



Free tax filing clinic attracted nearly 70 Seniors/Elders from across the region

Nearly 70 Seniors and Elders had their 2025 income tax filed for free during our Canadian Volunteer Income Tax clinic in mid-April. Most participants were from Thompson, but some came from Pikwitonei, Snow Lake and Cross Lake.

Thank you to all our volunteers, especially John Barker, Heather Steinhoff, Kayla Smith and Sachithra (Joseph) Perera. Their commitment involved a minimum of four hours training, documentation, plus eight hours a day for three days filing taxes!

We also thank Molly Stapleton, Joelle Prevost, Laurie and Dave Danard, Lorna Preston and Jarome Connell for greeting people at the door and making sure they had everything they need to file their returns.



Thank you to (from left) Sachithra (Joseph) Perera, Kayla Smith, Heather Steinhoff and John Barker for their major time commitment to Seniors and Elders.

Meet us at the Trade Show

The annual CHTM Trade Show is May 1 to 3. Join us at our booth to:

- ◆ Sign up for free yard care this summer
- ◆ Sign up for a free garden box (depending on availability)
- ◆ Register for Prescription for Connection actions
- ◆ Enter a draw
- ◆ Learn about our programs and how you can become involved

Hospital security and foot care

Micheal (pronounced Me-Hall) Ellis, interim Associate CEO of the NRHA spoke to roughly 35 Seniors and Elders on the security measures in place at the Thompson General Hospital. The measures are producing positive results in ensuring patient and staff safety. As for footcare: the NRHA is still in the process of hiring nursing staff to provide the service.



There is so much to do in May!

May 3 to 9: Let No One Be Alone

Week. Participate through the Prescription for Connection activities. Learn more on our Facebook page or at our Trade Show booth.

Tuesday, May 5, 7:00 p.m., Letkemann

Theatre: The Thompson Community Band, Thompson Community Choir, Thompson Community Band Brass Ensemble and R.D. Parker Collegiate's 'Vocomotion' will be part of a province-wide musical initiative called Manitoba Wave of Light. It is in partnership with Cancer-Care Manitoba Foundation.

Friday, May 25, noon to 2:00 p.m. at

TRCC: Thompson Defeat Depression Event. This FUNdraiser is initiated by the Mood Disorders Society of Canada. Everyone is welcome, even if you don't fund raise. For more information, contact Jennifer Whalen at 204-778-1589 or jwhalen@nrha.ca.

Whole month of May: In honour of Mother's Day, Victoria Lifeline is offering two free months of any Lifeline service if you sign up in May. Deadline is May 31. For more information, contact Victoria Stokes at 1-204-956-6779 or kstokes@victorialifeline.ca.

Every Tuesday in May at 11:30 a.m.:

Congregate meals at A & W. Notice to those who participate in the meals: prices will be going up in the near future. We will notify you of the changes in next month's newsletter.

Every Tuesday at 1:30 p.m.:

Seniors Drop-in at the TRCC/UCN lobby area. Play cards, work on puzzles, roll some dice, just chat and laugh.

Wednesday, May 6 and 13 at 1:30

p.m.: Free chair yoga at Rotary Place. Led by an in-person facilitator and coffee after!

Partnering with youth

Thompson Seniors joined up with Boys and Girls Club for two initiatives this spring. The first was to support their efforts in the Tim Hortons Smile Cookie campaign. The B & G Club will earn 50% of all cookies sold April 27 to May 3. We'll be poking our heads out the Tim Hortons window at key times to invite you to buy cookies and support youth in Thompson. We'll also be decorating cookies!

The second initiative is a joint effort in assembling the garden boxes that will be given to Seniors and Elders in Thompson, Wabowden and Nelson House.

Respite Services

We will be taking requests for respite services by mid-May. These services are part of a respite case study made possible through a grant from Petro-Canada CareMakers Foundation.

If you would like respite services for up to four hours per week, or if you are interested in being a respite provider, call us at 204-677-0987 or email

thompsonseniors55@gmail.com.



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 • thompsonseniors55@gmail.com •

www.thompsonseniors.ca • Check us out on Facebook.