

Thank you conference supporters

More than 100 people attended the What You Need To Know Before You Go conference in January. Survey results indicated that expectations were mostly met or exceeded.

The conference could not have been such a success without the support of the ad hoc committee. Thank you to committee members: Molly

Stapleton, Joan Goble, Shelly Watt, Lori Landers, Margarethe Friesen, Jennifer Whalen and Penny Byer. And thank you to the presenters and supporters.

The conference was videotaped and edited into segments. We will organize screenings of the sessions later this spring and summer.

5th annual cribbage tournament attracted nearly 40 participants!

Congratulations to Roberta Halkett, winner of the A Side Singles; and to June Bourguignon, winner of the B Side singles. Our first ever Doubles A Side winners were Jack Lucas and Lloyd Penner. The Doubles B Side winners were Louis Ouellette and Ron Trainor. This is the first time we introduced a Doubles Event at our annual Winterfest Cribbage Tournament.

Singles event: A Side winner Roberta Halkett (photo far right); B Side winner June Bourguignon (below left); Doubles event: A Side winners Jack Lucas and Lloyd Penner (below middle); B Side winners Louis Ouellette and Ron Trainor. Chairperson Molly Stapleton had the honour of handing out the prize money.



Thank you Juniper School staff and students



Juniper School invited seniors to an 'I Love To Read' event in February. Children up to grade four either read to seniors or seniors read to them. The refreshments were delicious. Thank you to the students who made sure our coffee cups were full, that books were exchanged and that every student was partnered with a senior.

Are you a caregiver to a senior? Interested in joining a respite case study?

We are developing a 30-week program that will be offering respite to caregivers of the elderly. Certain requirements will need to be met both for those receiving respite and for those providing it. Details will be rolled out by the end of March. If you would like to be on the interview list, please call our office at 204-677-0987 or email thompsonsensors55@gmail.com.

EVENTS

Congregate meals: At Ma-Mow-We-Tak every Tuesday at 11:30 a.m. during March.

Seniors drop-ins at the TRCC on Tuesday afternoons from 1:30 to 3:30 p.m.

Chair yoga (free) at Rotary Place on Wednesday afternoons at 1:15 p.m.

St. Patrick's Day event: Tuesday, March 17 at Swells (curling rink) 1:30 p.m. \$5 per person. Games, treats and prizes! [Call 204-677-0987 to register.](tel:2046770987)

Free income tax filing for seniors: April 13, 14, and 15. Details to come.

Your help is needed

◆ Thompson Immigrant Services (TIS) needs people to help newcomers practice or learn English. For more information, call 1-431-754-8653. Ask for Abby.

◆ Statistic Canada is conducting a census in May. They need people to help collect data, which is vital for planning programs and services such as health, housing, public transportation and more. Visit: census.gc.ca/jobs.

You could qualify for these tax credits

If you are 65 and older, your net income is less than \$102,925, and you are up-to-date with your tax returns, you could qualify for the following: Canada caregiver credit, disability tax credit, medical expenses credit, home accessibility expenses credit, and / or multigenerational home renovation tax credit.



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

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

204-677-0987 • thompsonsensors55@gmail.com •

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