

Register for the free tax clinic

We are offering three days of free 2025 income tax filing: Monday, April 13, Tuesday, April 14 and Wednesday, April 15. You can schedule a time for the morning, or you can try a walk-in during the afternoon.

The clinic will be held in the Multi-Purpose Room of Ma-Mow-We-Tak Friendship Centre.

This clinic is part of Canada Revenue's Community Volunteer Income Tax Program (CVITP). The people doing the filing are volunteers and trained to do basic filing. If you have properties, capital gains, etc. you may not be eligible for free filing under this program.

To register, call 204-677-0987 weekdays only.

Are you a caregiver needing respite?

Are you interested in providing respite care?

If you are a caregiver needing a break, we may be able to help. We are in the final stages of developing a respite case study. The study will provide free respite care for a few hours a week for a 30-week period. If you are interested, contact us by phone or email.

We anticipate most respite providers will be students from the social work and health care programs. However, we will accept others who are

interested and who meet the qualifications. Honorariums will be paid to respite providers. If you are interested in learning more, contact us by phone or email.

The program is made possible thanks to a grant from Petro-Canada CareMakers Foundation.



Garden boxes — build 'em and grow in 'em!

Thanks to the Northern Manitoba Food, Culture and Community Collaborative, we are again able to offer raised garden boxes to seniors for free.

They will be the same design as last year. But this year, we are asking if any seniors would like to help assemble them alongside the youth. The funders encourage intergenerational approaches. If you would like to help assemble, call our office.

Anyone wanting a garden box can have their name put on a waiting list by contacting the office or signing up at the Trade Show in May.

Ways to control your cholesterol levels

Cholesterol is a fatty substance found in your blood and cells. You need small amounts to produce hormones and help with digestion. But too much is not a good thing. Also, it is not essential, as your liver can make what you need.

You already know that high cholesterol levels are a risk factor for heart disease, especially if it's the 'bad' kind (Low Density Lipoproteins or LDL for short). This can form plaque on your artery walls and block blood flow to your heart.

High Density Lipoproteins (HDL) help remove LDL cholesterol. So, it's good to know what you can eat to produce the HDL cholesterol.

Look for foods low in saturated fat: lean cuts of red meat, poultry, legumes and low fat dairy products. Fish is not only low in saturated fat, it also contains mega-3 fats which are good for the heart.

Avoid fried foods, processed meats, ready-to-eat meals, junk food, ice cream and butter.

This is only a partial list. For more detailed information, contact the community dietician at 204-677-5350.

Weekly events in April

Congregate meals: Every Tuesday at 11:30 a.m. at McDonalds during April. Price remains at \$10.

Drop-ins: Every Tuesday at 1:30 p.m. at the TRCC/UCN lobby. Enjoy cribbage, board games, puzzles, conversation and the monthly birthday cake!

50/50 Raffle

Tickets are \$5 each. Draw will be made at the Trade Show Sunday, May 3. Tickets will be out in the public soon.

Seniors stay involved

Whether it's volunteering at the Winter Games or sharing some blarney during St. Patrick's Day, it's nice to see seniors staying involved. (Photo right is the Games Volunteer Appreciation event.)



Thompson Seniors Community Resource Council
4 Nelson Road, Thompson, MB R8N 0B4

Office hours 10:00 a.m. to 4:00 p.m.

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