



S Thompson Seniors

COMMUNITY RESOURCE COUNCIL

October 2024

Meet your new Board members

Four new faces will join your Board this year and join seven returning members.

The new Board held an organizational meeting to select the executive and committees on which they would like to serve. Here are the results:

Chairperson **Molly Stapleton** will serve on all committees.

Vice-chairperson **Linda Biglow** will serve on the executive and finance committees.

Secretary **Joan Goble** will serve on the execu-



Noah Cook presented TSCRC with the People's Choice Award at the recent AGM.



tive and governance committees.

Treasurer **Ed McTavish** will serve on the executive and finance committees.

Directors at large are: **Lydia Penner** serving on the Program Committee, **Esther Latchman** serving on the Program committee, **Ron Trainor** serving on the program committee, **Marlene Rudolph** serving on the program committee,

Debra Pouliot serving on the governance committee, **Linda Horner** serving on the finance committee and **Joyce Kopp** serving on the program committee.

City of Thompson & Tim Hortons help kick-off senior centre capital reserve fundraiser

The TSCRC is starting a special capital reserve account to raise money for a seniors centre — a place where Seniors/Elders can meet more often, learn more, play more and do it all more efficiently. We have a lot to do to get there, but fund raising is a major part.

The City of Thompson granted \$2,500 towards starting this capital reserve. And Tim Hortons is allowing TSCRC to be the recipients of the Smile Cookie fund raising campaign in November. Keep smiling!

Three things to do in the morning in five minutes to wake up your brain for the day

Thanks to Nicole MacDonald of the Alzheimer's Society of Manitoba, we do not have to feel guilty about forgetting things! She reminded us at the AGM in September that most of us did not get 100% on our tests in school! So, if we did not remember things then, we do not need to berate ourselves for forgetting things now.

However, an organization aimed at helping the older generation exercise the brain recognizes that some mornings are foggier than others. Here are three tips to help wake up your brain:

1. Drink a full glass of water (we tend to dehydrate during the night).
2. Practice deep breathing. Sit straight, inhale

through your nose to a count of two, hold for one and exhale to the count of four. Do that two or three times.

3. Stretch. This includes toes, ankles, legs, torso, arms, neck and fingers (and anything else that will move).

Towards Flourishing for All

Towards Flourishing for All (TFN) is about helping people be as mentally healthy as possible. It introduces four topics: flourishing, changes and expectations, coping strategies and reaching out.

The sessions are free and facilitated by Jennifer Whalen, Mental Health Promotion Coordinator for the Northern Health Region.

Sessions will be in the Mary Fenske Boardroom Tuesdays from 2:00 to 3:00 p.m. starting on October 29 and lasting until November 26.

The time and location are convenient for those who go to the Seniors Drop-ins — just take the elevator!

Come to the Potluck!

We are holding an 'After Thanksgiving' potluck on Saturday, October 19 at the Chimo Room at the Legion from 2:00 to 5:00 p.m.

We don't need to know what you are bringing, but we need to know how many people are coming, so please **register by phoning the office at the number below no later than Tuesday, October 15.**

Lots to do in October

Congregate meals: McDonalds restaurant in October. 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.

After Thanksgiving potluck October 19: (For details see above).

Paint Day: October 26, Rotary Place, 1:00 to 4:00 p.m. **Register by calling the office.**

Beyond October: Diabetes clinic, Christmas concert, Christmas dinner and anything else we can muster!



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.