

New Year starts off with food and rising star entertainment!!



Thompson Seniors COMMUNITY RESOURCE COUNCIL

January 25, 2025 7 PM Letkemann Theatre Scent-free Environment For Tickets Contact: 204-677-0987 or thompsonseniors55@gmail.com

Besides the congregate meals held every Tuesday (at Ma-Mow-We-Tak in January), we will hold a potluck dinner on Saturday, January 18 from 4 to 7 p.m.in the multi-purpose room at Ma-Mow-We-Tak.

The following week we bring you Thompson born and rising star Nelson Little. Thompson is his first stop on a northern tour. He will perform at the Letkemann Theatre Saturday, January 25. Tickets are available at the office and will be sold downtown on weekends leading up to the event.

Follow this QR code to our online 50/50 event. Draw date is January 6, 2025.



Dinners, concerts & workshops made for a busy December







There were a lot of activities in December. About 300 people attended the Christmas Community Concert; 130 registered for the Christmas dinner; and there were other smaller events. Thank you to Skills Shop North for the free woodworking workshop. We look forward to more of these.

Organizations and individuals continue to support food security for Seniors/



Elders. Pictured here are students and teachers from Ecole Riverside School. Cash donations were also made from Aurora Dance Stu-

dios, Lutheran United Church, Hayes Autobody, Thompson Eye Care and many more. Thank you for your support.

Look at what's coming up!

Winterfest is February 21 to 23. We will hold our annual **cribbage tournament** and the **Great Chilli Cook-off!** Details to come.

Congregate meals in February will be each Tuesday at McDonalds.

Seniors Drop-ins continue on Tuesdays at the TRCC from 1:30 to 3:30 and the Legion on Fridays from 1:30 to 3:30 p.m.

We have wheelchairs, a walker and some mobility assists for **loan**.

If you want to **volunteer**, try the Hospital Gift Shop. Call Cathy at 204-679-5007.

Sunscreen is for winter, too!

Dermatologist Dr. Renee Beach of U of T, says sunscreen is a must in winter, not just summer. She recommends an SPF (sun protective factor) of 30. — *courtesy CAA*



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 Face-