**



Frauds and Scams

"Fraud: The Hidden Crime." This theme reminds us how fraud often remains out of sight, because it is under-reported and because it is hidden behind convincing technology, across board within everyday online interactions.

Fraud continues to be one of the leading crimes affecting older adults, and scammers are becoming increasingly sophisticated in their methods and tactics. Staying alert and supporting one another is therefore essential!

Talking about fraud can be uncomfortable or upsetting, and that's completely normal. It's important to remember that fraud can impact anyone regardless of their age, education or background. You are not alone in this fight!

More ways to protect yourself and others

Watch our short video

Learn about some of the most common scams targeting older Canadians:

<https://www.youtube.com/watch?v=KOLlk877ehA>

Talk to your family and friends

Talking openly and without judgment helps everyone feel more prepared. Encourage loved ones to pause, verify and ask for help if something seems off.

Learn more: <https://antifraudcentre-centreantifraude.ca/protect-protegez-eng.html>

Report fraud or suspicious contact

Report fraud or suspicious contact

Report here: <https://reportcyberandfraud.canada.ca/>

No matter what new technologies or methods scammers use, your best defence against fraud is to recognize, reject and report!

Stay safe, and share this message with your networks, friends and family.

**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
Stokotelny
204-885-2444

Home Care

Brunkild, Oak Bluff, Sanford, Starbuck
204-735-3193

La Salle, Domain
204-746-7351

Palliative Care

Marni Cormier
204-870-7476

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

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.