

WHAT'S UP DOC

June Issue 2024

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



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



Ontario 

OCSA

Ontario Community
Support Association

manager@trefrycentre.ca

Trefry Centre 705-246-0036

Trefry Centre Diner's Club

Annual BBQ
&
Senior of the Year
Awards

JUNE is
SENIORS
MONTH

Tuesday, June 25th
RC Legion Richards Landing
Doors open 11am

\$16/person

ticket online @ www.trefrycentre.ca
or at Trefry Centre office





Stories & Songs of

STOMPIN' TOM

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*

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





Strawberry-Cucumber Salsa

This refreshing salsa is the perfect topping for grilled fish or tacos.

Prep time: 15 minutes

Cook time: 7 minutes

Makes: 4 servings

Ingredients:

- 1 pint (475 g) fresh strawberries, hulled and diced (about 2 cups or 400 g when prepared)
- 1 English cucumber or two regular cucumbers, peeled and seeded, diced (about 2 cups or 400 g)
- 2/3 cup (225 g) chopped red onion, shallot or green onion
- 2 tbsp (40 g) fresh cilantro, chopped
- 2 tbsp (30 ml) fresh lime or lemon juice
- ½ tsp (4 g) salt
- 1 small jalapeno pepper, seeded and minced (optional)

Directions:



1. Add all salsa ingredients to a bowl and toss to combine. Store in an airtight container, chilled, until ready to use. Use this within 24 hours as it gets mushy if you store it longer.


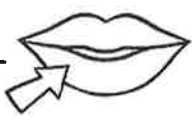
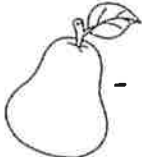
Name _____



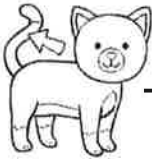
Summer Rebuses #8


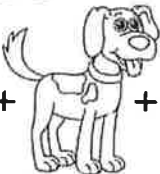

To decode these rebuses, first identify the pictures, then add and subtract letters as required. If you figure them out correctly, the remaining letters will spell out a word. The words are clues to a fun summer activity!



1  - CK +  - M = _____



2  - NY +  = _____


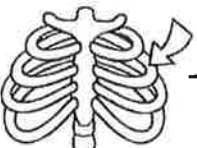

3  +  +  - A = _____

4  - I +  - P +  - TI = _____

5  - GS +  +  = _____

6  - D +  +  - A = _____

7  - HOUSE +  - BA = _____

8  +  - B +  - BE = _____

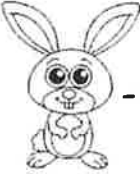

The fun summer activity is _____


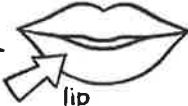

Name _____



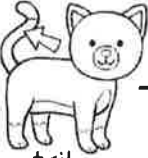
Summer Rebuses #8


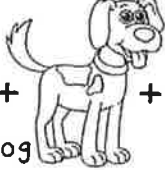

To decode these rebuses, first identify the pictures, then add and subtract letters as required. If you figure them out correctly, the remaining letters will spell out a word. The words are clues to a fun summer activity!

1  - CK +  - M = SODA



2  - NY +  = BUNS


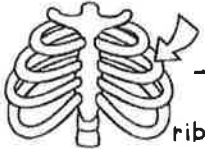

3  +  +  - A = FLIPPER

4  - I +  - P +  - TI = CHARCOAL

5  - GS +  +  = HOTDOGS

6  - D +  +  - A = BURGERS

7  - HOUSE +  - BA = LIGHTER

8  +  - B +  - BE = GRILL

The fun summer activity is
BBQ

Now that you've made your plan...

Congratulations on taking the first step!

Now that you've made your plan, it's time to tell others about it.

Start the conversation about end-of-life care.

Talk to your Substitute Decision Maker(s) about your plan and your wishes. They may have questions about your decisions or want more details about what you've written in your plan. That conversation can give them the confidence to make decisions during a difficult time.

Talk to your family members, friends and health care team too. They need to know your wishes if you cannot communicate for yourself. Talking now will help to reduce any anxiety and will help them better understand and honour your wishes at the end of life.

The choices you make at the end of life – for yourself and others – are important. Make sure that your voice is heard.

For more information about advance care planning, please visit:

www.advancecareplanning.ca





NORDIC WALKING GROUP TUESDAYS FROM MAY 21-JUNE 25, 2024



Stay Active & Social

- No registration required
- Poles & instruction provided
- All ages and abilities welcome
- Free of charge

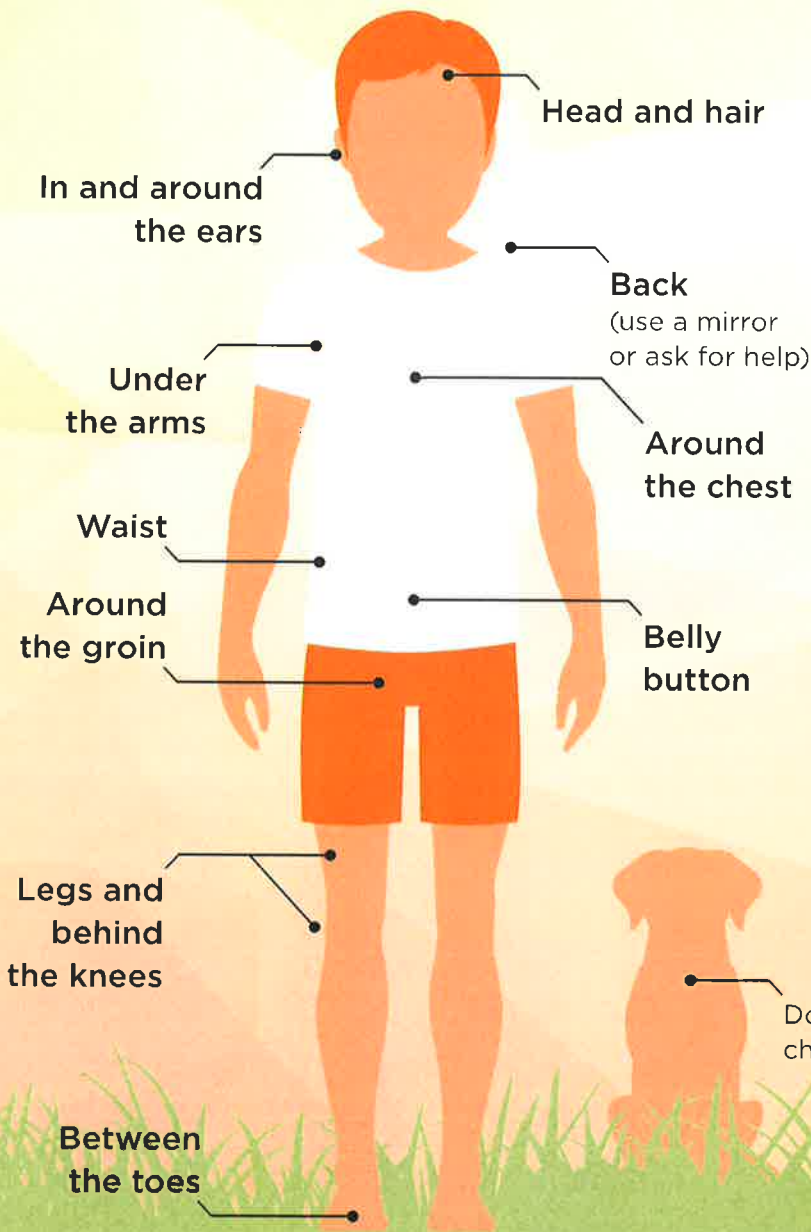


Join Jody Lemieux,
Physiotherapist, every
Tuesday @ 11am @
Centennial Grounds Trail
Head Richards Landing
(behind Firehall)

For more information, please call
Trefry Centre @ 705-246-0036
or Huron Shores FHT @
705-356-1666 Ext 256

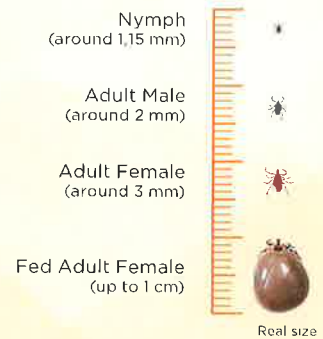
TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body**, especially:



WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



Found a tick? Remove it immediately to reduce the risk of infection.

Canada.ca/LymeDisease



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

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Healthy Aging Wellness Event

June 12, 2024

12:00pm - 3:00pm

Thessalon Memorial Arena

Food, Refreshments,
Live Entertainment,
Giveaways & Door Prize

Featuring information &
interactive displays about
services, programs, and
initiatives offered to
enhance your health and
well-being.



Play Scattergories Alphabet Challenge

(time yourself and see how fast you can complete the sheet)

<i>Letter</i>	<i>Male name</i>	<i>Animal</i>	<i>Part of the body</i>	<i>Things that are black</i>	<i>Musical instrument</i>
T					
A					
M					
F					
C					



DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Spring High Tea
 Hosted by: Gordon Lake Social Club
 Saturday, June 22nd, 2024
 Time: 1-3pm
 At the Gordon Lake Hall
 Admission by donation
 Everyone Welcome

Strawberry Tea
 HOSTED BY THE ROYAL CANADIAN LEGION BR. 374
 LADIES AUXILIARY

SUNDAY June 9, 2024		LOCATION Legion Hall, Richards Landing		HOURS 11:00 AM - 2:00 PM
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HOMEMADE SOUP, SANDWICH,
 & STRAWBERRY SHORTCAKE.
 \$15.00

Bruce Mines Cruisin' Car Show
 June 8th 9:00-3:00
 Waterfront Park
 music, food, prizes & good times!



Royal Canadian Legion Annual LobsterFest with live music.

For those not in the mood for fresh lobster, there is an option for steak, potatoes, salad and dessert. Cash bar available. Coffee, tea, dessert included. Reserved Takeout pick-up is 4:00 pm (lobster only). Reserved sittings are from 5:00 pm to 7:30 pm. Tickets must be purchased in advance at the Legion Office in Richards Landing from 9:00 am to Noon, or the Lounge from 4:00 pm to close.

Hilton Township & Hilton Beach Family Yard Sale



Saturday, June 8th, 8 a.m to 1 p.m.

\$10 registration fee includes sign, advertising and location on map
 Register by June 1st
 Email info@hiltonbeach.com or call 705-246-2242

Trefry Centre Program Info

To register for a program call 705-246-0036
or visit www.trefrycentre.ca or follow us on Facebook



Friendly Visiting

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

Adult Day Out

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

Tues-Bruce Station, Wed- Echo Bay,
& Thurs-Trefry Centre 9:30am -3pm



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.