

It's fun to go for a bike ride with us!

The bike program officially launched on July 27, but already dozens of seniors, elders and people with mobility challenges have gone for a ride and talked about how fun and refreshing it was.

Join us for a ride on Tuesdays starting from the TRCC at 2 p.m. or Fridays starting from the Thompson Citizen at 2 p.m. Or, arrange a time on Monday, Wednesday or Thursday for your group.

Contact information is overleaf.



Bring Your Bloomers brought beautiful bouquets (and plants)



Eighteen people brought entries in the second annual Bring Your Bloomers event held on Canada Day at the TRCC filling the entrance with beautiful fragrances.

All the categories had entries and winners took home prizes from Anything Grows, Shoppers Drug Mart, Canadian Tire, Chicken Chef, Great Canadian Dollar Store and Dairy Queen.

Thank you to those who entered and to those who volunteered their time.



Thank you for hamper donations

For nearly two years, TSCRC has provided weekly food hampers to low income seniors with mobility or other health challenges. The need is great and as a non-profit organization, we are barely scratching the surface in terms of those in need.

Thanks to many individuals, organizations and businesses, we have been able to continue this long, and hope to continue throughout the coming winter. Local contributors include the Kin Club, Mall of the Arts, students from R.D. Parker Collegiate and other schools, and many others. We appreciate your continued support.



Students from R.D.P.C. (above left) and individuals (Andria Stephens) through their organizations (Mall of the Arts) have helped the hamper program continue.

Special and continuing events

1. Tuesdays at the TRCC from 1:30 to 3:30 p.m. — games, refreshments, visiting.
2. Go for a bike ride afternoons Monday through Friday.
3. Take a bus ride to Paint Lake Tuesday, September 6.
4. See Johnny Cash and Elvis Presley (or a good impersonator) on September 30 for our special event fund raiser.
5. Enjoy our Christmas Concert fund raiser December 3.

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

For more info, call the number below.

How long can you keep food in the freezer?

Readers Digest offers this list:

Food	Months
Casseroles, soups and stews	2-3
Uncooked bacon	1
Uncooked steak	6-12
Uncooked pork chops	4-6
Ground beef, cooked chicken pieces	4
Uncooked chicken pieces	9
Whole chicken or turkey	12
Cooked fish	4-6
Ice cream	2
Cheese	6
Butter	6-9
Frozen veggies	8
Baked cookies	8-12
Baked pie	1-2



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