



## Join us at Winterfest 2025

Our annual Cribbage Tournament and Great Chilli Cook-off will return to Winterfest Saturday, February 22.

The entry fee for the cribbage tournament is just \$2. The winner of the A side takes home 60% of the entry fee; the winner of the B side takes home 40%. The tournament is in the multi-purpose room of the TRCC starting at 10:00

a.m. Registration is on a first come basis. First 24 to show up are guaranteed a spot.

Following the cribbage tournament is the Chilli Cook-off. You can participate by entering your own chilli (ask for contest rules), volunteering your help at the event and / or by voting for what you feel is the best tasting chilli (the best part). Contact our office for details.



*Photo left: Solomon Parenteau was the A side winner of last year's cribbage tournament. Photo right: the volunteers at the 2024 Chilli Cook-Off had more fun than the taste testers!!!*

### Senior home owners and renters both may be eligible for assistance

Rental assistance and accessibility improvement assistance is available for renters and/or home owners in Thompson.

For rent assistance, contact the Canadian Mortgage and Housing Agency (CMHA) in Thompson at 204-939-0948, [cmhsupport@cmhathompson.ca](mailto:cmhsupport@cmhathompson.ca) or visit them at 43 Fox Bay.

For financial assistance for building ramps, installing safety rails, etc. phone this toll free number: 1-866-906-6006. You could be eligible for up to \$6,500 annually for three years.

In addition, free snow shovelling from steps and sidewalks, and possibly driveways may be available through the Fine Options program. Call 204-677-0966 for more information.

# Extend the 'best before' date of your brain

Noreen Kolensar runs a business called *Mind Stage* which focuses on helping people with their memory and recall.

She holds regular online meetings, and conducts seminars centred around memory, recall, forgetfulness and tools to help with all three.

Here are some techniques she suggests for boosting recall:

- When someone is speaking to you, do not look around, do not think ahead, think only about what the person is saying.

Congregate meals in February will be at McDonald's. Price is still \$10. Drop-ins continue at the TRCC on Tuesdays and Legion on Fridays from 1:30 to 3:30 p.m.

## **Congratulations to Carole Parenteau, our first Rafflebox 50/50 winner!**



The draw was made Jan. 6, with Carole winning \$800. It was our first attempt at an online raffle. Give us your opinion: do you prefer online raffles or the paper ticket raffles (or does it matter)?

- Repeat the information, especially names or dates.
- Write down information, use post-it notes, notebooks, etc.
- Practice remembering things when you are on your own. For example, listen to a news story on the radio, turn it off then repeat to yourself what you just heard.

Kolensar says to be patient with yourself. Remember you did not get 100% on your tests at school, so do not expect 100% recall now.

## **Country music, free income tax preparation and more**

Thank you to those who supported our Nelson Little Concert: Music Makers, CHTM, School District of Mystery Lake, Best Western Hotels, Giant Tiger, Family Foods, Safeway and most of all **our volunteers** who sold tickets and helped out the night of the event.

### **Save these date(s):**

March 31 / April 1: free income tax clinic.

May 2 and 3: Trade Show.

June 16: World Elder Abuse Awareness Day event, featuring speaker on dementia.

Product loans and give-aways:

We still have walkers, wheelchairs and bathroom mobility assists for loan; and hearing aid batteries and personal disposable under attire for give-away (limited sizes). Contact us at the sources shown below for more information.



Thompson Seniors Community Resource Council, Inc.  
4 Nelson Road, Thompson, MB R8N 0B4  
Office hours 10:00 a.m. to 4:00 p.m.  
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www.thompsonseniors.ca • Check us out on Face-