



SEPTEMBER 2026

THE Wire



Folklorama 2026

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Thanks to everyone who joined us for the Folklorama tour on August 14th.

81 people hit the pavilions of China, Mabuhay Phillipines, and the little tiny country of El Salvador.

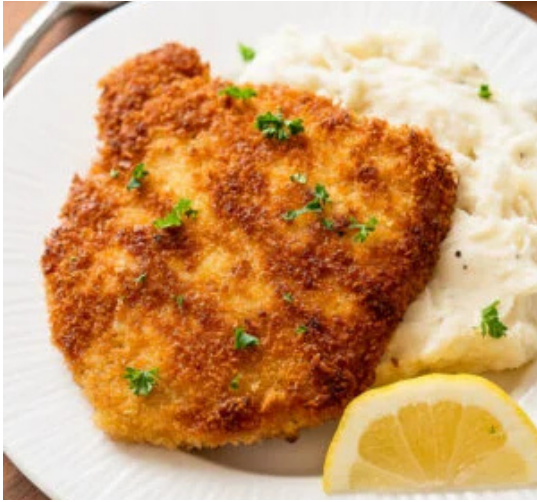
Each pavilion put on a great show. Some of the highlights were the performances by the children in the Phillipines, the Face Changer in China, and the lovely Latin American dancers in El Salvador. We had wonderful and knowledgeable tour guides with us every step of the way.

Next year, we will be booking 1 bus in each week. Details out in February 2027.



Recipe of the Month

Pork Schnitzel



INGREDIENTS

OLIVE OIL, FOR FRYING
4 BONELESS PORK CHOPS, ½" THICK,
TRIMMED
¼ CUP ALL-PURPOSE FLOUR
1 TSP SALT
1 TSP GARLIC POWDER
1 TSP PAPRIKA
½ TSP BLACK PEPPER
2 LARGE EGGS
1 SPLASH MILK
1 CUP PANKO BREADCRUMBS
½ TSP GROUND NUTMEG
1 LEMON, CUT INTO WEDGES

INSTRUCTIONS

- ADD ENOUGH OIL TO COVER THE BOTTOM OF A 10 OR 12" HEAVY BOTTOM PAN (PREFERABLY CAST IRON), AND HEAT TO MEDIUM-HIGH HEAT.
- TRIM THE PORK CHOPS OF ANY FAT AND THEN PLACE BETWEEN TWO SHEETS OF PARCHMENT PAPER. USE A HEAVY ROLLING PIN OR MEAT TENDERIZER TO POUND PORK CHOPS TO ABOUT ¼" THICKNESS.
- IN A SMALL, SHALLOW BOWL COMBINE THE FLOUR, SALT, GARLIC POWDER, PAPRIKA AND BLACK PEPPER AND MIX UNTIL COMBINED. IN ANOTHER SMALL BOWL WHISK TOGETHER THE 2 EGGS WITH A SPLASH OF MILK OR HALF AND HALF. IN A THIRD BOWL MIX TOGETHER THE PANKO BREADCRUMBS AND NUTMEG.
- ONE AT A TIME, DIP THE PORK CHOP IN THE FLOUR, COATING ON ALL SIDES, THEN SHAKE OFF ANY EXCESS. THEN DIP THE PORK CHOP IN THE EGGS, FLIPPING OVER TO COAT BOTH SIDES. FINALLY, TRANSFER THE PORK CHOP TO THE BREADCRUMBS AND COAT EVENLY ON BOTH SIDES.
- PLACE THE COATED PORK CHOPS IN THE PAN WITH HOT OIL AND COOK ABOUT 3 TO 5 MINUTES PER SIDE, UNTIL GOLDEN BROWN AND COOKED THROUGH (140 DEGREES F). SPRINKLE WITH A LITTLE SALT AS SOON AS IT COMES OFF THE SKILLET.

SERVE RIGHT AWAY WITH FRESH LEMON WEDGES AND ENJOY!

[HTTPS://IWASHYOUdry.COM/EASY-PORK-SCHNITZEL-RECIPE/?](https://iwashyoudry.com/easy-pork-schnitzel-recipe/?)

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September 2026



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Sanford Perogies & farmer's Sausage	2 Starbuck Chicken Marbella	3	4	5
6	7 No Meal Labour Day	8 Sanford Salmon	9 Starbuck Chili Games	10	11	12
13	14 La Salle Pickerel Fun with MHRD	15 Sanford Teriyaki Chicken Games	16 Starbuck Meatloaf	17	18 Benefits of probiotics Starbuck 9-12 register in advance	19
20	21 Brunkild Chicken Pot Pie	22 Sanford Schnitzel	23 Starbuck Soup & Sandwiches	24	25	26
27	28 La Salle Pork Chops	29 Sanford Soup & Sandwiches	30 No Meal Truth and Reconciliation Day			

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.

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!

Sept 14th-Tank Traders Multiplex, La Salle

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.

**Sept 9- Starbuck Hall
Sept 15-Sanford Legion**

Connections Café



Looking for Great Food and Great Company?

Come Join Us at Connections Café!

A delicious meal is just the beginning.

Connections Café is a welcoming place where adults 60+ can enjoy homemade lunches,
meet new friends, share stories, laugh together, and feel connected to the community.

Whether you live alone, are new to the area, or simply want to get out of the house for a
few hours, there's always a seat waiting for you.

Join us every Monday, Wednesday, and Thursday

- ✓ Homemade, nutritious meals
- ✓ Friendly conversation
- ✓ A warm, welcoming atmosphere
- ✓ New friendships and community connections

Come once to try it—or make it part of your weekly routine.

Everyone 60+ is welcome! Check out our menu on page 3!

Connections Café

Where good food brings people together.

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

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 our 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



 Discover the Power of Probiotics!

Learn the Benefits of Kombucha, Milk Kefir & Water Kefir

September 18: Starbuck Hall, 9am-12pm

Have you been hearing about probiotics but aren't sure where to start? Join us for an informative and fun class where you'll learn how fermented drinks can support your health naturally.

 In this class, you'll discover:

What probiotics are and why they're important

The differences between kombucha, milk kefir, and water kefir

How these drinks may support gut health, digestion, and the immune system

Tips for safely brewing your own at home

How to incorporate probiotic drinks into your daily routine

Sample different fermented beverages

Whether you're curious about improving your gut health, looking for a new hobby, or simply want to learn something new, this class is perfect for beginners!

\$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:
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.**