



THE Wire

AUGUST 2026



Volunteer Lisa and Meal Coordinator Jodi
at the La Salle Connections Café program

2 Recipe of the Month

3 Connections Café
Calendar

4 Lunch and Learns
and Programs

5 MHRD Programs

6 Exercise Programs,
continued from page 1
Aging Well, Living Well

7 Fall Prevention Exercise
Sheet

Contents

Exercise programs can help reduce falls and prevent injuries

The Bottom Line

- The fear of falling is a valid one as the consequences of slips and falls can be severe.
- Taking measures to prevent fall related injuries is an important part of an optimal aging strategy.
- Fall prevention exercises have proven to be effective in reducing falls as well as the number and severity of injuries caused by falls.
- Exercises designed to improve balance are key to preventing falls.

Remember this... “I’ve fallen and I can’t get up!” ?

The oft-quoted line came from a television ad for a product that would make it easier for people living alone to call for help in the event of a fall.

Many people can relate to the fear of falling – particularly older adults coping with mobility issues and other age-related challenges. Injuries that occur as a result of slips and falls are common and the consequences can be severe: long-term pain, functional impairment, hospitalization and in the worst cases, death (1).



Recipe of the Month

Ingredients

Loaded Corn Chowder

For the Corn Stock:

- 5 fresh corn cobs kernels removed (reserve kernels for chowder)
- 4 cups chicken broth homemade or low-sodium store-bought
- 1½ cups milk any kind
- 1 cup heavy cream

For the Chowder:

- 4 slices regular-cut bacon chopped
- 3 celery stalks finely diced
- 1 large yellow onion finely diced
- 1 large carrot finely diced
- 4 cups fresh corn kernels from the stripped cobs
- 3 medium Yukon gold potatoes about 1 pound, peeled and diced
- 2 teaspoons fine sea salt plus more to taste
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground cayenne pepper plus more to taste
- 2 tablespoons chopped fresh chives for garnish

Instructions

- Prepare the Corn Stock: In a large stockpot, combine the stripped corn cobs, chicken broth, milk, and heavy cream over medium-high heat. Bring the mixture to a boil, then lower the heat and simmer uncovered for about 20 minutes. Remove from heat and discard the cobs. Set the stock aside.
- 1. Cook the Bacon: Heat a large Dutch oven or heavy-bottomed pot over medium-high heat. Add the chopped bacon and cook, stirring occasionally, until it is browned and crispy, about 5 to 7 minutes. Remove the bacon with a slotted spoon and place it on a paper towel-lined plate. Keep the rendered fat in the pot.
- 2. Sauté the Vegetables: Add the diced celery, onion, and carrot to the pot with the bacon fat. Cook over medium-high heat, stirring occasionally, for about 7 to 8 minutes, or until the onion softens and becomes translucent.
- 3. Build the Chowder: Stir in the reserved corn kernels, diced potatoes, salt, black pepper, and cayenne pepper. Pour in the prepared corn stock, then bring the mixture to a gentle boil. Reduce the heat to low and let the chowder simmer uncovered for 10 to 15 minutes, stirring occasionally, until the potatoes are fork-tender. Taste and adjust the seasoning if needed.
- 4. Serve: Ladle the chowder into bowls and top each serving with the reserved crispy bacon and a sprinkle of fresh chives for garnish.
- 5. Storage: Transfer any leftovers to an airtight container and store in the refrigerator for up to 4 days. https://thenatureofhome.com/warm-up-with-this-irresistible-loaded-corn-chowder-soup/?utm_source=Pinterest&utm_medium=organic



August 2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
30	31 No Meal	Sanford Connections Café will be moving to Tuesdays starting Sept 1				1
2	3 No Meal Civic Holiday	4	5 Starbuck Tuna Casserole Weed Whackers going to Lilystone gardens	6 Sanford Cold Plate Fun with MHRD	7	8
9	10 La Salle Pork chops	11	12 Starbuck Perogies & farmers sausage Games	13 Sanford Spaghetti & meatballs	14 Folklorama	15
16	17 La Salle Meatloaf	18	19 Starbuck Pickeral Fun with MHRD	20 Sanford Beef Stew	21	22
23	24 La Salle Chicken	25	26 Starbuck S & S Meatballs	27 Sanford Liver n Onions Games	28	29

All meals served at 11:45 a.m.

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

Lunch and Learn Presentations, Fun with MHRD and Games start at 12:30

All eat in meals \$10 p.p. All take out and delivery meals are \$12 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

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 at 12:30 to find
out what fun they have in store for us!

August 6- Sanford Legion
August 19-Starbuck Hall

Games

Join us for an hour of games after lunch. Fee free to join
in one of our games or introduce the group to your
favourite.

Aug 12- Starbuck Hall
Aug 27-Sanford Legion

Connections Café



Looking for Great Food and Great Company?

Come Join Us at Connections Café!

A delicious meal is just the beginning.

Connections Café is a welcoming place where adults 60+ can enjoy homemade lunches,
meet new friends, share stories, laugh together, and feel connected to the community.

Whether you live alone, are new to the area, or simply want to get out of the house for a
few hours, there's always a seat waiting for you.

Join us every Monday, Wednesday, and Thursday

- ✓ Homemade, nutritious meals
- ✓ Friendly conversation
- ✓ A warm, welcoming atmosphere
- ✓ New friendships and community connections

Come once to try it—or make it part of your weekly routine.

Everyone 60+ is welcome! Check out our menu on page 3!

Connections Café

Where good food brings people together.

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 Walking Club

Wednesdays, 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 *

Meet up at the Tank Traders Community Centre by 9 am

Exercises with Liza

Thursdays, Riverdale Apts, Starbuck

Oct 1- Dec 3/2026

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!



Pep in our Step

Wednesdays, Sanford Legion

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!

Did you know...
being socially isolated
is like smoking 15 cigarettes a day

<https://www.who.int/news/item/30-06-2025-social-connection-linked-to-improved-health-and-reduced-risk-of-early-death>

Exercise programs, continued from page 1

Preventing injuries from falls is important in helping older adults experience a high quality of life, including independent living, engaging in healthy activities and enjoying social and recreational pursuits. One promising preventative measure involves exercise programs targeted to seniors.

What the research tells us

A recent systematic review analyzed the results of 17 randomized controlled trials involving more than 4,300 older adults (average age of 77 years) to determine whether fall prevention exercise programs help to reduce different types of fall related injuries . Specific categories of injuries included those resulting in broken bones and those requiring hospitalization.

The review found there was strong evidence that fall prevention exercise programs – delivered either in a group setting or at home – can help prevent falls, and injuries resulting from falls, in older adults living independently. While programs included several types of beneficial exercises such as strength and resistance training, exercises to improve balance were deemed the most effective in preventing falls .

Many seniors look forward to retirement and the chance to do things they couldn't when they were working and raising a family. But the fear of falling and sustaining a serious injury may hold them back. Well-designed exercise programs may be the key to ensuring older adults have the confidence and the ability to live active, healthy lives and pursue those dreams!

<https://www.mcmasteroptimalaging.org/full-article/es/fall-prevention-exercise-programs-reduce-falls-prevent-injuries-older-community-58>

Aging Well, Living Well

Join us on October 2 at the
Oak Bluff Recreation Centre
for the 3rd

Aging Well, Living Well symposium.

**Tickets \$15 p.p. and will be available August 21
from your community representative.**

More details to follow.

Fall Prevention Exercises

FOR SENIORS



HEEL RAISES

Hold a chair, rise on toes, hold 3 sec, lower. x10



HEEL-TOE ROCKS

Shift weight from heels to toes. x10



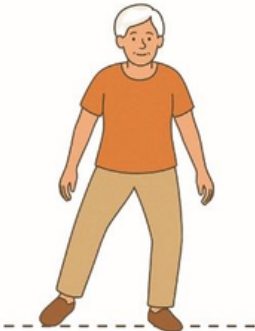
ONE-LEG STAND

Hold chair, lift one foot, hold 10–20 sec.



HEEL-TOE WALK

Walk placing heel to toe in a straight line.



SIDE STEPS

Step right, bring left to meet, then left side. x10



LEG SIDE SWINGS

Hold chair, swing leg sideways, return. x10 each.



WEIGHT SHIFTS

Shift body weight from one leg to the other. x10



MARCHING

Walk in place, lift knees high. x10 steps.



BACKWARD WALK

Walk backward slowly with support.



MINI SQUATS

Hold chair, bend knees slightly, rise back. x10



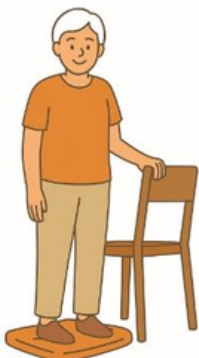
SEATED ROTATIONS

Sit, turn upper body right/left. x8 each.



TOE TAPS

Tap floor front, side, back with one foot. x3 rounds.



CUSHION BALANCE

Stand on cushion holding chair. Hold 15–20 sec.



CLOCK FOOT TOUCH

Touch floor at 12, 3, 6 o'clock with one foot.



GENTLE STRETCH

Step one foot back, light stretch, hold 10 sec.



BACKWARD WALK

Walk backward slowly with support.

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**

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.**