



Be sure to register for the annual seniors Christmas dinner

Our annual Seniors Christmas dinner is Monday, December 15 in the Bill Comaskey gymnasium at the TRCC. Meal will be served around noon. There will be a 50/50 draw, table games, music and surprises!

There is no charge for the meal, but we will be taking a silver collection to help offset costs.

Space is limited, so **only people who register by December 9 will be guaranteed a spot.**

Register by phone 204-677-0987 or email: thompsonsensors55@gmail.com.

There is still a chance to win

The deadline for entering the online 50/50 draw is Monday, December 15. If you have a smartphone, scan the QR code below, and you will be taken to the website where you can purchase your tickets.

Or, if you are not comfortable or able to do that, contact Sandy at 204-307-2207 and she will help you with a cash purchase.

The price is \$10 a ticket, 3 for \$20, etc. The prize, as of mid-November was nearing \$1,400! Draw date is December 16.



Seniors have been getting into the Christmas spirit!

Photo top right is the delicious cake that was prepared for a recent Senior Drop-in at the TRCC. Photo on bottom is a group of crafters who turned pipe cleaners into poinsettias at a workshop at Rotary Place.



Save the dates: January 27 and 28

What You Need To Know Before You Go

Thompson Seniors Community Resource Council, Northern Regional Health Authority, Manitoba Metis Federation and others are joining resources to bring a special two-day conference to Thompson.

The conference will deal with as many aspects of death, dying and the aftermath as possible.

Weekly activities for December and January

Congregate meals will be at McDonalds for the month of December; and at The Northern for the month of January 2026.

Seniors Drop-ins at the TRCC on Tuesday afternoons will continue through all of December and January with no pauses for Christmas / New Year festivities.

Chair Yoga at Rotary Place on Wednesday afternoons at 1:15 p.m. The last session of 2025 will be December 17. The first session of 2026 will be January 7.

Notice from Northern Health Region concerning the Thompson General Hospital

In the interests of safety, the following changes will be implemented effective December 1 for overnight access (7:00 p.m. to 6:00 a.m.):

1. Stairwell doors will be securely closed with staff access only.
2. Elevators will be securely closed with staff access only.
3. Management and 24/7 security officers will monitor these areas and ensure compliance.

Topics will include everything from wills and investments to medically assistance in dying to grieving and other related topics.

Save the dates on your 2026 calendar and look for details in the January newsletter.

Opportunities for seniors to be involved in the community

Manitoba Winter Games needs volunteers in the athletes villages March 1 to 7. Please let us know by January 5, 2026 if you would be interested.

TRCC Concession is looking for someone to help cook. This is paid work. Please call Naveed at 1-587-223-9555.

Sun Life is looking for administrative assistance starting in January. This is paid work. Please call Tara at 204-679-0124.

Safety Assistance

Victoria Lifeline offers personal help buttons that work should you fall in home or out-of-doors. Call toll free at 1-888-722-5222 for more information.

MB Safe and Healthy Home for Seniors program provides funding for devices or adaptations for seniors facing barriers within their homes. Call 1-866-906-6006 for information.

Free snow removal: The City of Thompson will clean the driveways of seniors for free. You can get an application form from City Hall.



Thompson Seniors Community Resource Council, Inc.

4 Nelson Road, Thompson, MB R8N 0B4

Office hours 10:00 a.m. to 4:00 p.m.

204-677-0987 • thompsonseniors55@gmail.com •

www.thompsonseniors.ca • Check us out on Facebook.