MACDONALD SERVICES TO SENIORS

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

Frauds and Scams toolkit

# 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

Connections Café

# October 2026

MACDONALD SERVICES TO SENIORS

| 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
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 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, 2026No Class - October 12, 2026

**Register here**

Macdonald-Headingley

RECREATION DISTRICT

# Mark your Calendar...!

**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

## 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.

**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!

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: 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:**
  **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.**