

# S Thompson Seniors

COMMUNITY RESOURCE COUNCIL

September 2023

Coming this month .....



## You are invited to our AGM

### Wednesday, September 20

Learn about seniors programs (current and pending) in Thompson and how you can become involved at our Annual General Meeting (AGM) on Wednesday, September 20.

The agenda will include the financial review for the 2022—2023 fiscal year, highlights of programs and operations, and election of Board members for the 2023-2024 fiscal year.

We will also take a look at some of the current and approaching activities and programs and advocacy, as well as seek your input on future program planning.

There will be food and refreshments; as well as a door prize! The AGM will be held Wednesday, September 20 at the Ma-Mow-We-Tak Friendship Centre. Doors open at 1:30 p.m.

Thompson Seniors  
COMMUNITY RESOURCE COUNCIL

presents  
**Damien James**

Damien combines all of his unique skills (special Effects Make-up, Ventriloquism, magic, state of the art puppetry and animatronics) to create a truly unforgettable one-of-a-kind performance

Friday, September 29  
Letkemann Theatre  
Starts at 7:00 PM  
Advance Tickets \$30-  
At the Door \$40-

For Tickets Contact  
TSCRC Office: 204-677-0987  
thompsonseniors55@gmail.com  
A BIG THANK YOU TO OUR SPONSOR:

Calm Air

Supporting Seniors

TICKETS AVAILABLE AT LEISURE MART FRI., SEPT. 8 & SAT., SEPT. 9.

# Free computer classes for Seniors/Elders!!

TechMB and the Government of Canada have developed an Intro to Computers program for Seniors and Elders. No computer is needed. And the lessons are free.

You will learn how to navigate with a keyboard and mouse, how to find information online and all about computer safety!

**Save the dates: October 3 is election day. December 2 is the second annual Community Christmas Concert at the Letkemann Theatre.**

## **Congregate meals start up again**

Baaco's will host the September congregate meals in our fall season and they are able to hold the price for Seniors/Elders to \$10 per person. Congregate meals are Tuesdays. Please call 204-677-0987 to let us know you will attend.

## **Seniors Drop-ins continue**

Every Tuesday from 1:30 to 3:30 p.m. Seniors/Elders gather to play cards, do puzzles, occasionally try a new activity or even sport. There are sometimes information sessions and once a month, there is a birthday cake to celebrate those with a birthday that month. Join us at the Seniors Drop-ins. It's free and fun.

The next set of lessons will be held September 19, 21, 26 and 28 at Rotary Place on Westwood Drive. Register by calling 204-939-4470 or emailing [rotaryplace@outlook.com](mailto:rotaryplace@outlook.com).

## Seniors Centre Without Walls

### **Learn the difference between hyper and hypo thyroid**

One in 10 Canadians is affected by thyroid disease. Many go undiagnosed, according to a program on Seniors Centre Without Walls.

Hypothyroidism (Hashimoto's Disease) occurs when your thyroid produces too little thyroid hormone. Symptoms include fatigue, brain fog, hair loss and several other symptoms. It is a simple treatment — one pill a day — but will be for life.

Hyperthyroidism (Grave's Disease) is the overproduction of the thyroid hormone. Symptoms include tremors, sweating, anxiety and several other effects. Radioactive iodine and/or surgery will likely be required. More than 80% of patients who receive treatment will become hypothyroid.

Information like this and more is available for free over your telephone through the Senior Centre Without Walls program. Learn more by calling toll free 1-888-333-3121.



Thompson Seniors Community Resource Council, Inc.  
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