



MACDONALD
SERVICES TO SENIORS



THE Wire

Reeve Brad Erb and his wife Louise
visit Connections Café in Sanford

MAY 2026

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What if we told you
that a meaningful
connection was just
a *phone call* away?



Make a connection, one call at a time.

Friendly Calls is **safe, accessible, free, and available nationwide.**
Call 1-833-979-9779 or connect with us at redcross.ca/friendlycalls.

The Friendly Calls program matches **people over the age of 18** with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.



PH: 204-736-2255

WWW.MACDONALDSENIORS.CA

Recipe of the Month

Sweet Potato and Black Bean Patties

Ingredients

- 2 medium sweet potatoes (about 1 lb), peeled and cubed
- 1 can (15 oz) black beans, rinsed and drained
- 3/4 cup whole wheat breadcrumbs
- 1 small onion, finely chopped
- 1/4 cup fresh cilantro, chopped (optional)
- 1 tsp ground cumin
- 1 tsp chili powder
- Salt and pepper to taste



Directions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Boil sweet potato cubes in salted water until tender, about 15-20 minutes. Drain well.
3. In a large bowl, mash the cooked sweet potatoes until smooth. Mix in black beans, onion, breadcrumbs, cilantro (if using), cumin, chili powder, salt, and pepper until combined.
4. Form the mixture into patties about half an inch thick and place on the prepared baking sheet.
5. Bake for 25-30 minutes or until golden brown, flipping halfway through for extra crispiness.
6. Let cool slightly before serving.

[Sweet potato and black bean patties recipe](#)

**MOBILITY
EQUIPMENT
TUNE UP
CLINIC**

Thursday, May 7
1-4pm
Sanford Legion

FREE inspection*

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

MUNICIPALITY OF MACDONALD
SERVICES TO SENIORS

**TRANSPORTATION
HELP**

**IF YOU REQUIRE
TRANSPORTATION TO
AN APPOINTMENT,
PLEASE CALL LEANNE
TO GET A LIST OF
DRIVERS FROM YOUR
COMMUNITY**





May 2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31					1	2
3	4 La Salle Big salad with grilled chicken M.A.I.D. presentation at 12:30	5 Weed Whackers greenhouse tour	6 Starbuck Perogies & Farmer's Sausage	7 Sanford Tea sandwiches, soup & dainties Reliable Mobility Walker Tune up Clinic	8	9
10 Mother's Day	11 Brunkild Sweet potato and black bean patties Mystery Guest WeedWhackers The Leaf visit group 1	12	13 Starbuck Chicken Thighs	14 Sanford Spring pea & pesto salad with Flank Steak	15	16
17	18 No Meal Victoria Day	19	20 Starbuck Soup and egg salad	21 Sanford Asian beef stirfry	22	23
24	25 La Salle Italian Meal Fun with MHRD	26 Weed Whackers The Leaf visit group 2	27 Starbuck Meatballs & mushroom gravy	28 Sanford Honey mustard chicken	29	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

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

May 11: Brunkild hall at 12:30

Speaker hint: This speaker is a research student working in our northern waters

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
Monday, August 31-Brunkild Hall

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!

May 25-Tank Traders Multiplex 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

Move Your Body
Physical activity increases blood flow to the brain and supports memory:

- Walking, gardening, dancing
- Even 20–30 minutes a day makes a difference

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.

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**



**Update: Bus 1 is full,
working on bus 2!**



Understanding the 3 Core Planning Documents

	Health Care Directive	Power of Attorney	Last Will & Testament
What the document does:	explains what medical care you want if you are unable to make or communicate your own health care decisions.	allows someone you trust to help manage your financial and legal matters or take over those responsibilities if you cannot manage them yourself.	explains how your money, property, and belongings should be distributed after you die
When it takes effect:	It is only used when you are not able to understand information to make an informed health related decision or communicate your health care decisions.	Depending on how the document is written, a Power of Attorney may: <ul style="list-style-type: none"> take effect immediately, allowing someone to assist you while you still make your own decisions, or continue into the future if you become unable to manage your affairs. 	It only takes effect after your death.
Who makes it happen:	The person you appoint as your HEALTH CARE PROXY , working with your doctors and medical team.	The person you appoint as your ATTORNEY .	The person you appoint as your EXECUTOR .
Their responsibilities:	Make health care decisions based on the instructions in your directive, your values and beliefs, and your best interests.	Act in your best interests, follow your instructions, keep records, and manage your finances responsibly and honestly.	Locate and protect assets, pay debts and taxes, and distribute the estate according to your will.
Outcome:	Health Care Proxy speaks for you and ensures your care reflects your wishes when you cannot speak for yourself.	Your Power of Attorney supports or manages your quality of life according to your wishes and the instructions you have provided.	Your Executor carries out the instructions you left for your estate after your death.



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
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.