

# WHAT'S UP DOC

October Issue 2023

**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



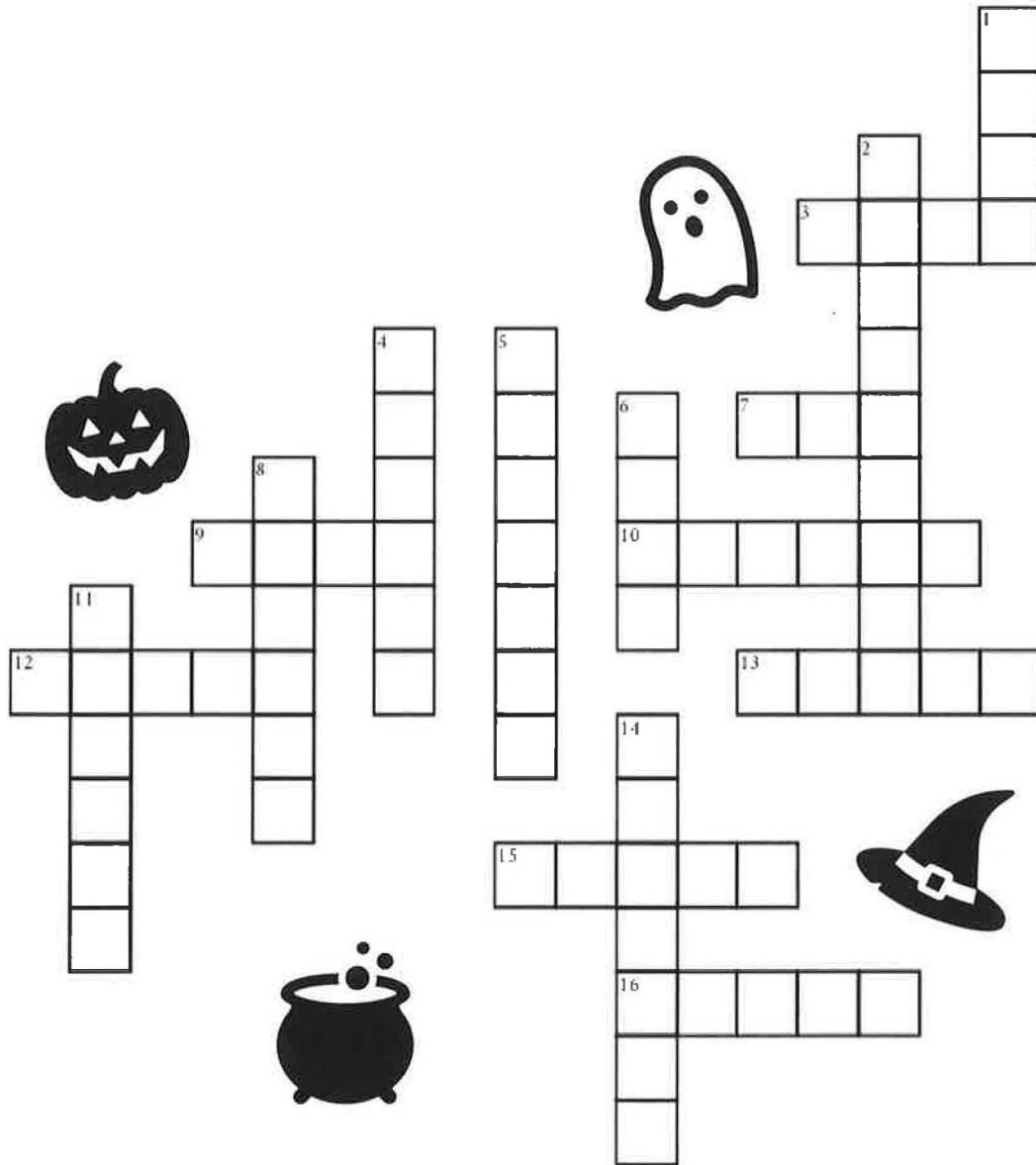
**Ontario**



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



# Halloween Crossword Puzzle



## Across

- 3. Little creatures that fly at night
- 7. A word used to scare
- 9. Might be half, full or new
- 10. Catches bugs in her web
- 12. A skeleton is just a bunch of ...

13. Treat given out on Halloween

15. Likes to fly a broom

16. Vampires favorite drink

## Down

1. You don't want to cross their path

2. October 31st

4. Halloween's favorite color

5. Carved for Halloween

6. You use this to cover your face on Halloween

8. Place where ghosts might be

11. They like to howl at the moon

14. Halloween's month

Dr H.S. Trefry Memorial Centre



# Diner's Club

**Tuesday October 31st**  
**RC Legion Richards Landing**  
**\$16 per person**  
**Doors open 11am**

**Guest Speaker from Vulnerable  
Persons Registry**

**Tickets on sale October 2-23**  
**at Trefry Centre or**  
**online [www.trefrycentre.ca](http://www.trefrycentre.ca)**



**Chicken with pesto, turnip risotto, green beans**  
**Dessert- pumpkin cheesecake, coffee & tea**



ROYAL CANADIAN LEGION LADIES AUXILIARY

# Christmas Tea & Craft Sale

NOVEMBER 19, 2023

ROYAL CANADIAN LEGION BR. 374 RICHARDS LANDING



## Lunch

SOUP, SANDWICH,  
DESSERT & BEVERAGE  
11:00 AM - 2:00 PM  
\$15.00

## Craft Sale

MAIN HALL  
10:00 AM - 2:00 PM

# THE WORD SEARCH BATTLE

## Fall

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/fall>

AUTUMN  
CROP  
CULLING  
EQUINOX  
FALL

GARDEN  
GARNERING  
GLEANNING  
HARVEST  
HOME

INTAKE  
PICKING  
PUMPKIN  
REAPING  
SEASON

STORING  
SUMMER

Huron Shores Family Health Team Presents

# Mental Health Series

Cognitive Behavior Therapy (CBT) & More

Wednesdays from 12:00-2:00pm

Join Us: In-person @ Thessalon Family Health Team, 333 River Road, Thessalon, ON

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

Virtually: Zoom link can be sent to your email!

<b>Mind Body Connection</b>	September 27	<b>In Relation to Emotions</b>	November 15
<b>Sleep Hygiene</b>	October 4	<b>Bias of Perceptions and Beliefs</b>	November 22
<b>Anger, Boundaries &amp; Depression</b>	October 11	<b>Regulating with Empathy &amp; Validation</b>	November 29
<b>Stress, Anxiety &amp;</b>	October 18	<b>Mindfulness &amp; Gratitude</b>	December 06
<b>Recognizing Thought Distortions</b>	November 1	<b>Meditation</b>	December 13
<b>CBT Tools for Helpful Thinking</b>	November 8	<b>Changing Behaviors</b>	December 20

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!



# **Notice**

## **Flu Clinic**

**Township of St. Joseph Council Chambers**

**1669 Arthur St, Richards Landing**

**Tuesday, October 17, 2023**

**Appointments from 11am – 3pm**

**Walk-In from 4pm – 7pm**

All daytime appointments will be booked through the Huron Shores Family Health Team – Richards Landing site at 705-246-0488. The evening time slots from 4-7pm will be walk-in only (no appointments).

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## **Carpet Bowling**

**Mondays from 1 - 3:30 p.m.**

**Legion Branch 374 Richards Landing**

No experience is necessary. Call Nancy Konzuk for more information.

705-785-3385

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## **Yoga**

**Echo Bay Community Hall**

**Tuesday Oct 24th**

**9:30-10:30am**

Mats provided for those who need them.

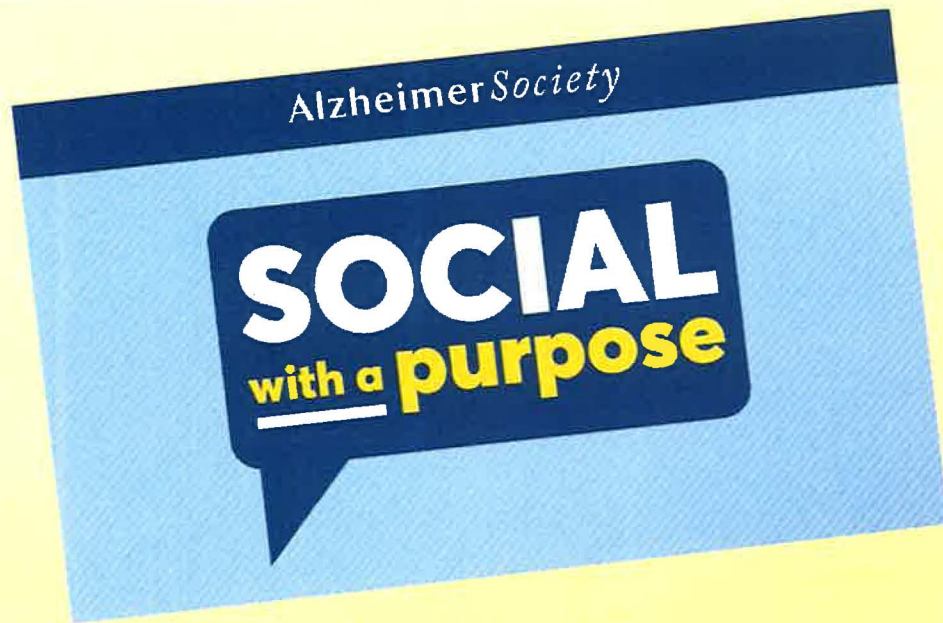
Please contact Trisha @ 705-297-4024 if you plan to attend

## **Halloween Bingo**

**Echo Bay Community Hall**

**Wednesday Oct 18th**

**11am-2:30pm**

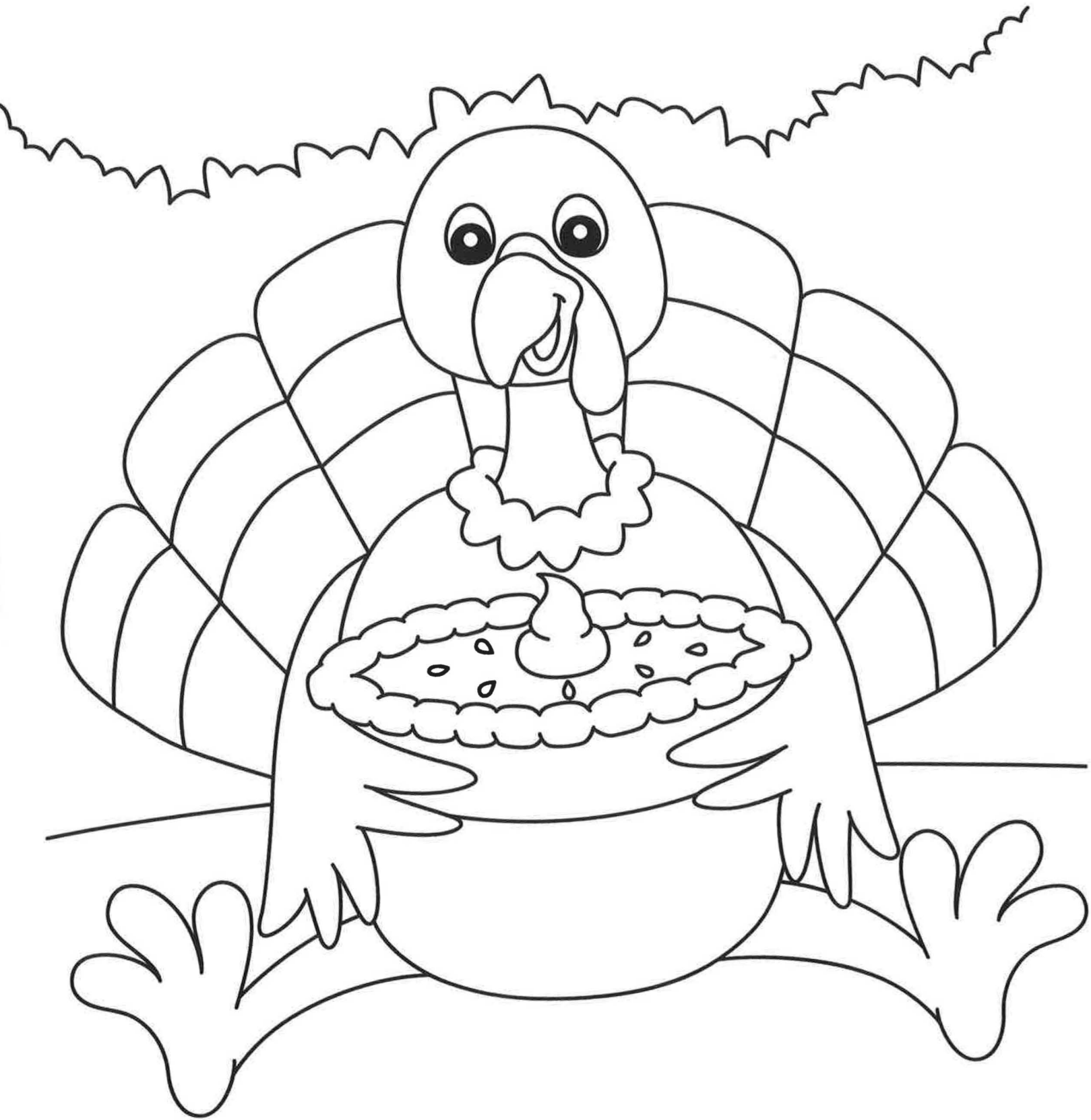


**Tues Oct 24th**  
**Trefry Centre**  
**9:30-10:30am**

Join us for coffee, baked goods  
and shop our indoor yard sale!

*Donations to Alzheimer Society SSM & Algoma District*





# Trefry Centre Program Info

## Adult Day Out

A fun filled day of activities to sharpen the mind and enliven the spirit! Providing respite for caregivers.

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



Need help with or have questions about your cell phone or iPad?

Senior Friendly Tech Support

**Every Tuesday**

**9:30-10:30am @ Trefry Centre**

## Meals on Wheels

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

**Monday-Wednesday-Friday at NOON**



## Transportation

Drivers are available to bring clients to our programs, to medical appointments, or other outings.

## Exercise Classes

**10am Tuesday with Anne at Bruce Mines 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.