

Thank you to our volunteers for providing free income tax filings

Nearly 50 people, mostly Seniors and Elders, were able to have their income tax reports filed for free thanks to three very hard-working volunteers.

We thank John Barker, Heather Steinhoff and Kayla Woodman. They were required to register and take on-line training before they were granted access to the Canadian Volunteer Income Tax program.

Together, the three of them volunteered more than 50 hours in order to provide this service, with some additional hours put in after the clinic wrapped up.

Will we do this next year? "For sure," said Chairperson Molly Stapleton, "but we'll be making changes to make it easier on our volunteers!"



Victoria Lifeline and Thompson Seniors enter into an agreement

The Victoria Lifeline monitoring and emergency system gives you the ability to remain independent as you age, while knowing help is just a push of a button away, if you need it.

There are a number of options ranging from pendants to wristwatches, as well as a range of services. Some are for fall detection in the home. Some are for travel!

Thompson Seniors Community Resource Council will provide a person to do the installation and help you with the paperwork. We will also maintain the equipment after it is installed.

But in order to obtain the service and select the plan and equipment best for you, you need to contact **Victoria Lifeline directly at 1-888-722-5222.**

We will try to have more information sessions on the service and various products in future.

Good news for chair yoga enthusiasts!
The program will continue for free until the end of June.
The group meets at Futures on Commercial Place every Wednesday at 1:00 p.m.
No age limit!

Mothers Day will be 'brew-tea-ful' this year



Celebrate Mothers Day in a unique and 'brew-tea-ful' way! The event is Monday, May 12th from 1:30 to 3:30 p.m. in the Multi Purpose Room at the Ma-Mow-We-Tak Friendship Centre.

This is a 'potluck dessert' event. Bring a goody and your name gets entered for a draw to win a mini brew maker. You can also win a mini brew maker by winning one of the games. Coffee and tea are provided.



Best of all, you do not have to be a mother (or even female) to come and have fun!

What can you expect at the Trade Show?

We will be selling **Smile Cookies** like crazy. At just \$2 each, the entire proceeds will be donated to the Thompson Seniors Community Resource Council.

We will also have a sign-up sheet for Seniors/Elders wanting a **raised bed garden box**. (Those who have not yet received one will receive priority.)

And we will have ERIK kits, resource guides and other free information to help us as we age.

But mostly, we want to sell all our cookies!

Defeat isolation and depression

May 3 to 9 is Let No One Be Alone week. If you know a senior who has limited means to socialize, why not phone, visit, or invite them out. Or, if you would like someone to phone, visit or invite you, let us know that, too. We can help.

May 30 is the annual Thompson Defeat Depression Event. Walk, run, cycle or set a goal at this event — and help make a meaningful impact on mental health among Seniors and Elders in Thompson. The event runs from noon to 2:00 p.m. on Friday, May 30 at the TRCC.



About 25 people attended a recent fall prevention session with Victoria Lifeline. Expect in June: Fathers Day potluck picnic, World Elder Abuse Awareness Day and dementia education.

In Brief

- **Congregate meals in May are at the Northern Inn.** Price is still \$10. Drop-ins continue at the TRCC on Tuesdays and Legion on Fridays from 1:30 to 3:30 p.m.
- **Enjoy (free) chair yoga** Wednesdays at 1:00 at Futures on Commercial Place.



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