



MACDONALD
SERVICES TO SENIORS

JULY 2026

THE Wire



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Seniors Summer Barbecue Friday, June 12

A huge shout-out to Lyle and Susan Burns for graciously hosting our annual Summer Barbecue this year! Despite the less-than-ideal weather, we were thrilled to see so many people come out and enjoy the day together. Thankfully, the rain held off for most of the event, allowing everyone to enjoy good food, great company, and plenty of fun.

A special thank you to Jeanne, Maggie, and Brynn from MHRD for their help throughout the day and for organizing the afternoon games, which brought lots of laughter and friendly competition.

And of course, a heartfelt thank you to our own Connections Café Meal Coordinator, Jodi, for preparing a delicious meal that was enjoyed by all and to the pie making helpers, Marlene, Denise and Gwen..

Events like these are made possible by the generosity, hard work, and community spirit of so many wonderful people. Thank you to everyone who attended and helped make the day such a success! 🌞🍔🍷



Recipe of the Month

This Creamy Skillet Mushroom Pork Chops Recipe is made with boneless pork chops nestled in a silky mushroom sauce and is ready in about 30 minutes. it's a company worthy dish that takes minimal effort to make!

Ingredients

- 8 - center cut boneless pork chops, 1/2" thick
- 1/2 tsp. kosher salt
- 1/4 tsp. fresh cracked black pepper
- 1 tsp. olive oil or avocado oil
- 10 oz. fresh button mushrooms, sliced
- 1/2 cup white wine (can be sweet or dry or sub with chicken broth)
- 1/4 tsp. dried thyme leaves
- 1 - 10 Oz. can of Campbell's® Condensed Cream of Mushroom Soup
- Chopped fresh parsley, for garnish

INSTRUCTIONS

1. Heat oven to 200 degree F.
2. In large skillet, heat oil over med-high heat. Season chops with salt and pepper.
3. When skillet is hot, sear chops for about 5 minutes on each side. Remove chops to a plate and hold in warm (200 degree) oven.
4. Reduce heat in skillet to medium, and sauté sliced mushrooms until soft (about 5 minutes). Add wine and thyme, stir to loosen the browned bits on the bottom of the pan and bring to a boil. Once boiling, allow wine to reduce by about half.
5. Whisk in the cream of mushroom soup and add pork chops, along with any accumulated juices, back into the pan.
6. Continue to heat until the chops are done and cooked through (140 degrees F internal temperature with an instant read thermometer). Top with fresh chopped parsley before serving .



[Creamy Skillet Mushroom
Pork Chops](#)



July 2026



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1 No Meal Happy Birthday Canada!	2 Sanford S & S Chicken Stir fry	3	4
5	6 La Salle Meatloaf Games	7	8 Starbuck Chicken Stir fry Games	9 Sanford Lasagna	10	11
12	13 No Meal	14	15 Starbuck Spaghetti & meatballs	16 Sanford Pork Chops	17	18
19	20 La Salle Pork Chops Fun with MHRD	21	22 Starbuck Cold Plate	23 Sanford Chicken & Chickpea Curry	24	25
26	27 La Salle Pickeral	28	29 Starbuck Chicken & Dumpling Soup	30 Sanford Quiche & Soup Presentation: What is Aquamation at 12:30	31	

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

What is Aquamation?

Join us to learn about Aquamation
and discover why it may be a meaningful option
to consider when the time comes.

Thursday, July 30- Sanford Legion

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!

July 20- Tank Traders Multiplex
August 6- Sanford Legion
August 12-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.

July 6- Tank Traders Multiplex
July 8-Starbuck Hall

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

Aging Well, Living Well



Join us on October 2 at the
Oak Bluff Recreation Centre
for the 3rd Aging Well, Living Well
symposium. Watch for more details

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.



**Macdonald Services
to Seniors**

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info@macdonaldseniors.ca

Macdonald Seniors Advisory
Council (MSAC)

- Jane Kroeger
204-227-2975
- Nancy Langlois:
204-471-7056
- Ronda Karlowky:
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.