



The Wire

April 2025

Free Tax Clinics

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A free tax clinic is a place where **eligible people can get their tax returns done for free by volunteers**. They are hosted by community organizations across Canada through the Community Volunteer Income Tax Program (CVITP)

There are different types of free tax clinics.

Walk-in: a clinic where your tax return is completed during advertised hours on a first-come, first-served basis. No appointment needed.

Drop-off: a clinic where your income tax documents are dropped off during advertised hours. Your tax return will be completed by a volunteer, and you will pick it up at a later time. You will have to prove your identity when you pick up your tax return and documents.

By appointment: a clinic where an appointment is needed to file your tax return. Appointments can be in person or virtual.

- **In person:** a volunteer will do your tax return at a scheduled time.
- **Virtual:** a volunteer within your province or territory will do your tax return at a scheduled time by videoconference or by phone.

Find a clinic

To find a clinic, please check our [directory](#).

[Get your taxes done at a free tax clinic - Canada.ca](#)

Seating is
Limited!

Folklorama VIP Tour 2025

Friday, August 15th

Pavilions: **German, Croatian, Africa/
Caribbean**

Price: \$85 book and pay by June 30

\$90 book and pay after June 30

**Transportation provided from Oak Bluff to the pavilions &
return**

-No line ups
-Table service
-Progressive
Meal



Cooking with Ashley

Ashley is the Meal Coordinator for the La Salle, Brunkild, Sanford and Starbuck meal programs. Many of her featured recipes are also prepared for the meal program.

Paskah Easter Bread



INGREDIENTS

dough

- 4.5 teaspoons active dry yeast (4.5 teaspoons are ½ ounce, 2 packages, or 14 grams)
- 1 teaspoon granulated sugar
- 4 cups warm water 110° F to 115° F, divided use
- 1 cup nonfat instant dry milk powder
- 13.5 to 14.5 cups all-purpose flour divided use
- 6 large eggs room temperature, beaten
- ½ cup unsalted butter melted
- 1 tablespoon salt
- 1/3 cup granulated sugar

egg wash

- 1 egg
- 2 tablespoons water

Instructions

- In a large bowl, dissolve yeast and 1 teaspoon sugar in 1 cup warm water. Let stand for 5 minutes.
- Add remaining 3 cups warm water. Beat in the milk powder and 5 cups flour until smooth. Cover and let rise in a warm place until bubbly, about 20 minutes.
- Add eggs, butter, salt, and remaining sugar; mix well. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 8-10 minutes.
- Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch dough down. Turn onto a lightly floured surface; divide in half and set 1 portion aside.
- Divide remaining portion in half; press each portion into a well-greased 10-inch spring-form pan.
- Divide reserved dough into 6 balls. Shape each ball into a 30-inch rope; make 2 braids of 3 ropes each. Place a braid around the edge of each pan, forming a circle. Trim ends of braids, reserving dough scraps. Pinch ends of braids to seal.
- In a small bowl, beat egg and water; brush over dough. Bake in a preheated 350° F oven for 50-60 minutes or until golden brown. Remove from pans to wire racks to cool.

Exercises with Liza—Starbuck

Riverdale Apartments | April 10-June 12| 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Liza!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Liza, these classes are designed to be both effective and accessible.

Program Details:

- **Gentle Exercises:** Suitable for all fitness levels.
- **Strength Training:** Use 1 lb weights and stretchy bands.
- **Flexible Participation:** Exercises can be done standing or sitting.

Comfortable Environment: Please wear comfortable clothing and footwear.

Join us and take a step towards better health and mobility!

Pep In Our Step – Older Adult Exercises! _ Sanford

Sanford Legion | April 9-June 11 2025| 10 am – 11 am | It's Free!

Join Us for Gentle Exercise Sessions with Agnes!

Looking to maintain muscle strength and improve your mobility? Our gentle exercise sessions are perfect for you! Led by Agnes, these classes are designed to be both effective and accessible.

Program Details:

- **Gentle Exercises:** Suitable for all fitness levels.
- **Strength Training:** Use 1lb weights and stretchy bands.
- **Flexible Participation:** Exercises can be done standing or seated.

Comfortable Environment: Please wear comfortable clothing and footwear.

Join us and take a step towards better health and mobility!

For complete program descriptions or to register, please

visit www.mhrd.ca
or call 204-885-2444



Macdonald-Headingley
RECREATION DISTRICT

Spring is here! Time to get outside!!

Nordic Pole Walking Loan Program

Only for use by Macdonald & Headingley Residence

Looking to try something new?! Wanting to 'Step-up' your walking game?! Try Nordic Pole Walking! It is a great way to get active and work almost your entire body just by walking! Come and borrow a set of Nordic Walking poles and enjoy all the benefits they have to offer!

- Increase your cardiovascular capacity
- Strengthen and work 90% of your muscles
- Improve your balance

Try out a set of poles today! Contact our office to borrow a pair! 204-885-2444, info@mhrd.ca

Flaky Friends

Intergenerational Cooking Classes

Discover the Joy of Homemade Creations



Join us for a unique and fun-filled series of intergenerational cooking classes where you'll master the art of making:



- Bread from Scratch – Knead, shape, and bake your way to golden perfection.
- Pie Crusts – Learn the secrets to flaky, buttery goodness for sweet or savory pies.
- Perogies – Craft these delightful filled dumplings from dough to delicious!

Why Join?

Take home some tasty treats!

- **Connect Across Generations:** Bring your kids, grandparents, or friends—these classes are designed for all ages to share memories and skills.
- **Learn Timeless Techniques:** Step-by-step guidance makes even tricky recipes achievable for beginners and fun for seasoned cooks.
- **Create Delicious Memories:** Sit down together after class and enjoy the fruits of your labor.

Take Your Creations Home: Impress your family with bread, pie, and perogies made by your own hands.

Bring a youth under 12 and only pay for yourself...the youth is free!

When Is It? April 1, 2025, April 3, 2025

Where is it? Sanford Collegiate Home-Ec Room

How Do I Get In?

You can [Register Online](#) or by phone at [\(204\) 885-2444](tel:2048852444).

How Much Does it Cost?

3 Classes: Join all 3 classes and save!

- April 1 - Pies: \$12.00
- April 3 - Perogies \$12.00



Lunch and Learns

Presentations are free but you must register by calling 204-736-2255. There is a charge for the meal.

Fun with MHRD

Join us for an hour of Easter/Spring fun with the folks from Macdonald Headingley Recreation district.

La Salle— April 7 at 12:30 p.m.

Brunkild— April 14 at 12:30 p.m.

Starbuck—April 16 at 12:30 p.m.

Sanford— April 17 at 12:30 p.m.

DNA testing for Genealogy

Are you thinking of doing, or have you already done a DNA test?

Can DNA testing help solve a family mystery, and if so, how?

This session will give you a basic understanding of what DNA testing is, in simple and easy to understand language.

It will explain what kinds of DNA tests are available, and what they can and cannot tell you. It will cover topics such as finding living relatives today, and how far back you might be able to trace your family.

We will discuss which family members should do a test, and why.

We will look at how ethnicity is determined, and discuss the different testing companies.

Are you puzzled by your test results? We will also discuss that.

Bill has done his own DNA test with some surprising results.

Monday, April 21 at 12:30 p.m.— Caisse Community Centre

Connections Café Meals in RM of Macdonald

Let's Eat together!!

Brunkild: April 14

Sanford: April 3, 10, 17, 24

La Salle: April 7, 21 (presentation), 28

Starbuck: April 2, 9, 16, 23, 30

See the Connections Café menu to find out what yummy delights are being prepared for each meal!

All meals are \$10 per meal. Call Leanne to sign up at least a couple days in advance.

204-736-2255

April 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Flaky friends: Pie	2 Starbuck Soup & Sandwich Pie	3 Sanford Pasta Casserole Flaky friends: perogies	4	5
6	7 La Salle Soup & Sandwich Pie Fun with MHRD	8	9 Starbuck Chicken Alfredo	10 Sanford Pulled pork on a bun	11	12
13	14 Brunkild Easter meal Fun with MHRD	15	16 Starbuck Easter meal Fun with MHRD	17 Sanford Easter meal Fun with MHRD	18 Good Friday	19
20 Easter Sunday	21 La Salle Easter meal Genealogy 101: DNA testing	22	23 Starbuck Hot pork sandwich	24 Sanford Chicken Alfredo	25	26
27	28 La Salle S & S Meatballs	29	30 Starbuck Teriyaki Chicken			

All meals served at 11:45 a.m.
Please call ahead-Call Leanne at 204-736-2255
Lunch and Learn Presentations start at 12:30
All meals \$10 p.p.
We will try to accommodate special dietary requests if made in advance.
Menu subject to change.

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)

- Mike Kukelko:
204-770- 7838
- Wendy Kukelko:
204-770-2361
- Jane Kroeger
204-227-2975
- Ronda Karlowsky:
204-794-4821
- RM Rep: Barry Feller:
204-736-4433
- MHRD: Christee
Stokotelnny
204-885-2444

Helping seniors remain in their own homes

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.

Service Providers :

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
Margret-204-745-0863-call for service area
La Salle Cleaning Services: 204-805-4249 call for service area

Grief Counselling & Family Wellness: Brooke Robinson
(204) 361-5683

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.

