



World Elder Abuse Awareness Day to bring unique perspective

Youth and entertainment will be a unique addition to this year's World Elder Abuse Awareness Day schedule of events. Drama students from R.D. Parker Collegiate have been writing and practicing skits that relate to elder abuse awareness and prevention; they will perform those skits for Seniors and Elders on June 15.

Thank you to those who support our programs

We thank Peter Frigo and the Kin Club of Thompson for the recent donation of non-perishables to our hamper program. Mr. Frigo had arranged a choir workshop for youth and asked participants to bring a non-perishable. The Kin Club was among the workshop supporters.

Pictured at top are (from left) Peter Frigo, Acting Chairperson Molly Stapleton, Board member Esther Latchman, Kin Club members Robyn Foley and Shannon Johnston.

There are other organizations and individuals who continually help us. We appreciate all forms of help.

"We are told so often that if we want to effect social change, we must involve our youth," said Acting Chairperson Molly Stapleton. "The students were excited to be invited to participate in this fashion, and we look forward to what they have created."

The drama students will also be performing their skits to a number of elementary schools to reach youth in grades four to six.

World Elder Abuse Awareness Day is Thursday, June 15. The event starts at 2:00 p.m. in the multi-purpose room of Ma-Mow-We-Tak Friendship Centre. Refreshments will be included, as will presentations on the City's Community Safety and Wellness Plan and greetings from various dignitaries. The event is free; and there may even be a door prize!

Cribbage, anyone?

Join us for a cribbage tournament. It will be held at Lions Manor 55 on 510 Station Road Saturday, June 17 starting at 1:00 p.m. Entry fee is \$5 per person. Winner of the A side gets 60% of the fees received; winner of the B side gets 40%. Refreshments will be available. Call 204-677-0987 to register.

Antique items drew curiosity at the Trade Show



Antique items including a rotary phone, early electric toaster and bottle capper drew enquiries and sparked conversations at the TSCRC booth at the Trade Show. In addition to the antique display, there were branded and other items for sale, a quilt raffle, sign up sheets and items to give away.

Bev Clarke was the lucky winner of the quilt sewn and donated by Rose Ross of Thompson. Acting Chairperson Molly Stapleton presented the quilt to Charlie Jensen to take to Bev.



The bikes will be back!

The free **bike rides** provided to seniors and those with disabilities will once again be taking to the streets. Look for the bikes in the Nickel Days parade with free rides starting in July.

Also, as part of our summer programming, students will help with **yard work** in the mornings and pilot the bikes in the afternoon. They will do light yard work only, but their services will be free to seniors.

Seniors Drop-ins and **pickleball** will continue at the TRCC throughout the summer, however

congregate meals will take a break until September. And watch for a return of **Bring Your Bloomers** on Canada Day!



Save the date — Friday, September 29 — for one of Canada's leading acts to perform in Thompson!

Are you safe from the heat?

According to the *Weather Network*, we can expect more 'heat events' in the next few years. As seasoned as seniors are, we may not always be aware of how to avoid heat stress and illness.

Some suggestions include installing air conditioning, if you can afford it. Fans that will circulate the air may help. Stay indoors and out of the sun, especially when the sun is directly overhead. Wear hats with brims, sunglasses and loose fitting clothing. Drink plenty of fluids.



Senior ladies and families developed their painting skills on Mothers Day weekend under the guidance of Bronte Hendren.



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