

*And they say there is nothing to do in Thompson*

## *Where did the year 2023 go?*

Fun, games, workshops, advocacy, sports, community events and fund raising filled 2023 for many of our older population in Thompson.

On average, 25 seniors joined the congregate meals every Tuesday. Thank you to Baaco's, LT's, Ma-Mow-We-Tak, Northern, and Legion for keeping prices affordable.

Following lunch was the Seniors Drop-in where seniors enjoyed cribbage, puzzles and everything else from Yahtzee to Mexican Train, coffee and conversation.

We hosted 'one-of' events: Paint Day in May, bus trip to Paint Lake Marina in August and Christmas dinner lunch in December. We also partnered with Sun Life/Ridgestone Financial on a Secret Santa for Seniors event.

World Elder Abuse Awareness Day in June showcased something unique: RDPC Drama Students performed three skits on elder abuse, while a number of speakers added information for prevention and supports.

Another workshop that proved valuable was held in November when representatives from Canada Revenue Agency came to talk about tax credits and other benefits for seniors. The event was so successful, that we plan to hold a 'super workshop' next April.



We introduced pickleball to seniors at Winterfest. And we rented the gym at the TRCC two times a week during July and August and part of June and September so seniors could play for free.

While on the topic of Winterfest, we once again held a cribbage tournament for all ages. And we participated in other community events: Nickel Days, we operated the Child Find booth and entered the parade with our special bikes.

We also contributed to Canada Day with our 3rd annual Bring Your Bloomers event. And we participated in the Trade Show and Leisure Mart.

A wet start to summer caused a lower ridership in the bike program. But our bike pilots kept busy helping seniors with yard work. The free service ranged from weeding gardens to painting decks



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# Where did 2023 go? (Continued)

Gardening was a special theme, as we gifted 50 raised bed garden boxes to seniors in Thompson. Special thanks to North Forge, Thompson Scouts, Boys and Girls Club and other youth organizations who helped build; and also to those seniors who delivered the garden boxes!

These and other events are made possible through grants, donations and in-kind donations. We also fund raise: a major event in September, Christmas Concert in December, 50/50 draws, garage sale, etc.

Our advocacy efforts took us to meet with provincial ministers in March to restore medical foot care to Thompson. We've also helped advocate for personal care home beds and improved



## Eat and play in January

Congregate meals in January are Tuesdays at the Ma-Mow-We-Tak Friendship Centre.

Curl for free Wednesday afternoons. Contact Wally Chupka at 204-670-3128 for details.

home care and respite for caregivers.

We provide services by loaning wheelchairs, walkers, bathroom assists and other mobility items; we give away personal hygiene products and hearing aid batteries. And when possible, we drive seniors to medical appointments.

Through our Food Security For Seniors program 18 hampers are delivered every week to low income seniors with mobility challenges.

Almost every activity discussed has involved the commitment of volunteers, mostly seniors, with more than 70 helping throughout the year. We appreciate every one of you.

The success of the organization is also due to the commitment of your volunteer board of directors who attend board meetings, committee meetings, strategic planning meetings and educational workshops on governance.



Supporting  
Seniors

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