



Two major events in November (and more on the horizon!!!)

Tim Hortons is helping Thompson Seniors raise money to support its food security program and to help plan for a place of our own through its **Smile Cookie** campaign.

The campaign runs November 18 to 24. We will be taking pre-orders and promoting sales to sell as many cookies as we can. Thompson Seniors will receive 50% of all Smile Cookie sales during that week.



If you would like to help obtain pre-orders, sell cookies or order your own, contact our office.

The second event is a **diabetes clinic** on Monday, November 25. This all-day clinic will be held at the Ma-Mow-We-Tak Friendship Centre (multi-purpose room).

It will include a nutrition/cooking/snack session, and blood pressure, blood sugar and foot screening test.

And just for fun, maybe we will play a bit of diabetes bingo! The clinic is being facilitated by the Northern Region Health Authority.

Contact our office to register and for further details on times and schedules.

Save these dates

**Annual Christmas Concert
Sunday, December 1**

**Annual Christmas dinner
Tuesday, December 10
(register by December 3)**

**Rafflebox 50/50 Draw Date
Monday, January 6**

**Nelson Little country concert
Saturday, January 25**

Towards Flourishing for All — mental health for seniors. Free sessions are in the TRCC Mary Fenske Boardroom Tuesdays from 2:00 to 3:00 p.m. in November.



Cold weather has health benefits

Readers Digest reported on several studies that show cold weather potentially has several benefits. Here are some of the findings:

- ✧ It can help boost your cognitive thinking, make better decisions and stay calm.
- ✧ Colder temperatures can help fight diabetes by activating 'brown fat' tissue to produce heat. This helps absorb excess glucose in the blood.
- ✧ Cold weather can alleviate allergies as there is less pollination.
- ✧ Colder temperatures help you sleep better by helping to lower your body's core temperature which is required for a better sleep.
- ✧ It helps prevent infections because your body's immune system can be activated by more frigid temperatures
- ✧ Cold weather strengthens your heart as it works harder to pump blood and maintain the body's temperature.

What are microplastics? Why should you care?

You've heard about plastics contaminating our oceans. But the biggest catastrophe for human health, according to AL Sears, a medical researcher in Florida, comes from microplastics. These act like a sponge, picking up pollution, and chemicals — and are linked to health problems ranging from cancer to Alzheimer's.

He suggests you can flush microplastics from your body by boosting the amount of fiber you

eat, taking probiotics, boiling your tap water and 'sweating it out' in a sauna or steamy room. Sweating also increases circulation and body heat, which helps in the transport and elimination of toxins through your liver and kidneys.

Regular events in November

Congregate meals: A & W in November at 11:30 a.m. Price still \$10.

Seniors Drop-in: Tuesday afternoons from 1:30 to 3:30 at TRCC and Friday afternoons from 1:30 to 3:30 at the Legion.

Items for loan / give-away: Wheelchairs, walkers, shower seats & hearing aid batteries.



October Potluck provided some amazing dishes, games and 50/50 prize.



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.