

We have a bicycle built for two, and you!



We are excited to tell you the bikes are in summer quarters and nearly ready to start taking you for rides!

Special thanks to Randy Irvine at Gardewine, Colin Rushton at Burntwood Custom Storage and Lynn Taylor at Thompson Citizen for making this phase of the bike program possible.

Our next step is to finish hiring staff, then train them and, of course, roll out the program. If you would like to be put on the list for a ride this summer, just contact us (contact information on the back / bottom of this newsletter).

These rides are free in 2022 and will continue as long as the weather holds out. Details and sched-

ules will be released as soon as they are finalized. We will share information through the Thompson Citizen, CHTM, Shaw Cable, Facebook and our new website: thompsonseniors.ca.

World Elder Abuse Awareness Day

Nearly 40 people attended our event on June 15 and felt they gained valuable information. But the need for awareness did not end June 15.

If you want more information, contact either our office or call Elder Abuse Prevention Services at 1-204-956-6440 or 1-888-333-3121 or email intake@aosupportservices.ca.

***You have your own website! It's
www.thompsonseniors.ca.***

There is still some work to do on it, but we will get that done as soon as possible. In the meantime, take a look at it and send in your suggestions for the things you would like to see included.

Miss having a big garden?

Consider container gardening

Many of us have had gardens and flower beds. But it may be getting difficult to bend down to maintain one.

A recent Senior Centre Without Walls program talked about container gardening. You can plant vegetables, herbs or flowers in just about anything: coffee cans, wood boxes and of course, flower pots!

The important thing is that the container can retain moisture but still allow for drainage. Some tips from the program:

- Consider the location: if it's a balcony, do

you get enough sun, too much wind, etc.?

- Make sure your soil has peat moss, vermiculite, perlite and some micronutrients.
- Water in the morning and use slow-release and water-soluble fertilizers.
- Make sure you have drainage holes in the bottom of your container.
- If you are growing vegetables, look for varieties labeled 'patio', 'bush' or 'container'.
- Popular container veggies include: cucumbers, tomatoes, beans, peas, Swiss chard, lettuce, spinach, carrots, radishes and multiplier onions.

The Thompson Public Library is an excellent source of information for more details on container gardening.

Are you losing your vision?

Vision Loss Rehabilitation Manitoba provides rehabilitation therapy for people who are losing their vision.

Assistance ranges from teaching you to use contrast and lighting to your advantage, use sight-enhancing devices, show you safe ways to cook meals and use appliances, label medication, identify money and organize your home.

You can learn to travel independently, get counselling, learn how to use assistive technologies and even find or maintain employment.

Talk to your health care professional about this service or call 1-844-887-8572. You can also email info@vlrehab.ca.

Activities, services and opportunities:

Activities: Tuesdays at the TRCC from 1:30 to 3:30 p.m. — games, refreshments, visiting.

Services: Wheelchairs and walkers are available for loan; hearing aid batteries, adult protective undergarments free.

Opportunities: Join our Program, Finance or Governance Committee.

For more info, call the number below.



Thompson Seniors Community Resource Council, Inc.
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