



THE Wire

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FEBRUARY 2026

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.



February 23 at 12:30 p.m.-Caisse Community Centre

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

PH: 204-736-2255

WWW.MACDONALDSENIORS.CA

Recipe of the Month

Baked Chicken Cutlets with Pineapple Rice

INGREDIENTS

1 cup long-grain white rice	8 small chicken cutlets (about 1 1/4 lbs.)
1/4 cup reduced-sodium soy sauce	1 1/4 cups panko (Japanese bread crumbs)
1 Tbsp. rice vinegar	1 1/2 Tbsp. canola oil 1 small red chili, thinly sliced
1 1/2 Tbsp. grated fresh ginger	1/2 small pineapple, cored and cut into thin 1/2" pieces
1 cup fresh cilantro leaves	

DIRECTIONS

STEP 1 Heat oven to 450 degrees F. Line a baking sheet with nonstick foil. Cook rice according to package instructions.

STEP 2 Meanwhile, in a small bowl, combine the soy sauce, vinegar and ginger; transfer half to a large bowl and toss with the chicken.

STEP 3 Place panko in a shallow bowl and toss with oil. Coat each cutlet in panko and transfer to prepared baking sheet. Bake until golden brown and cooked through, 10 to 12 minutes.

STEP 4 Fluff rice with a fork and toss with chili, pineapple, and cilantro.

Serve with chicken cutlets and reserved sauce

<https://www.womansday.com/food-recipes/food-drinks/recipes/a54832/baked-chicken-cutlets-with-pineapple-rice-recipe/>

February Love and Lunch Special at Connections Café

This February, **Connections Café** is spreading the love, and we want YOU to be a part of it! 

Join us for a heartwarming lunch, and we will show our appreciation with a FREE Meal Coupon for March or April. It's the perfect way to share a little joy this Valentine's month while enjoying good food, great company, and a cozy atmosphere.

Here's how it works:

- Attend any lunch at **Connections Café** this February.
- Enjoy a delicious meal, with love and care in every bite.
- Receive a **FREE meal coupon** for March or April—a treat to look forward to! (1 coupon per person)

It's the perfect way to celebrate the season of love and friendship. 

- **When?** All February long
- **Where?** Any of the Connections Café meals
- **Why?** Because we LOVE having you here!

Come for the food, stay for the community, and leave with a gift for later. We can't wait to share the love with you! 



February 2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 La Salle Meatloaf Games at 12:30	3	4 Starbuck Turkey and Sweet Potato Shepherds Pie	5 Sanford Chicken Dumpling Soup Fun with MHRD	6	7
8	9 Brunkild Turkey Chili	10	11 Starbuck Broccoli & Cheese stuffed Chicken Games at 12:30	12 Sanford Sweet n Sour Meatballs	13	14
15	16 No Meal Louis Riel Day	17	18 Starbuck Chicken Enchiladas	19 Sanford Sweet n Sour Pork Tenderloin Games at 12:30	20	21
22	23 La Salle Stuffed baked Shells Connections through Grief at 12:30	24	25 Starbuck Split pea and ham soup	26 Sanford Chicken and wild rice soup	27	28

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

March 4-Starbuck Hall at 12:30

March 9: Brunkild Hall at 12:30

March 30-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!

Feb 5- Sanford Legion at 12:30

March 11-Starbuck Hall at 12:30

March 12-Sanford Legion at 12:30

March 16-Caisse Community Centre at 12:30

March 26-Sanford Legion 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.

February 2 - Caisse Community Centre at 12:30

February 11-Starbuck Hall at 12:30

February 19-Sanford Legion at 12:30

March 23-Caisse Community Centre at 12:30

March 25-Sanford Legion at 12:30

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



WEED WHACKERS GARDENING CLUB FOR SENIORS

**Inaugural meeting: February 27
Sanford Legion at 11 am**

**For more information, please contact Clare at
204 794 4709
or Leanne at info@macdonaldseniors.ca**

Refreshments served



www.macdonaldseniors.ca



Macdonald-Headingley

RECREATION DISTRICT

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



Mindful Tip:

Eat 2-3 walnuts a day to improve your brain power and memory, and slow down the aging of your brain.

Mindful Exercise:

Daily write a Ten-Thing List. It could be Ten Places you want to visit, Ten Names you could call your new puppy, Ten Things you would do in an hour of free time, or Ten Lists you could write for this exercise.

[mindstage](#)

Budget 2026

Today, older adults/seniors are NOT on MB Government radar. All members are asked to complete the survey. (You will have to register first to access the survey).

The Manitoba government is inviting all Manitobans to participate in a short online survey and share their priorities for next year's budget, Finance Minister Adrien Sala announced today.

"Our government is working to deliver better health care, lower costs and strong public services, while also working to balance the budget and guard our economy against the impact of tariffs," said Sala. "Over the last two years, we've made good progress on your priorities. Now, we want to build on that work, starting by hearing directly from you."

The Manitoba government's 2026 budget will outline funding priorities for the next fiscal year and will be released in spring. Manitobans can complete the online budget survey at

<https://engagemb.ca/budget-2026>

The survey is open until Feb. 21, 2026.

In addition to the survey, Manitobans can participate in several in-person and telephone town hall meetings in the new year.

Meetings include:

- Tuesday, Feb. 10 in Winnipeg;
- Wednesday, Feb. 11, telephone town hall;
- Thursday, Feb. 12 in Brandon;
- Tuesday, Feb. 17, telephone town hall;
- Thursday, Feb. 19 in Flin Flon; and
- Thursday, Feb. 26 in Gimli.

Manitobans can email comments and ideas to MBbudgetfeedback@gov.mb.ca, the minister noted.

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.