

February 2024



Crooners, cribbage and cook-offs!

What a range of activities coming up!

Most exciting is the **Crooner's Concert** that will not only bring you the music of Neil Diamond, Paul Anka, Tony Bennett, Tom Jones and others, but will bring the King himself back to the Thompson stage.

Internationally acclaimed **Elvis** tribute artist Daylin James will perform some of your favourite Elvis tunes in such a way that you will think it is Elvis himself. That event is Tuesday, February 13. Tickets are just \$40 each and are available Saturdays at Family Foods and Giant Tiger or through our office.

We are back at Winterfest

Seniors will be involved in Winterfest again. Our cribbage tournament will be the morning of Saturday, February 24. And our new event, a

Chili Cook-off will bring a whole new dimension to the festivities. Stay tuned for details.

Congregate meals will change venue and will be hosted by McDonalds restaurant every Tuesday during the month of February. And Seniors Drop-ins will continue at the TRCC Tuesday afternoons from 1:30 to 3:30.

Plan now for some March events

A St. Patrick's Day Potluck is being planned for Sunday, March 17 in the afternoon. If you want to participate, please contact our office no later than Monday, February 26 so we know what size of venue to book.

Also, you could be one of two lucky people to win an iPad Pro at the end of March. Tickets will be \$10 each and will be going on sale starting in early February.

A promotional banner for a concert. On the left is a photograph of Daylin James, an Elvis tribute artist, wearing a white jumpsuit and playing a black electric guitar. The background is a gradient of red and pink with heart shapes. Text on the banner includes: 'Thompson Seniors Community Resource Council is proud to present', 'CROONER'S CONCERT with Daylin James', 'named the Canadian National & International Elvis Tribute Artist Grand Champion', 'FIRST HALF Crooner's medley of Neil Diamond, Paul Anka, Tony Bennett, Tom Jones, to name just a few', 'SECOND HALF Return of Elvis!', 'Tuesday, February 13 Letkemann Theatre 7 PM', 'DOOR PRIZE \$100 Gift Certificate from The Hub for Valentines Day Dinner', 'CONSOLATION PRIZE Huge Gift Basket of Godiva Chocolates', '50/50 TICKETS - FUNDRAISER -', 'TICKETS \$40', and 'Supporting Seniors' logo.

Thompson Seniors Community Resource Council is proud to present

CROONER'S CONCERT

with Daylin James

named the Canadian National & International
Elvis Tribute Artist Grand Champion

FIRST HALF Crooner's medley of
Neil Diamond, Paul Anka, Tony Bennett,
Tom Jones, to name just a few

SECOND HALF Return of Elvis!

Tuesday, February 13
Letkemann Theatre 7 PM

DOOR PRIZE
\$100 Gift Certificate from The Hub
for Valentines Day Dinner

CONSOLATION PRIZE
Huge Gift Basket of Godiva Chocolates

50/50 TICKETS
- FUNDRAISER -

TICKET SALES Giant Tiger and Family Foods on weekends
or by contacting the TSCRC Office at 4 Nelson Road
Phone 204-677-0987 Email thompsonseniors55@gmail.com

TICKETS \$40

Supporting Seniors

Some foods can reduce inflammatory pain

Readers Digest (April 2021) has researched several foods that can inhibit inflammatory enzymes that lead to pain, similar to how ibuprofen works.

These foods include: olive oil, pineapple, apples, nuts and seeds, green, leafy vegetables, dark chocolate, brown rice, grapes, cherries, onions and garlic, tea, broccoli, fish, soy proteins, mushrooms, sauerkraut, avocados and beans.

The *Dieticians of Canada* organization also points out that some foods can improve your blood cholesterol levels.

These foods can include legumes (beans, peas), whole grains (oats, barley) and soy products. You can add unsalted almonds, cashews, and other nuts to your snacks or add them to your main dishes. And you can eat more omega-3 fats that come from fatty fish like mackerel, salmon and trout.

Free: personal protective products

We have a variety of products and sizes available for free. Contact the office and we can arrange delivery:

- Prevail Daily pull-ups, sizes L, XL and XXL.
- Prevail adjustables, sizes S/M and L/XL.
- Depends night defense pull-ups, M and L.
- Depends max dry-shield pull-ups, S and M.
- Smart Care briefs, adjustable, size L.
- Ultra Uni-briefs, adjustable, size M.
- Also free: hearing aid batteries.

Also free: E.R.I.K. kit

The Emergency Response Information Kit contains health and medical care information that attaches to your fridge. It helps emergency responders act faster and more efficiently in the event of an emergency. Contact the TSCRC office to obtain either product.

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

Keep your eyes open for some of these activities

Recent workshops and information sessions on tax credits and the new federal dental plan have sparked plans for future information sessions. If there are topics you would like us to pursue, just contact our office.

Plans are already being made to hold a major tax credit workshop in early April.

Have you heard of Diamond Painting? We will be looking to host a couple of workshops for seniors on this unique craft.

Definition: The condition of finding it difficult to get out of the bed in the morning is called 'dysania.' And here we thought it was called 'natural!'



Thompson Seniors Community Resource Council, Inc.
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Office hours 10:00 a.m. to 4:00 p.m.

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