MACDONALD SERVICES TO SENIORS

NOVEMBER 2026

THE Wire



Helping Older Manitobans Stay Safe at Home
Funding Opportunity · March of Dimes Canada

Safe and Healthy Home for Seniors Program

March of Dimes Canada offers funding to help eligible older Manitobans make their homes safer and more accessible, supporting independence and aging in the right place.

$5,000
Maximum funding per eligible application period

$6,500
For eligible northern or remote applicants

Funding is available every three years, up to a lifetime maximum of $15,000. Specific geographic criteria apply to the higher amount.

Who may qualify?

Manitoba residents aged 65 or older

Combined net household income under $60,000

An ongoing or recurring mobility-related condition or limitation that substantially affects daily living or essential access outside the home

What could be funded?

Grab bars, modular ramps, stair lifts, accessible showers, door widening and other essential accessibility adaptations.

continued on page 4

Contents

2 Recipe of the Month

3 Connections Café Calendar

4 Lunch and Learns and Programs

5 MHRD Programs

6 MHRD programs ,continued

7 s

8 Holiday Luncheon Recipes Wanted

9 Across the Generations

Recipe of the Month

Sweet Potato Soup



Rich, creamy sweet potato soup is a bowl full of comfort on a chilly day. It's even better with homemade croutons!

Ingredients

- ☐ 3-4 sweet potatoes – scrubbed and sliced
- ☐ 2 carrots – scrubbed and cut into chunks
- ☐ 2 garlic cloves – peeled
- ☐ 2-3 tablespoons olive oil
- ☐ 1 cup half & half
- ☐ hot sauce
- ☐ 2 teaspoons kosher salt
- ☐ ½ teaspoon pepper
- ☐ 4 cups chicken or vegetable stock
- ☐ 1 teaspoon paprika

Instructions

Preheat oven to 425 degrees.
Place sweet potatoes, carrots & garlic on a sheet tray. Drizzle with olive oil and sprinkle with salt and pepper, toss to coat.
Roast vegetables in oven approximated 25 minutes or until golden brown and fork tender.
Place roasted vegetables in blender along with chicken stock, paprika adding a dash or two of hot sauce.
Blend until very smooth – you can also use a blender, immersion blender or food processor – whatever you have.
Pour into a medium size stock pot and place on medium low heat setting.
Add half & half as soup warms. Taste and adjust seasonings and continue to cook until thoroughly heated.
Serve with addition hot sauce, sour cream and homemade croutons.

https://www.asouthernsoul.com/roasted-sweet-potato-soup/comment-page-1/?utm_source=Pinterest&utm_medium=organic

Connections Cafe

2026

November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 La Salle@ 11:45 **Meatloaf** Speaker: Women's Club of Winnipeg	3 Sanford @11:45 **Soup and Sanwiches**	4 Starbuck @11:45 **Salisbury Steak** Flu Clinic Starbuck Hall 1-3pm Flu Clinic O.B.Hall 3-6 pm	5	6	7
8	9 Brunkild @11:45 Pickeral Flu Clinic La Salle: 3-6 pm	10Sanford @11:45 **Spaghetti & Meatballs**	11 No Meal **Remembrance Day**	12	13	14
15	16 La Salle@ 11:45 **S & S Meatballs**	17 Sanford @11:45 **Turkey Chili** Games @12:30	18 Starbuck @11:45 **Lemon Chicken**	19	20	21
22	23 La Salle@ 11:45 **Ham&Scalloped Potatoes** FunwithMHRD@12:30	24 Sanford @11:45 **Chicken Stew**	25 Starbuck @11:45 Beef Stroganoff Games @12:30	26	27	28
29	30 La Salle@ 11:45 ChickenFried Steak					

Please call Leanne at 204-736-2255 to sign up no later a couple days before each week's meals.

We will try to accommodate special dietary requests. **Please call ahead to confirm.**

Menu subject to change.

$10 per person eat in, $12 take out or delivery

Connections Café

Old Family Recipes Wanted

Have a special family recipe you want to share?

Submit it to Leanne and if chosen Jodi will prepare it for the group at the Community Meal program of your choice.

As an added Bonus you and your guest will eat for free.

Lunch and Learns

- **Women's Club of Winnipeg- Tank Trader's Multiplex, La Salle at 12:30**



Flu Clinics

- Wednesday, October 28- 3 pm-6pm at Meadowbrook Clubhouse, Sanford
- Wednesday Nov 4- 1 -3 pm Starbuck Hall
- Wednesday, Nov 4-3-6 pm at Oak Bluff Rec Centre
- Monday, Nov 9-3-6 pm at Tank Traders Multiplex, La Salle

Call to register with Leanne 204-736-2255 or info@macdonaldseniors.ca

March of Dimes funding, continued

How to apply

Applications require proof of income, verification of a condition or limitation, price quotes and other supporting documents as applicable.

Learn more and access application forms

Website: March of Dimes Canada – How to Apply

PH: 1-866-906-6006

Email: SHHS@marchofdimes.ca

Macdonald-Headingley
RECREATION DISTRICT

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!

Register Here



Pep in Your 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!

Register Here

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

13 Wednesdays-Sept 16-Dec 9

For more information

Physical activity enhances gut motility and supports healthy gut microflora.

La Salle Chair Yoga

Mondays, 10:00 a.m. -11:00 a.m. | $80

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 but 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!



10 Mondays, September 21 - November 30, 2026No Class - October 12, 2026

Register here

Macdonald-Headingley

RECREATION DISTRICT

MACDONALD SERVICES TO SENIORS

18TH ANNUAL

HOLIDAY LUNCHEON

Let's cherish the beauty of the season

Friday, December 4, 2026

Tank Traders Multiplex, La Salle

11:30-2:00

Meal catered by Starbuck Catholic Church

Door prizes, Raffles

$25 p.p.



MACDONALD SERVICES TO SENIORS

Access CREDIT UNION

Macdonald-Headingley RECREATION DISTRICT

Caisse Assiniboine Credit Union

Tickets on sale now. Call Leanne at 204-736-2255 or from the RM of Macdonald office.

Remembrance Day Services

Domain: The program starts at 10:45 outside by cairn at the Domain Hall so good idea to be at the hall by 10:30. Outside program is about 15 minutes and the rest is inside the Domain hall. Probably about half an hour followed by coffee and donuts.

Sanford:Where: Sanford united Church
Time: 10:45 am - Church Service commences
11:45 am - March or Drive to the Cenotaph for the laying of the Wreaths
12:00 am - Laying of the Wreaths
12:20 am - Remembrance Day Ceremony ends



Stories across Generations

🌟 Your Story Matters! 🌟
Senior Volunteers Wanted for Stories Across Generations
Do you remember playing outside until the streetlights came on? 📚
Going to a one-room school? 🏫
Your first job? 👩‍🍳👨‍🔧
A favorite family tradition? ❤️
We want to hear your story!

Macdonald Services to Seniors is looking for senior volunteers to take part in a special intergenerational project connecting older adults with students from J.A. Cuddy School.

Over three sessions, you will be paired with a student who will get to know you, ask questions, listen to your memories, and discover what life was like when you were young.
Together, you'll talk, laugh, share memories, and discover the things you have in common.
📖 And there's a special ending...
The stories collected from all of our senior volunteers will be compiled into a community book:
Stories Across Generations
Our Community, Our Stories
Your story could become part of a lasting collection that future generations can enjoy!
No special skills are required—just a willingness to share, listen, and have some fun.
❤️ Be a storyteller. Be a mentor. Be a friend.
Interested in participating?
Contact Macdonald Services to Seniors at 204-736-2555
Space is limited, so sign up today!

MASC
AGE FRIENDLY Manitoba
SOCIAL PRESCRIBING
manitobaseniorcommunities.ca info@manitobaseniorcommunities.ca

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:
· 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:**
  La Salle Cleaning Services: 204-805-4249 call for service area
- **Helping Hands Senior Care: Melissa Blais : 204-228-8761**
- **Grief Counselling & Family Wellness: Brooke Robinson (204) 361-5683**

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.