



Remember, honour and respect

We often talk about the world wars when we talk about Remembrance Day. But there are Canadians fighting in wars today, or trying to be peace keepers in war-torn countries, who may not make it home to their loved ones. And of those who do, they may find their lives greatly altered due to physical or financial circumstances.

Let us do our part to honour and respect those who are willing to make the ultimate sacrifice so we can continue to live with the freedoms we experience today. And if we have veterans in our lives, let us do our best to make them feel accepted, needed and an important part of our community.

Remembrance Day Services in Thompson will be held at the C.A. Nesbitt Arena on Saturday, November 11 beginning at 10:00 a.m. Refreshments to follow at the Legion.

Look for businesses and organizations who try to show appreciation to veterans. For example, Giant Tiger now gives an automatic 10% discount to veterans showing their CFOne card (see below).

Enjoy another old-fashioned Christmas Concert!

Once again, an ad hoc committee is organizing a community Christmas concert. The event will be Saturday, December 2 at the Letkemann Theatre. The evening starts at 7:00 p.m. Tickets will be sold at craft sales leading up to December 2 and at the door.

How to reduce your tax load

Wednesday, November 15 from 1:30 to 3:30 in the Board Room at Ma-Mow-We-Tak. Specialists from Revenue Canada will explain how you can reduce your taxable income through tax credits. Good information for those who do their own taxes or who do tax returns for others.



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Christmas dinner for seniors is on us

Entertainment, good food, maybe a visit from Santa will all be part of our Seniors Dinner on Tuesday, December 12. This free event begins at noon and includes a full dinner with dessert; it will replace the congregate meal and Seniors Drop-in for that day.

The dinner is a collaboration with the Thompson Seniors Community Resource Council and the City of Thompson.

You must register your attendance with the TSCRC (contact info below) office by Friday, December 1 as there is limited seating.

So many people to thank

We appreciate the support from so many who aid our food security program for Seniors/Elders. Most recently, the Steelworkers Humanity Fund, Thompson Nurses Union #6, students at Deerwood School and local gardeners have either contributed large cash or in-kind donations.

In the words of one of our recipients: *"I live on a low fixed income. I retired early when my eye and my disability caught up with me. It is nice to eat healthy. This program is allowing me to age a bit more gracefully."*

Personal hygiene protective products for free

We have a variety of products and sizes available for free. We have male and female Depends ranging from size S to L; Prevail products ranging from L to XXL as well as uni-briefs. Arrange to pick up yours or browse through the selection by contacting the office. Calls will be kept confidential.

Free computer classes for seniors continue in November

Participants learn through hands-on practice, classroom discussion and presentations. Sessions are held at Rotary Place on Westwood Drive from 5:30 p.m. to 7:30 p.m. on November 21, 23, 28 and 30. Register by calling 204-939-4470 or emailing rotaryplace@outlook.com.

Congregate meals move to the Legion for November

Despite rising food costs, we are still able to keep congregate lunch meals at \$10 per person. The Legion will host the meals on Tuesdays during the month of November.

Seniors drop-ins continue at the TRCC

Seniors can still drop in to the TRCC for card/board games and conversation every Tuesday from 1:30 p.m. to 3:30 p.m.



Thompson Seniors Community Resource Council, Inc.

4 Nelson Road, Thompson, MB R8N 0B4

Office hours 10:00 a.m. to 4:00 p.m.

204-677-0987 • thompsonseniors55@gmail.com •

www.thompsonseniors.ca • Check us out on Facebook.