



OCTOBER 2026

THE Wire



La Salle Connections Café group
on September 28

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October is Cyber Security Month

Your fraud prevention checklist

- | | |
|---|---|
| ☐ Protect your devices | ☐ Strengthen social media security and privacy settings |
| ☐ Create unique, strong passphrases and passwords | ☐ Be wary of free downloads and delete unused apps |
| ☐ Shred papers with sensitive information | ☐ Don't respond to suspicious emails, phone calls or texts |
| ☐ Limit sharing of personal information online | ☐ Be careful on dating apps |
| ☐ Be careful on the phone | |
| ☐ Report lost or stolen cards and identity documents immediately | |



[Frauds and Scams toolkit](#)

PH: 204-736-2255

WWW.MACDONALDSENIORS.CA

Recipe of the Month

Easy Pumpkin Dump Cake

Ingredients

- 1 can (15 oz) pumpkin puree
- 1 can (12 oz) evaporated milk
- 3 eggs
- 1 cup granulated sugar
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1 box yellow cake mix
- 1 cup melted butter
- 1/2 cup chopped pecans (optional)

Instructions

- Preheat oven to 350°F (175°C). Grease a 9×13-inch baking pan.
- Mix pumpkin puree, evaporated milk, eggs, sugar, cinnamon, nutmeg, and ginger in a bowl. Pour into the pan.
- Sprinkle dry cake mix evenly over the pumpkin layer.
- Drizzle melted butter on top. Add pecans if using.
- Bake for 50-55 minutes until golden and set.
- Cool slightly before serving with ice cream.



recipe





October 2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2 Aging Well, Living Well Oak Bluff 9-3	3
4	5 La Salle Thanksgiving Lunch with the Reeve	6 Sanford Stew with the Reeve	7 Starbuck Liver with the Reeve	8	9	10
11	12 No Meal Thanksgiving	13 Sanford Thanksgiving Lunch Fun with MHRD	14 Starbuck Ham & scalloped potatoes	15	16 Weed Whackers Wind Up	17
18	19 Brunkild Thanksgiving with the Reeve	20 Sanford Chicken Taco Bowls Speaker	21 Starbuck Thanksgiving Fun with MHRD	22	23	24
25	26 La Salle Chili	27 Sanford Meatloaf	28 Starbuck Soup & Grilled Sandwiches Flu Clinic Meadowbrook 3-6	29	30 Sourdough discard class Starbuck Hall 9-12 Register in advance	31

All meals served at 11:45 a.m.

Please call ahead-Call Leanne at 204-736-2255

Lunch and Learn Presentations, Fun with MHRD and Games start at 12:30

All eat in meals \$10 p.p. All take out and delivery meals are \$12 p.p.

We will try to accommodate special dietary requests.

Menu subject to change.

Lunch and Learns

- Monday, Oct 5-Lunch with Reeve, Brad Erb at 11:45-Tank Traders Multiplex, La Salle-\$10 for lunch
- Tuesday, Oct 6-Lunch with Reeve-Sanford Legion at 11:45-\$10 for lunch
- Wednesday, Oct 7-Lunch with the Reeve - Starbuck Hall at 11:45-\$10 for lunch
- Monday, October 19-Lunch with the Reeve, Brunkild Hall at 11:45-\$10 for lunch
- Tuesday, Oct 20-Costume Museum in a suitcase Sanford Legion at 12:30 - \$10 for lunch or come just for the free presentation

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



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



Macdonald-Headingley

R E C R E A T I O N D I S T R I C T

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 releases endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators.

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, 2026 No Class - October 12, 2026

Register here



Macdonald-Headingley
R E C R E A T I O N D I S T R I C T

Mark your Calendar...!

Aging Well, Living Well
Together in the RM of Macdonald
Friday, October 2, 2026

Presentations :

- Total Brain Health
- Service Canada
- CRA
- and more...

Lunch:
Homemade soup
& a Bun and Pie

Oak Bluff Rec Centre
9:30 a.m.-3:00 p.m.

Information Booths
Door Prizes, 50/50 raffle

Tickets \$15



 

Sourdough Discard : Cookies & Pizza Crust Class

Don't Toss It...Transform It!

Sourdough Discard: Cookies & Pizza Crust Class

Got sourdough discard sitting in your fridge? Don't throw it away—turn it into something delicious!

Join us for a hands-on class where you'll discover how to make the most of every bit of your sourdough starter. Learn simple, tasty recipes that reduce food waste and add incredible flavor to your baking.

In this class you'll learn:

- How to make soft, chewy Sourdough Discard Cookies
- The secrets to a crispy, flavorful Sourdough Pizza Crust
- Why sourdough discard adds great taste and texture
- Easy ways to reduce food waste in your kitchen
- Tips for storing and using sourdough discard in everyday recipes

Whether you're new to sourdough or already have a starter bubbling away on your counter, you'll leave with recipes, confidence, and plenty of inspiration.

\$10.00 p.p. [Please register with www.mhrd.ca](http://www.mhrd.ca)



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

Macdonald-Headingley
RECREATION DISTRICT

Meal catered by Starbuck Catholic Church

Door prizes, Raffles

\$25 p.p.



Holiday Luncheon 2026

Tickets on Sale October 2 at

Aging Well, Living Well Symposium

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.

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!



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:
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.**