

# WHAT'S UP DOC



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

**OCSA**  
Ontario Community  
Support Association

**Ontario** 

**Trefry Centre 705-246-0036**

**[manager@trefrycentre.ca](mailto:manager@trefrycentre.ca)**

**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**



# THE WORD SEARCH BATTLE

## Pets

Difficulty: Hard

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

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

BEARDED DRAGON

BIRD

BURRO

CAT

CHICKEN

COW

DOGS

DONKEY

DUCK

FERRET

GECKO

GEESE

GERBILS

GOAT

HAMSTER

IGUANA

LIZARD

LLAMA

MICE

PEAFOWL

PIGEON

RAT

SKINK

TARANTULA



## **ALZHEIMER SOCIETY CARE PARTNER ST. JOSEPH ISLAND SUPPORT GROUP**

**FIRST WEDNESDAY OF EACH MONTH**

**1:30 – 3:00 PM.**

**ROYAL CANADIAN LEGION  
1534 10TH SIDEROAD  
RICHARDS LANDING**

A safe, respectful space where care partners of persons living with dementia can share their experiences, express feelings & concerns, discuss & learn practical tips and receive emotional support from others. Sessions may include brief presentations, handouts, and information sheets pertaining to dementia.

### **Upcoming Meeting Dates:**

- ❖ **Wednesday, January 8, 2025**
- ❖ **Wednesday, February 5, 2025**
- ❖ **Wednesday, March 5, 2025**
- ❖ **Wednesday, April 2, 2025**
- ❖ **Wednesday, May 7, 2025**
- ❖ **Wednesday, June 4, 2025**

**Alzheimer Society**  
SAULT STE. MARIE &  
ALGOMA DISTRICT

**You Are Not  
Alone!**

**Please join us!**

**A safe space for care  
partners to share and  
learn**

**FOR MORE  
INFORMATION:**

**Call 705-942-2195**

# True or False Birds Quiz

True or False?

Question	Answer
1 Canaries were once used to detect toxic gases in mines	:
2 Chicken eggs must remain still for 21 days to hatch	:
3 Parrot smuggling is a thing of the past	:
4 The nest of a Ruby-throated Hummingbirds is the size of a walnut	:
5 Ostriches have the largest eyes of any land animal	:
6 The Peregrine Falcon is the fastest animal on Earth	:
7 The Australian Bower-bird attracts a mate by building an elaborate nest	:
8 The Albatross can live at sea for long periods without water because they drink sea water	:
9 Mockingbirds adjust their call to communicate with other bird species	:
10 Despite their large size, Toucan bills are surprisingly light	:
11 Seagulls rarely steal food from other animals	:
12 Swans feathers were used to make quills pens in the past	:
13 In Ancient Greece, Pigeons delivered the results of the Olympic Games	:
14 Budgerigars catch each other's yawns	:
15 If you touch a baby bird its mother will reject it	:
16 Emperor, Rockhopper are all types of Parrot	:
17 Parrots can learn to say hundreds of words	:
18 New Zealand's national bird is the Emu	:

## Answer

- 1 True
- 2 False. Mother hens turn their eggs 3 to 5 times a day for 21 days for healthy chicks
- 3 False. It continues to be a profitable trade
- 4 True. their eggs are the size of peas!
- 5 True. approximately the size of a billiard ball, their eyes are actually bigger than their brains!
- 6 True. while cheetahs can run up to 70 mph on land, peregrine falcons can dive at speed of over 200 mph
- 7 True – he decorates the structure of the nest with flowers and colourful objects including feathers, fruit and discarded cloth materials
- 8 True – they possess a desalinization organ
- 9 True. in addition to their vast repertoire of songs, they use a selection of calls to send 'messages' to other species
- 10 True. their bills are hollow
- 11 False – they are opportunistic feeders and will eat anything they can find, often stealing from other birds and humans
- 12 True – their numbers plummeted because they were hunted for their feathers
- 13 True. believed to be the first domesticated bird, pigeons were used for millennia to deliver messages, including important military information, and the outcome of the early Olympic games
- 14 True. they are the only bird species so far discovered who are susceptible to contagious yawning
- 15 False. many birds have a limited sense of smell and cannot detect human scent, or if they can detect it, do not react to it
- 16 False. they are types of penguin
- 17 True
- 18 False. it is the Kiwi



ADSB PRESENTS



# THESSALON ADULT LEARNING CENTRE

Free services to help you succeed

## January LBS Courses 2025



**Cell Phone  
& Tablet Basics**

**Thessalon ALC Classroom**

Mondays Jan 6 – 27<sup>th</sup> 12:30 - 2:30



**MS Word**  
Essentials/ Workplace

**Thessalon ALC Classroom**

Tuesdays Jan 21 - Feb 11 12:30 - 2:30

\*pre-registration required, space limited, "workplace" will include assisted self-study



**Cricut 1 for  
Beginners**

**Thessalon ALC Classroom**

Wednesdays Jan 8 — 29<sup>th</sup> 12:30 - 2:30



**MS Excel**  
Essentials / Workplace

**Thessalon ALC Classroom**

Thursday Jan 23 - Feb 13<sup>th</sup> 12:30 - 2:30

\*pre-registration required, space limited, "workplace" will be assisted self-study

705-842-9191 or [covea@adsb.on.ca](mailto:covea@adsb.on.ca)

supported by:



DOCTOR HS TREFRY  
MEMORIAL CENTRE

# Notice



**January Seniors Lunch**  
Wed Jan 15th \$5  
Echo Bay Hall  
11:30am  
Must pre-register  
705-248-2441

**Full Roast Beef Dinner**  
**Jan 31st 4-7pm**  
**Bruce Mines Legion 211**

*St Joseph Island Hunters & Anglers*  
*Wild Game Dinner*  
*January 25, 2025*



## PROGRAM OF THE EVENING

DOORS AND BAR OPEN AT 5:00  
APPETIZERS AVAILABLE AT 5:30 UNTIL DINNER

BUFFET DINNER SERVED AT 6:30 P.M.: TABLES ARE CALLED BY THEIR 'ANIMAL IDENTITY.'

DESSERTS BUFFET WHEN ANNOUNCED

FOLLOWED BY:

SILENT AND LIVE AUCTIONS  
AUCTION OF *TREASURE CHEST*  
HUNTER'S CHOICE DRAW  
SNAKE-BITE KIT DRAW

SILENT AUCTION BIDDING CONTINUES THROUGHOUT EVENING:  
MINIMUM \$1 INCREMENTS & PLEASE PRINT (ILLEGIBLE NAMES FORFEIT THE BID)

SNAKE BITE KIT - PLACED AT FRONT OF HALL  
HUNTER'S CHOICE DRAW - DISPLAYED AT FRONT OF HALL



*Echo Bay Elks Fish Fry*

*Sunday, January 26, 2025 4:00 PM - 6:00 PM*

*Echo Bay Elks Lodge #535*

*Single serving includes fish OR chicken, baked beans, baked potatoe, coleslaw, bread, dessert, tea or coffee. Eat in or take out. No preorders required.*

*Cost per Single serving: \$20, Children Ages 6 to 12 - \$10 (HST included);*

*Children Ages 5 and Under - Free*

*Cash, debit or credit accepted*

*Echo Bay Elk's Lodge is located at 96 Church Street, Echo Bay, ON.*

AlgomaTrad And  
Johnson Township Recreation  
Present

"SHOULD AULD  
ACQUAINTANCE  
BE FORGOT..."

## A TRADITIONAL ROBBIE BURNS SUPPER

*Saturday, January 25, 2025*

*Township of Johnson Community Hall*

*Tickets \$60.00 (\$50 students/seniors)*

*available at:*

Johnson Township Office, McClelland's Hardware and Feed,  
Black Bear Cafe and online at [algotrad.ca](http://algotrad.ca)

MORE INFO CALL: 705 257 6106

The evening program will include:

- A Traditional Burns Supper
- The Address to the Haggis
- The Playing of the Great Highland Bagpipe
- Highland Dancing and Scottish Country Dance
- Songs and Poetry by Scotland's Most Famous Bard and Traditional Scottish Music provided by AlgomaTrad Musicians



Bar Service will be provided.

Any proceeds go to the Nicholas Missere Bursary Fund  
and Township of Johnson Recreation Programs

Doors open at 5:30  
Dinner at 6:00pm

# BLOODWORK



At your local HSFHT medical clinics:

Richards Landing site, Bruce Mines site & Thessalon site

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

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)





# Free & Confidential Safety Net

The VPR ensures you get the right help when you need it most. Once registered, 911 dispatchers and first responders can quickly tailor emergency responses to your specific needs.

FOR THOSE



## Living at Home with Challenges

**in Sault Ste. Marie, Algoma  
or Manitoulin-Sudbury**

- Mobility Issues
- Vision Impairment
- Hearing Impairment
- Developmental Disabilities
- Cognitive Impairment
- Mental Health Conditions

FOR THOSE



## Dependent on Electrical Equipment

**in Sault Ste. Marie, Prince Township,  
Dennis Township or Rankin Reserve**

Including oxygen, dialysis, ventilator, or other electric-powered medical equipment.

**Register Today**

Call [1-866-353-0697](tel:1-866-353-0697)

Visit [vprcanada.com](http://vprcanada.com)

Email [info@vprcanada.com](mailto:info@vprcanada.com)

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# Trefry Centre Program Info

To register for a program call 705-246-0036  
or visit [www.trefrycentre.ca](http://www.trefrycentre.ca) or follow us on Facebook

New  
Menu

## Meals on Wheels

Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Reduced rates may be offered, based on household income.

## 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 get a link for the Zoom class.



## Friendly Visiting

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