

Smile *campaign is back and it's* Cookie® *better than ever!!*

Once again, Tim Hortons restaurant is letting Thompson Seniors be the recipients of sales from the Smile Cookie campaign. But this time, we get to keep 100% of the proceeds! The campaign runs from April 28 to May 4. Volunteers will be approaching businesses and organizations to encourage pre-orders. And, of course, we'll promote the campaign at the Trade Show during the first week-end of May. If you would like to help get pre-orders, decorate cookies, sell cookies at the window or make phone calls, please contact us at 204-677-0987 or thompsonseniors55@gmail.com.



Save the date: Fall prevention and Victoria Life line on Monday, April 7 at 1:30 p.m. at MMWT with refreshments.



Victoria Lifeline is now available through the Thompson Senior Resource Council

Victoria Lifeline has been helping Manitobans age in place for over 37 years. The medical alert service offers affordable, 24/7 help in case of a fall or medical emergency. Through this new partnership, together we can help older adults in Thompson stay safe and connected.



Offering service options to suit anyone's needs and budget, there is also a Subsidy Program for low-income Manitobans.

Want to find out more?

Be sure to join Lifeline's education facilitator Vicki Russenholt for an information session on **Monday, April 7th @ 1:30 pm** at the Ma-Mow-We-Tak Friendship Centre Multi-Purpose Room

Pushing Your Luck — a great way to enjoy St. Patrick's Day!



Whether it was getting down in the hack, curling from a chair or using a pushing stick, seniors tried their hand at curling on St. Patrick's Day.

Off the ice, they played creative games using props ranging from fruit loops to dice!

Thank you to the Burntwood Curling Club and Swells Eats for a wonderful afternoon.



Income tax information

If you miss(ed) our income tax filing clinic on March 31 and April 1, please be aware that there are a number of tax credits for which you may be eligible. They include:

Age amount credit: Either you can claim this credit or you can transfer it to your spouse or common-law partner. Check eligibility requirements.

Canada caregiver credit: The family member must rely on you for necessities such as food, clothing and shelter.

Disability tax credit: The aim is to help offset some of the costs related to impairment.

Medical expenses credit: When your medical expenses exceed 3% of your net income.

Home accessibility expenses credit: For renovation expenses related to making your home more accessible.

Check with Revenue Canada online for details or call Service Canada locally at 204-677-0282.

A group led by the Thompson Chamber of Commerce is working to re-establish a local newspaper in Thompson and region. If you would like to volunteer or know someone who would like to develop a career in this field call 204-677-4155 or email commerce@mymts.net.

In Brief

- Congregate meals in April are at A & W. Price is still \$10. Drop-ins continue at the TRCC on Tuesdays and Legion on Fridays from 1:30 to 3:30 p.m.
- Congregate meals will be at the Northern Inn in May.
- Enjoy (free) chair yoga Wednesdays at 1:00 at Futures on Commercial Place. All ages.
- There is a limited supply of hearing aid batteries and personal disposable under attire for give away.
- Trade Show is May 2—4. Join us: Call 204-677-0987 or 204-677-0959.



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.