

Introducing pickleball!!

Pickleball is a popular game with seniors in many parts of the province. And now we are introducing it in Thompson! We will have a learn-while-you-play workshop at Winterfest on Friday, February 24 from 5 to 7 p.m. in the TRCC gymnasium. (We will finish up in time for you to watch the fireworks display).

You do not have to be a senior to participate, so why not bring along a younger family member!

It's a free event. Register by calling 204-677-0987 or email thompsonsensors55@gmail.com.

We will also be holding a cribbage tournament on Saturday, February 25 from 11 a.m. to 1 p.m. in the Mary Fenske board room. Entry fee is \$2 per person with 60% of what we take in going to the A side winner and 40% going to the B side winner. Register in person at least 30 minutes before the event begins.

Do you want to exercise your green thumb in your own raised bed garden box? We have applied for a grant to provide raised bed garden boxes, fill them with soil and provide seeds. The grant application includes at least one gardening workshop. If you are interested in this free program, phone us to be put on the list. Details will be available as soon as we get feedback on our application.

Christmas season activities included two bus tours through Winter Wonderland. Thank you to the City of Thompson and Wendell and Lee from Maple Bus for making this possible.



What can you do at a Seniors Drop-in?

Thanks to Doris Palmer, we now have a name for our Tuesday gatherings at the TRCC — Seniors Drop-in!

And what can you expect when you come to a Seniors Drop-in? You can expect laughter, meeting up with old friends, making new friends, a friendly game of cribbage or other game, refreshments and sometimes something educa-

tional. For example, on Tuesday, **February 7 Cecile Martin from the TD Bank will talk about avoiding scams.** (Then she will challenge someone to a game of cribbage, maybe).

Seniors Drop-in is every Tuesday at the Thompson Regional Community Complex (TRCC) from 1:30 to 3:30 p.m. You do not have to phone ahead. Just drop in!

Community spirit still strong in Thompson

We continue to provide weekly food hampers to Seniors/Elders with low incomes and with mobility challenges thanks to the generosity and spirit of people in Thompson.

A few recent examples: The staff at the Thompson Airport Authority decided to turn their annual Christmas gift exchange into a service by donating the money they would normally spend on gifts to the hamper program! Individuals such as Jen Denis held a fund raiser and program to purchase items for the hampers through her Epicure business. Jean Nemeth made up special gift bags/containers to include with the hampers. And of a special nature is Bobbi Montean who continues to advocate for donations of everything from cash to food to delivery bags!



There were many more examples and we are grateful to each and every person who helps provide food security and a little something special to our Seniors and Elders in need.

Photo left: volunteer hamper deliverer Marlene Rudolph displaying donated gift items. Photo right: Staff from Thompson Airport Authority present a cash donation to the hamper program.

In Brief:

- **Tuesday congregate meals** for the month of February will be at LTs in the curling rink. Book your space by calling by noon on Monday. Price is \$10.
- There is **free curling** at the Burntwood Curling Club every Wednesday starting at 1:00 p.m.
- We will be holding a **St. Patrick's Day 50/50 draw**. Details will be announced.



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