



Mark your calendar with these events

June promises to be a busy month with a variety of activities and opportunities to be involved:

Congregate meals will be Tuesdays at 11:30 a.m. at Ma-Mow-We-Tak Friendship Centre for the month of June.

Seniors Drop-ins (regular) will be Tuesdays at the TRCC (cribbage, puzzles, board games, other activities).

Mix with other generations and cultures on Monday and Wednesday afternoons from 1:30 to 3:30 p.m. at **Futures**. This is an opportunity to teach a craft, share knowledge and have a coffee. Futures is located at 125 Commercial Place. Ask for Penny Brenton.



Cookie decorating was a hit with youngsters (and their parents) at a recent afternoon at Futures. Seniors are welcome to drop by Futures any Monday or Wednesday to share a craft, visit, have a coffee.

Friday, June 14 is the day we recognize **World Elder Abuse Awareness Day**. The event will feature guest speakers, short video and lots of information. Come to Ma-Mow-We-Tak's multi-purpose room. Program starts at 1:30 p.m.

Saturday, June 15 is **barbecue day** for Seniors/Elders at McCreedy Campground. Event runs from 1:00 to 3:00 p.m. Bring your own chair and beverage.

Nickel Days: We will be looking after the **Child Find** booth Thursday and Friday evening and all day Saturday and Sunday. If you would like to volunteer a couple of hours, please call the office at 204-677-0987

We will also be selling **break-open tickets** on the Midway to help raise funds for programming and start a 'kitty' for a seniors centre.

And we will have a float in the **parade**. If you like decorating or walking, let us know. We'll be handing out contact cards for those who want to book our specialty bikes or get help with their outdoor yard work.

And even though Canada Day is not a June event, we will be promoting **Bring Your Bloomers**. If you would like to help at this event (easy peasy work) or bring your own entry to this crowd pleaser, please call the office at 204-677-0987.



Thank you to everyone who volunteered at our Trade Show booth. And congratulations to Corinne Campbell, winner of our 50/50 draw. And a big thank you to all our volunteers.

Move More; Sit Less

Active Aging, a non-profit organization that promotes active physical, social, emotional and spiritual engagement is offering free training for Seniors/Elders who wish to lead exercise programs designed for older people. If you wish to learn more, contact our office through the channels below.

Our updated resource guide for Seniors/Elders is now in circulation. If you are on our postal mail list, you should have received one in the mail. If not, we encourage you to contact us (contact info is on bottom of page). Copies will also be distributed at public events and venues.



Juvenate Foot Care Nursing Clinic and Home Services is coming to Thompson

This private practice has two trained nursing professionals to provide medical foot care. They will come into your home, if you are not mobile. They will visit Thompson on a regular basis, as bookings demand. Please note that this is a private service and fees will be charged. If you have foot care coverage under Blue Cross or the Veterans Plan, they will direct bill the provider. To book an appointment, call 1-204-326-7502.

Thompson Seniors Community Resource Council will continue to advocate for the return of medical foot care as an insured Manitoba health service. We only share this information as an option for those who wish / are able to obtain it.

Book a Bike Ride — or Yard Care Service — it's free!

Our specialty bikes and yard care services will be available during July and August. If you would like to be included, contact us through the channels below.



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