



Julie, Karen, Cathy, and Roy visit The Leaf with the Weed Whackers group

THE Wire

JUNE 2026

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World Elder Abuse Awareness Day

On **June 15**, communities around the world will recognize **World Elder Abuse Awareness Day (WEAAD)**, a United Nations–designated day that raises awareness about the mistreatment of older adults and promotes their right to live with dignity, safety, and respect. Elder abuse can take many forms, including physical, emotional, financial, and sexual abuse, as well as neglect. Warning signs may include unexplained injuries, changes in mood or behaviour, sudden withdrawal, or unusual financial activity.

In Manitoba, Prevent Elder Abuse Manitoba (PEAM) plays an important role in raising awareness, providing education, and sharing resources to help protect and empower older adults.

How you can support WEAAD:

Wear purple on June 15 and share your support using #WEAAD2026.

Host or attend an educational session about elder abuse prevention.

Encourage your community or local officials to recognize WEAAD and support the rights and safety of older adults.



Recipe of the Month

Rhubarb Cream Cheese Bars

Ingredients

For the Crust

2 cups all-purpose flour can substitute with gluten-free flour
1 cup granulated sugar can use stevia or a sugar substitute
1/2 cup unsalted butter can use margarine
1 teaspoon ground cinnamon optional nutmeg can be used for variation

For the Cream Cheese Filling

8 ounces cream cheese can use Greek yogurt as a lower-fat alternative

1 teaspoon vanilla extract can replace with almond extract

1 large egg can use a flax egg for vegan option

For the Rhubarb Layer

2 cups rhubarb can substitute with cranberries or raspberries

For the Topping

1/2 cup brown sugar can use light brown sugar

1 cup rolled oats can use quick oats

1/2 cup melted butter can use coconut oil for dairy-free option



Instructions

1. **Preheat your oven to 350°F (175°C) and grease a 9x13 inch baking dish.**
2. **Combine all-purpose flour, granulated sugar, and softened unsalted butter in a mixing bowl until crumbly.**
3. **Press the mixture firmly into the bottom of the greased baking dish to form the crust.**
4. **Bake the crust for 10-12 minutes until lightly golden, then let it cool slightly.**
5. **Beat the softened cream cheese, granulated sugar, and vanilla extract together until smooth, then spread over the cooled crust.**
6. **Toss diced rhubarb with sugar and flour and distribute evenly over the cream cheese filling.**
7. **Mix rolled oats, brown sugar, flour, and melted butter until crumbly, then sprinkle over the rhubarb layer.**
8. **Bake for an additional 35-40 minutes until topping is golden, then allow to cool completely before slicing.**

https://tastytrendingredients.com/wprm_print/delicious-rhubarb-cream-cheese-bars-perfect-for-any-celebration



June 2026



Sun	Mon	Tue s	Wed	Thurs	Fri	Sa t
	1 La Salle S&S Meatballs	2	3 Starbuck Pork Chops	4 Sanford Pickerel	5	6
7	8 La Salle Chicken lettuce wraps Games at 12:30	9	10 Starbuck NO Meal	11 Sanford Liver and Onions	12 Summer BBQ at Burns' Museum	13
14	15 La Salle Soup and Sandwiches Presentation: Aquamation at 12:30	16	17 Starbuck Greek salad and Lemon Chicken Games at 12:30	18 Sanford Chicken a la King Games at 12:30	19	20
21	22 La Salle Turkey Chili	23	24 Starbuck Soup and Grilled Sandwiches Presentation: Aquamation at 12:30	25 Sanford Roasted Chicken Thighs	26	27
28	29 La Salle Salmon burgers & potato salad Fun with MHRD	30				

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.

Monday, June 15-La Salle Tank Traders Multiplex
Wednesday, June 24-Starbuck Hall
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 to find out
what fun they have in store for us!

June 29-Tank Traders Multiplex at 12:30

“Not so” Mystery Speaker

Join us as PHD student, Madison, tells us all about
her research in Canada's north on Bowhead
whales. A fascinating and interesting presentation!

June 4, Sanford Legion 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.

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

Adequate sleep (7–9 hours per night) is essential for memory consolidation and brain repair. Managing stress through mindfulness, meditation, or relaxation techniques can protect brain health by reducing harmful stress hormones

FOLKLORAMA 2026

Friday, August 14th, 2026

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

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



SUMMER BARBECUE

Friday, June 12

at Burns' Museum

3029 Ferndale Road



- Burgers & Hot dogs,
- salads
- pie and ice cream
- games
- museum tour

\$15.00 per person (includes entry to the museum)

Please book with leanne by June 9

info@macdonaldseniors.ca

or

204-736-2255





SENIOR CENTRE WITHOUT WALLS REGISTRATION WORKSHEET - MAY - AUGUST 2026



Date: _____ How did you hear about SCWW? _____
 Name(s): _____ Phone Number: _____
 Address/PO Box: _____ City/Town: _____
 Postal Code: _____ Email: _____
 Birth date: _____ Gender: _____
 How do you want the materials sent to you? _____ Mail only _____ Email only

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this system and FAQs will be provided upon registration.

If a participant does not regularly attend programs for which they are registered, they will be taken off the registration and must contact us if they wish to join again.

Presentation Series

- Flappers
- MB Roadside Attractions
- Mysteries & Other Quirky Things
- The Butterflies of The Leaf & More!
- The Language of Nations Series
- Fact or Fiction
- The Narcisse Snake Dens
- Ian Bawa & Diamond, The Therapy Dog
- Music History of The 1950s
- Wonderful Wildlife From Land, Sea & Air
- Stories Behind The Songs
- Early Wealth in Winnipeg

Literature Club

- Poetry Corner with Madde
- Short Stories
- Afternoon Book

Health & Wellness

- Mindfulness
- Sleep Health
- Welcome to SCWW
- Frauds & Scams
- Music Therapy
- Katie's Cookin For One
- WEAAD
- Meditation Series
- Never Alone Cancer Foundation
- Colour with Katie
- Just Hang Up!

Recognized Days

- Cinco De Mayo
- Pride Month
- Canada Day

Travelogues

- Travels of the World
- Across the Miles
- Solo Camping
- Canadian Connections
- Ocean to Outback

Regulars

- 5-Minute Mysteries
- Biographies
- Bingo
- Brain Teasers
- Chat Pack
- Coffee Talk
- Culinary Corner
- Curiosity Club
- Evolution of Things
- Game Show Mania
- Good News
- Gratitude Group
- Idiom Addicts, Plus
- Living Your Best Life
- Name That Tune
- Podcast Series
- Program Planning
- Radio Station 207
- Spelling Bee
- Talent Show
- Way With Words
- What's the Verdict?

NOTE: All participants must re-register for each new session.

You may register at any time during the session.

Pick the best method for you:

Phone: 204-956-6440 (Winnipeg) **Mail:** 200-207 Donald St.

A&O: Senior Centre Without Walls Guide

**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.