

# WHAT'S UP DOC



**Programs Serving:  
Macdonald, Meredith  
& Aberdeen Add'l,  
Laird, Tarbutt, Village  
of Hilton Beach,  
Township of Hilton,  
Jocelyn, St. Joseph,  
Johnson, Plummer  
Add'l, Town of Bruce  
Mines, Thessalon, and  
part of Huron Shores**



**Serving Seniors 65+  
& Persons with a  
Disability  
Programs:  
Adult Day Out  
Transportation  
Meals on Wheels  
Diner's Club  
Exercise  
Friendly Visiting  
Home Maintenance**



**Ontario** 

**Trefry Centre 705-246-0036  
manager@trefrycentre.ca**



55th Annual  
**MAPLE SYRUP FESTIVAL**

APRIL 6 & 7  APRIL 13 & 14





ROYAL CANADIAN LEGION BR. 374, RICHARDS LANDING, ON

**ADULTS \$12**

**SENIORS \$11**

**KIDS \$7**  
10 AND UNDER

**EXPERIENCE THE TRADITION!**

-  All you can eat pancakes, sausages , and St. Joseph Island maple syrup
-  Maple syrup producers will be on site with their products
-  Craft tables, maple candy and maple syrup for sale
-  \$1000 raffle ticket available (Licence #M778769)



FOR MORE INFORMATION CONTACT (705) 246-2494



# Spot the differences 10 to find



Huron Shores Family Health Team Presents

# Mental Health Series

Cognitive Behavior Therapy (CBT) & More

Tuesdays from 10:00-12:00pm

Join Us: **In-person** @ Township of St. Joseph Municipal Office Council Chambers  
1669 Arthur St., Richards Landing, ON.

@ Huron Shores Family Health Team—Thessalon Site Boardroom  
333 River Road, Thessalon, ON.

@ Huron Shores Family Health Team—Blind River Site Boardroom  
527 Causley St. Blind River, ON.

<b>Mind Body Connection</b>	April 9	<b>In Relation to Emotions</b>	May 21
<b>Improving Sleep Quality</b>	April 16	<b>Working with Your Inner Critic</b>	May 28
<b>Anger, Boundaries &amp; Depression</b>	April 23	<b>Regulating with Empathy &amp; Validation</b>	June 4
<b>Stress, Anxiety &amp; Trauma</b>	April 30	<b>Mindfulness &amp; Gratitude</b>	June 11
<b>Recognizing Thought Distortions</b>	May 7	<b>Meditation</b>	June 18
<b>CBT Tools for Helpful Thinking</b>	May 14	<b>Changing Behaviors</b>	June 25

This series is designed to be taken as in sequence or as stand alone sessions. Come join one or all of our sessions in-person or virtually.

For more information or to sign-up to please contact

Jennifer at 705-356-1666 Ext. 213

Limited in-person seating available at each location. Please call ahead to secure your spot!



# BLOODWORK



By Appointment only at your local  
Family Health Team Clinic

Richards Landing, Bruce Mines, Thessalon

**\*\* You do not have to be a clinic patient\*\***



## Two easy steps:

1. Have your healthcare provider fax the bloodwork requisition to the clinic in your area, or have them print it off and bring it with you.
2. Call the clinic to book your appointment.



Richards Landing site 705-246-2477

Bruce Mines site 705-785-3495

Thessalon site 705-842-2905



[www.huronshoresfamilyhealthteam.com](http://www.huronshoresfamilyhealthteam.com)



# Sheet Pan Apple Pancake with Compote

Instead of making individual pancakes, turn them into one giant apple pancake baked in the oven. Serve with apple compote and Ontario maple syrup.

## INGREDIENTS

- 2 cups (500 mL) all-purpose flour
- 1/4 cup (50 mL) granulated sugar
- 2 tsp (10 mL) baking powder
- 1-1/2 tsp (7 mL) ground cinnamon
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 2 Ontario Eggs
- 2 cups (500 mL) Ontario Buttermilk
- 3 tbsp (45 mL) vegetable oil
- 4 large Ontario Apples, unpeeled, finely chopped (about 4 cups/1 L)
- 2 tbsp (25 mL) butter
- 1/2 cup (125 mL) packed brown sugar
- 1 tsp (5 mL) cornstarch
- 1/2 cup (125 mL) Ontario Maple Syrup



## INSTRUCTIONS

Line 15- x 10-inch (38 x 25 cm) rimmed baking sheet with parchment paper, leaving a 2-inch (5 cm) overhang on long sides.

In medium bowl, whisk together flour, sugar, baking powder, 1 tsp (5 mL) of the cinnamon, baking soda and salt.

In large bowl, whisk together eggs, buttermilk and oil. Stir in 1-1/2 cups (375 mL) of the apples. Stir flour mixture into milk mixture just until combined. Pour batter into prepared pan and spread into an even layer. Bake in 425°F (220°C) oven for 20 to 22 minutes or until golden brown and toothpick inserted in the centre comes out clean.

Meanwhile, in medium saucepan, melt butter over medium heat. Add remaining apples and cinnamon, brown sugar and 3 tbsp (45 mL) water; cook, stirring often, until apples are tender, 5 to 7 minutes. In small bowl, whisk together cornstarch and 1 tbsp (15 mL) water, whisk into apple mixture. Boil, stirring, until thickened, 2 to 4 minutes.

Cut pancake into 12 squares, serve with apple compote and drizzle with maple syrup.



## How to check if your iPhone or iPad camera automatically scans QR Codes

If you're unsure about which version of iOS your phone uses or you want to try to scan QR Codes without an app and would like to try your camera, use the following steps:

1. Open your Camera app and point it steadily for 2-3 seconds towards the QR Code you want to scan.
2. Whenever scanning is enabled, a notification will appear.
3. If nothing happens, you may have to go to your Settings app and enable QR Code scanning.
4. Open your Camera app and point it steadily for 2-3 seconds towards the QR Code you want to scan.
5. If QR Code isn't an option in your settings, your device, unfortunately, can't scan QR Codes natively. But don't worry, this only means you'll have to download a third-party QR Code reader app (see our app recommendations below).

### How do I enable QR Code scanning on my iPhone or iPad?

By default, this new feature is enabled in all iOS 11 devices. But if for some reason your camera doesn't read QR Codes after the update or you have an older version of iOS, follow these steps:

1. Open the Settings app from your iPhone home screen.
2. Scroll down and tap on camera.
3. Find "Scan QR Codes" and enable it by making sure the switch is green.



Here is a QR code for you to practice with.  
See where it takes you 😊



# Word Search

## ST. PATRICK'S DAY



J I G R L D R Z U Y L F T Y  
P I X B C N A A E Q C O J C  
O R G U Q Y P N I T P D W L  
T E N R U B R H C N K A K O  
O L M H E A S Q Q E B C O V  
F A M A L E D N Q Y O O J E  
G N T B R L N T A R Z Y W R  
O D L E A C P Z M K C T M A  
L E P R E C H A U N E M P O  
D W E B Z M H F T U L S P I  
B M P S B S S Q I R T R H R  
E L I M E R I C K S I S I I  
Y U T L E G E N D F C C F S  
L A L U C K Y W G Z A G K H

Clover

Limericks

Pot

Ireland

Jig

Leprechaun

Rainbow

Green

Lucky

Blarney

Snakes

March

Irish

Celtic

Dance

Emerald

Patrick

Shamrock

Pot Of Gold

Legend



DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice

## Trefry Centre Closed

**Good Friday March 29th & Monday April 1st**  
**Meals will be delivered as usual**

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## Beginner Ukulele Workshops

**Trefry Centre Richards Landing**

**Friday March 1st & 15th**

**Friday April 5th & 19th**

Very beginner friendly. For those new to music/ukulele

Call us to sign up 705-246-0036

Ukuleles available to borrow from the St. Joseph Township  
Public Library To reserve an instrument call 705-246-2353

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## United Way Income Tax Clinic

Wednesday March 27th

Trefry Centre

Call to book your free appointment  
705-246-0036

**5 spots  
left!**



## Daylight Savings Time

Sunday March 10th

It's time to "spring ahead"

Don't forget to move your clocks, appliances,  
thermostats and car radio ahead one hour.



# St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____



**Friday, June 14, 2024 - 7pm**



**A Trefry Memorial  
Centre Production**

**Royal Canadian Legion  
Branch #374  
1534 10th Sideroad  
Richards Landing, ON  
\$40**

Tickets available at  
(705) 246-0036 or  
whiskeyjackmusic.com

*featuring from PEI,  
Stompin' Tom's fiddler,  
**Billy MacInnis***

*featuring from Bar River,  
Stompin' Tom's banjo player,  
**Duncan Fremlin***

  
**Dr. H.S. Trefry Memorial Centre  
Celebrating 30 years!**  
*Serving Seniors and Persons with a Disability*



The Trademark Name "Stompin' Tom" is used  
under License from Stompin' Tom Ltd.



# Trefry Centre Program Info

## Adult Day Out

Providing respite for caregivers. A safe, fun environment for loved ones to spend with our staff & volunteers.

**Tues-Bruce Station, Wed- Echo Bay, Thurs-Trefry Centre**



### Friendly Visiting

Seniors living alone, or lonely can be matched up with a volunteer for weekly in home visits.

### Meals on Wheels

Meal, soup, dessert or any combination available delivered HOT to your door!

**Monday-Wednesday-Friday at NOON**

\*all income levels eligible



Transportation Services providing rides to medical appointments, programs, shopping and community outings

### Exercise Classes

**10am Monday & Thursday with Anne at Bruce Station Hall**

**10am Friday with Margo at Laird Hall**

**10am Wed with Margo at Trefry**

Wed classes are also on Zoom. Call us to register or to get a link for the Zoom class.