

# 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, Town of Thessalon & part of Huron Shores.**

Serving Seniors 65+  
& Persons with a  
Disability

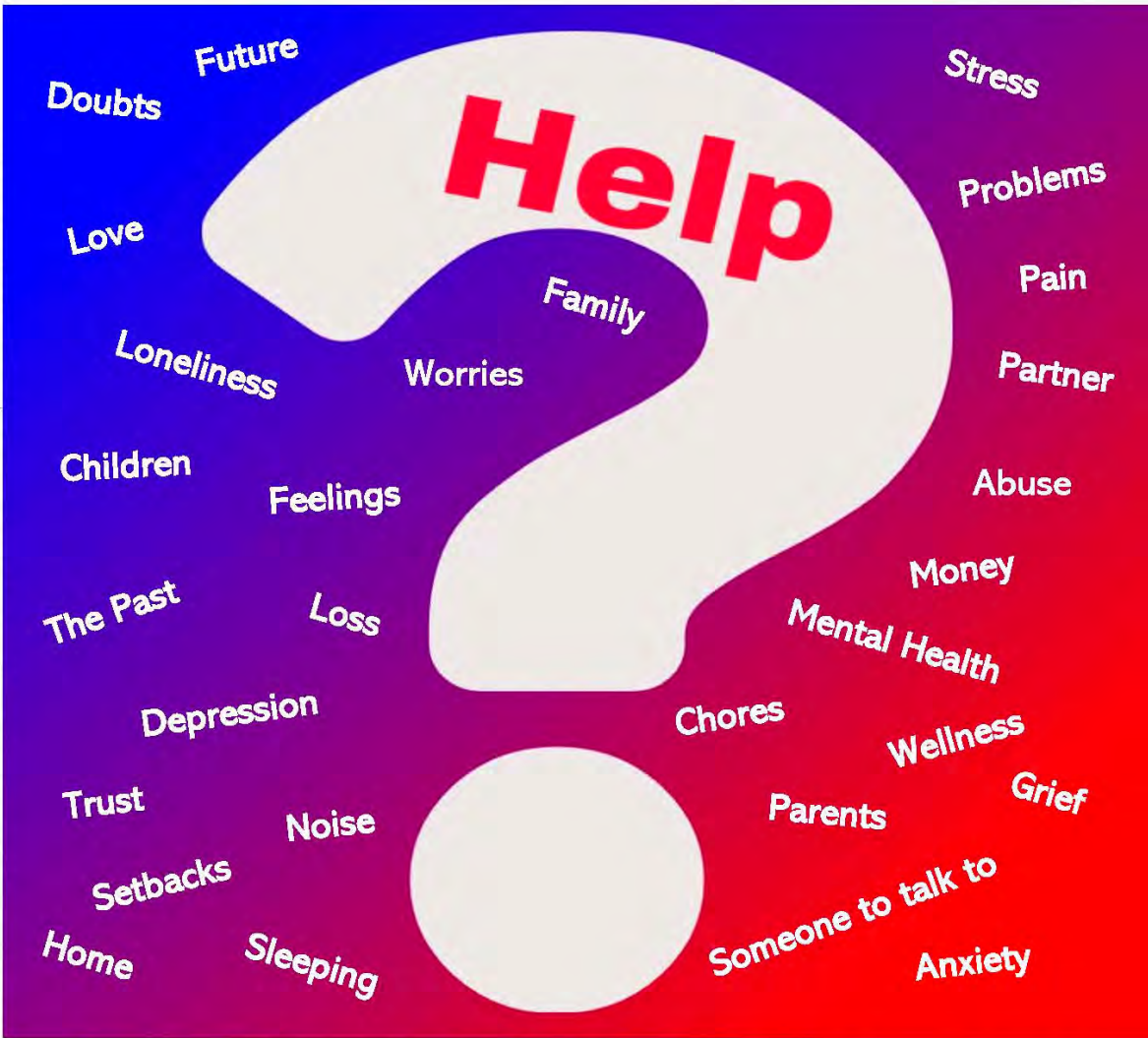
## **Programs:**

Adult Day Out  
Transportation  
Meals on Wheels  
Diner's Club  
Exercise  
Friendly Visiting  
Home Maintenance



OCSA **30**  
Ontario Community  
Support Association 1992-2022

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



**We are here to help, you are not alone!  
There is no need for a referral, simply call  
or email our counsellor to make an ap-  
pointment to meet.**

**Contact info:**

**Denise Richer, HBSW RSW**

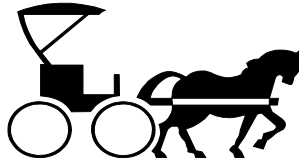
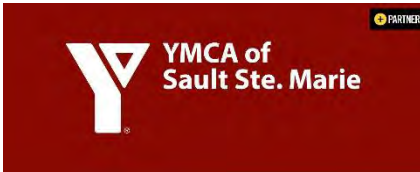
Phone: 249-356-7011

Email: [MH-Social-Worker@nscss.com](mailto:MH-Social-Worker@nscss.com)



Available at NO COST

to residents in the communities of Thessalon, Bruce Mines and Richard's Landing !!



## Gym/Swim and Social Program

The Dr. HS Trefry Memorial Centre is proud to partner with the United Steelworkers Local 2724, and the YMCA of Sault Ste. Marie to offer this new program!

\$50 dollars for 4-week session block, attend all 12 weeks for \$150

You will have access to the YMCAs free swim, fitness centre, whirlpool, sauna, change rooms, Joints in Motion exercise class, and Aquafit.

### When signing up: Please Choose from the following.

Joints in Motion: will run from 11:15am to 12:00pm

Aquafit: will run from 12:15pm to 1:00pm

Fitness Centre: gives you access to all the above at your leisure.

Snack and social time will be available to you before or after your exercise classes.

First Session	Second Session	Third Session
March 6	April 3	May 8
March 13	April 17	May 15
March 20	April 25	May 29
March 27	May 1	June 5

**Participants must register and pre-pay before each session.**

**Participants need to be independent and good on their feet.**

**To register, please call the Dr. HS Trefry Memorial Centre at 705 246 0036.**

**Transportation included in price, with bus stops in: Thessalon, Bruce Mines, Desbarats, SJI Turnoff, and Echo Bay.**





## **ALZHEIMER SOCIETY CAREGIVER SUPPORT GROUP BRUCE MINES & AREA**

**THE FIRST WEDNESDAY OF EACH MONTH 1:30 – 3:00 P.M.  
BRUCE MINES UNITED CHURCH, 18 WILLIAMS STREET**

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, April 5, 2023**
- ❖ **Wednesday, May 3, 2023**
- ❖ **Wednesday, June 7, 2023**
- ❖ **Pause:** no group meetings in July & August
- ❖ **Wednesday, September 6, 2023**
- ❖ **Wednesday, October 4, 2023**
- ❖ **Wednesday, November 1, 2023**
- ❖ **Wednesday, December 6, 2023**

*Alzheimer Society*  
SAULT STE. MARIE &  
ALGOMA DISTRICT

You Are Not  
Alone!

—  
Please join us!

—  
A safe place for  
caregivers to share  
and learn.

—  
*Please use basement  
entrance at side of church*

—  
Individuals living with  
dementia are  
welcome to attend  
the simultaneous  
Recreation Therapy  
session; please  
register in advance by  
calling Alzheimer  
Society  
705-942-2195.



# THE WORD SEARCH BATTLE

## Earth Day

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/earth-day>

ANIMALS

CARE

CLEAN

EARTH

GREEN

HABITAT

OCEANS

OXYGEN

PEOPLE

PLANET

PLANTS

PRESERVE

RECYCLE

REDUCE

RESOURCE

REUSE

TREES

VOLUNTEER

WASTE

WATER

## Manager Moment

### **Montreal woman's advice on 111th birthday? Be curious, be grateful, never hold a grudge.**

*"I had a very, very good young life," said Margaret Romans, who lived independently until the age of 107.*



There are few people who live to the age of 111, and fewer still who remember most of those years in stunning detail.

"I had a very, very good young life," Romans said this week. "I was travelling, and going to Berlin, and went to Paris and that was ... the highlight of my life. The travel. And then the music, and art. I was interested in everything."

Romans turns 111 on March 16th, but you wouldn't know unless she told you. Until the age of 107, she was still living independently at her home in Westmount.

"This is the first time in 100 years that I'm dependent," Romans said from her room in the West Island's Château Pierrefonds residence. "I've always been my own boss."

Born in Latvia in 1912, Romans recalls memories of her time there: how good her life was, then bombs flying over her house, and her small wedding in 1941 during the occupation by the Soviet Union.

"We had our wedding when everything was under the war; it was smouldering," she said.

Romans and her husband, Heinrich, were married for 62 years. He passed away in 2002. Shortly after their wedding, the couple were forced to flee Latvia, first to Germany and eventually to Canada in 1947. They chose Canada because of its similarity to home, Romans explained.

"With the trees and the landscape," she said. "My prayer, I say 'thank God for bringing me to this good country.'"

When the couple came to Montreal, Heinrich began working as an engineer and Romans taught art at the YMCA. Today, her room at Château Pierrefonds is decorated with her own artwork: women in traditional Latvian dresses, the view from her window in Germany.

"I like to do things with my hands," said Romans, who studied applied arts and has a particular interest in painting, leather work and pottery.

“I’ll tell you a story,” she said. “I was teaching pottery and I finished my class, and then there was a new student ... she asked me, ‘How do you like Canada?’ I said, ‘I like it very much, but the customs are strange, and I have no friends.’ So she said, out of the blue, ‘I will be your friend.’ Can you imagine something like that? Imagine, she was my friend until she died — and such a good friend.”

Romans has remained friends with many of her students over the years, even teaching multiple generations of the same families.

“I think it’s amazing how she stays in touch,” said Anne Lockwell, Romans’s grandniece by marriage. “The caretakers say she’s always on the phone.”

A radio helps keep Romans up to date on current events. She’s curious to know if Prime Minister Justin Trudeau will win the next election, has been following French President Emmanuel Macron lately, and thinks the war in Ukraine is “a big crime.”

“The Ukrainians, they are hard workers, and they keep their land in very good shape,” Romans said. “The Ukrainians were the bread-givers to the world because they had such a good crop.”

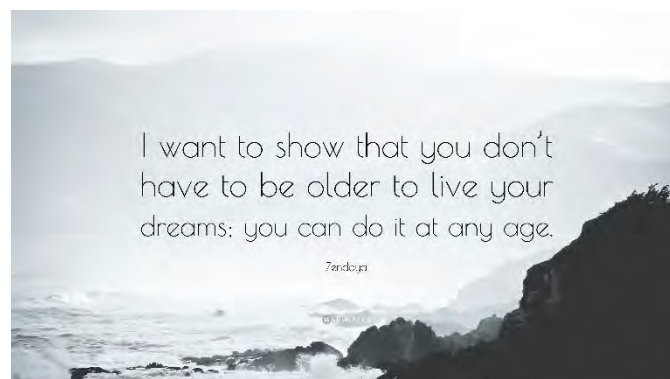
Being curious — about politics or otherwise — is part of Romans’s advice on how to live a long life. At Château Pierrefonds, her caretakers have been teaching her words in different languages. This week, she learned “pouding chômeur” and how to respond to “how are you” in Mandarin. Romans also says it’s important to be happy.

“You like what you have and you don’t crave for other things, for what people have,” she said. “You are happy inside, you never keep a grudge. Never, never, never.”

Her advice for young people?

“Education, education, education,” Romans said. “My father said when times are changing and you are left with nothing, you have your head left. ... You have your education, and you will be good.”

[kthomas@postmedia.com](mailto:kthomas@postmedia.com)

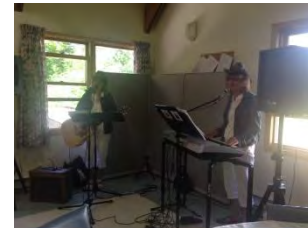


# Music at the Dr. Harold S Trefry Memorial Centre

**Friday May 12<sup>th</sup>**  
**Just the Two of Us**  
**Celebrate Mother's**



**Friday July 14<sup>th</sup>**  
**Nostalgia Live**  
**50's and 60's Theme**



**Friday September 15<sup>th</sup>**  
**Juliana Regan and Blair St. John**  
**Welcome Fall Theme**



**Friday November 17<sup>th</sup>**  
**Just the Two of Us**  
**Kick off the Christmas!**



**Admission is \$5 a person.**

**You can pay before or at the door.**

**Light snacks and refreshing drinks provided at each event.**

**Clients must have a family member attend with them, should they need assistance.**



# **Who Am I**

## **1. Guess Who?**

I have a rather unpronounceable name and a thick Austrian accent.  
I come from a small European village and became a big star in Hollywood.  
I married into one of the most prestigious family in the United States and had four children.  
I was also quite successful as a politician.

**Who Am I?**

## **2. Guess Who?**

My real name is Norma Jeane Mortenson.  
I was born in Los Angeles and placed in a foster home as a baby.  
I had curly dark hair but had it straightened and dyed blond to make me more employable.  
In 1946 I signed a contract with 20th Century Fox and made a few movies portraying a 'dizzy blonde'.  
In the 1950s I was noted by the critics and made some good movies.  
I married three times, once to a baseball player and once to a playwright.  
My last film was with Clark Gable which also happened to have been his last film too.  
I am still considered a major popular icon.

**Who Am I?**

## **3. Guess Who?**

I was born in London in 1932 to American parents. I moved to the United States when I was 7 years old and began my acting career at the age of 9.  
I became one of the most popular Hollywood stars of the 1950s. I starred alongside movie greats including Rock Hudson, James Dean and Richard Burton.  
I won 2 Academy Awards over the course of my career, but I was just as famous for my many marriages, extensive jewelry collection and violet eyes.  
I was married 8 times and had 4 children.

**Who Am I?**

**Answer: Pick the correct names from the group below, can you pick which ones you need to know?**

Fritz Muliar  
Elizabeth Taylor

Marilyn Monroe  
Doris Day

Greta Thyssen  
Arnold Schwarzenegger





# 54th Annual

# MAPLE SYRUP FESTIVAL



**APRIL 1 & 2 AND APRIL 8 & 9, 2023**  
**8:00 AM - 3:00 PM**



**ROYAL CANADIAN LEGION BR. 374**  
**RICHARDS LANDING, ON**



## EXPERIENCE THE TRADITION!

- All you can eat pancakes, sausages & St. Joseph Island maple syrup
- Maple syrup producers will be onsite with their products
- Craft tables, maple candy and maple syrup for sale
- \$1000 raffle tickets available (License #778759)

**CASH  
ONLY!**

**ADULTS \$12**

**SENIORS \$11**

**CHILDREN 10 & UNDER \$7**

For more information contact (705) 246-2494



# Notice

The Trefry Centre no longer requires covid 19 vaccination, but strongly recommends all staff, volunteers, and clients keep up with boosters, hand washing, and staying home if unwell.

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**Office Closure:** The Trefry Centre will be closed Friday April 7th and Monday April 10th. Meals on Wheels will be delivered as usual.

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## **Diner's Club**

Tuesday April 25th

\$15/person Doors open @ 11am

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**New Exercise Class @ Laird Hall  
with Margo every Wed 2-3pm**

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## **YMCA Swim & Gym**

Next Session: April 3rd, 17th, 24th and May 1st

Limited spots available. Includes: transportation, day pass, snack and social.

Bus stops in Thessalon, Bruce Mines, Desbarats, SJI Turnoff, Echo Bay \$50 per person.

# Diner's Club

**Tuesday April 25th**  
**RC Legion Richards Landing**  
**\$15 per person**  
**Doors open 11am**

**Lasagna, caesar salad, garlic bread, with  
dessert and beverage.**

\*NEW\* Tickets must be  
purchased in advance.

Tickets for sale:  
Apr 11-17th at centre or  
online at  
[trefrycentre.ca](http://trefrycentre.ca)

Diner's Club  
Dates 2023:

June 27

Aug 29

Oct 31

Dec 5



# Creamy Strawberry Crepes

## Ingredients

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup water
- 3 eggs
- 3 tablespoons butter, melted
- $\frac{1}{2}$  teaspoon salt
- 1  $\frac{1}{4}$  cups sifted confectioners' sugar
- 1 (8 ounce) package cream cheese, softened
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- $\frac{1}{2}$  teaspoon vanilla extract
- 1 cup heavy cream, whipped
- 4 cups sliced strawberries



## Directions

Place flour, milk, water, eggs, melted butter, and salt into a blender; blend until smooth and set aside.

Beat confectioners' sugar, cream cheese, lemon juice, lemon zest, and vanilla with an electric mixer in a large bowl until smooth. Gently fold in whipped cream.

Heat a lightly oiled griddle or non-stick skillet over medium heat.

Pour or scoop batter onto the griddle, using approximately 2 tablespoons for each crepe. Tip and rotate the pan to spread batter as thinly as possible. Flip over when batter is set and edges begin to brown. Continue cooking until bottom begins to brown. Stack finished crepes on a plate; cover with a damp towel.

Fill each crepe with  $\frac{1}{4}$  cup sliced strawberries and  $\frac{1}{3}$  cup cream cheese filling. Roll up and top with a dollop of cream cheese filling and more sliced strawberries.

# Carpet Bowling



@ Legion in Richards Landing  
Monday's 1-3:30pm

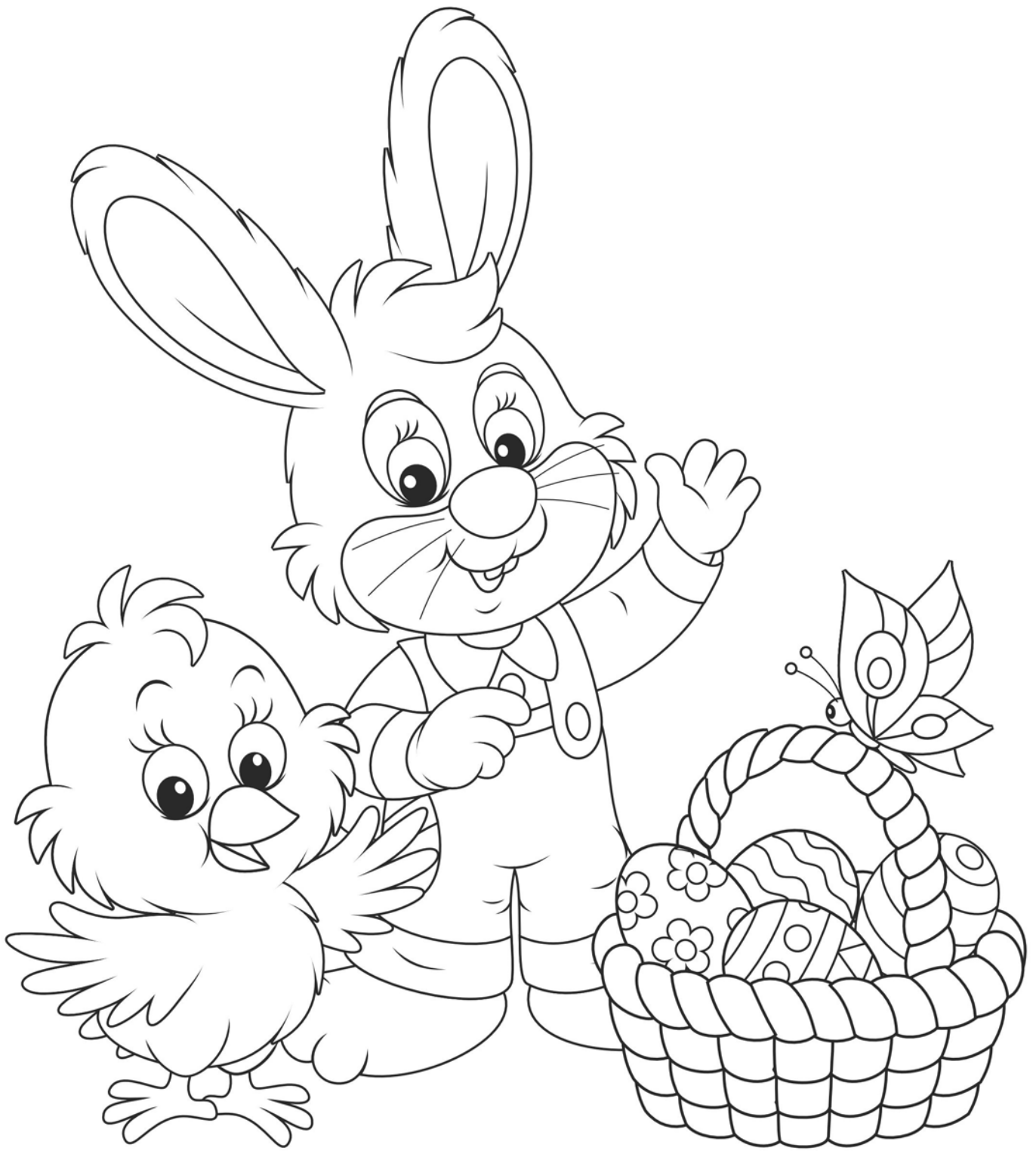
\$2 per person to join in the fun!

**Contact Nancy Konzuk for info  
705-785-3385**

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## Really Bad Jokes:

- \*How do you make an egg roll? You give it a little push.*
- \*What do you call a train carrying bubblegum?  
Chew Chew Train*
- \*What kind of bean can't grow in the garden?  
A jelly bean.*
- \*Where does the Easter Bunny get his eggs?  
From an eggplant.*
- \*What do you get if you cross Winnie the Pooh and the  
Easter Bunny? A honey bunny.*
- \*Knock knock. Who's there? Alma. Alma who?  
Alma Easter candy is gone!*
- \*Who hosted a dirty Easter egg hunt?  
The dust bunny.*




**HAPPY EASTER**



Thank you!

# DEDICATED TREFRY CENTRE VOLUNTEERS



  
VOLUNTEER  
BÉNÉVOLES  
CANADA  
**NATIONAL  
VOLUNTEER WEEK**  
APRIL 16 - 22, 2023  
#NVW2023 #WEAVINGUSTOGETHER





# Using Visual Lookup on your iPhone

Imagine that you come across a flower or animal that you don't recognize. You have a possible expert in your iPhone.

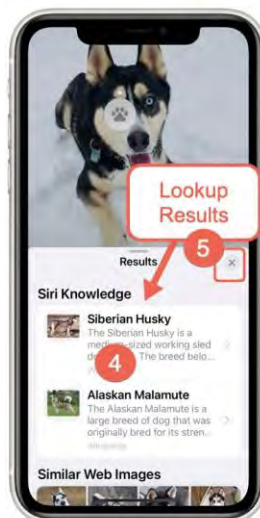
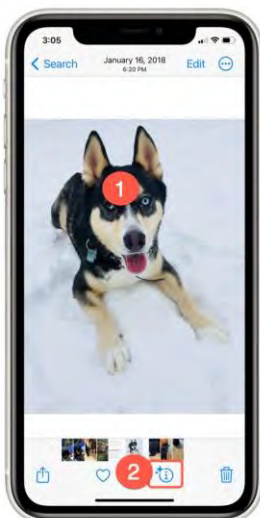
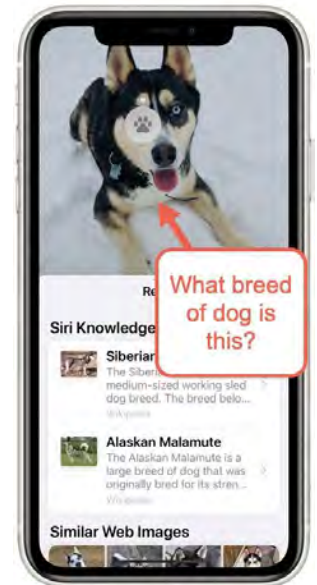
You can use Visual Lookup in your iPhone's Photos app to identify items found in a photo. It will work with animals, plants, landmarks, statues and more.

If you have a photo showing a building or landmark from a recent vacation and you can't remember the name of the landmark, Visual Lookup is the perfect solution.

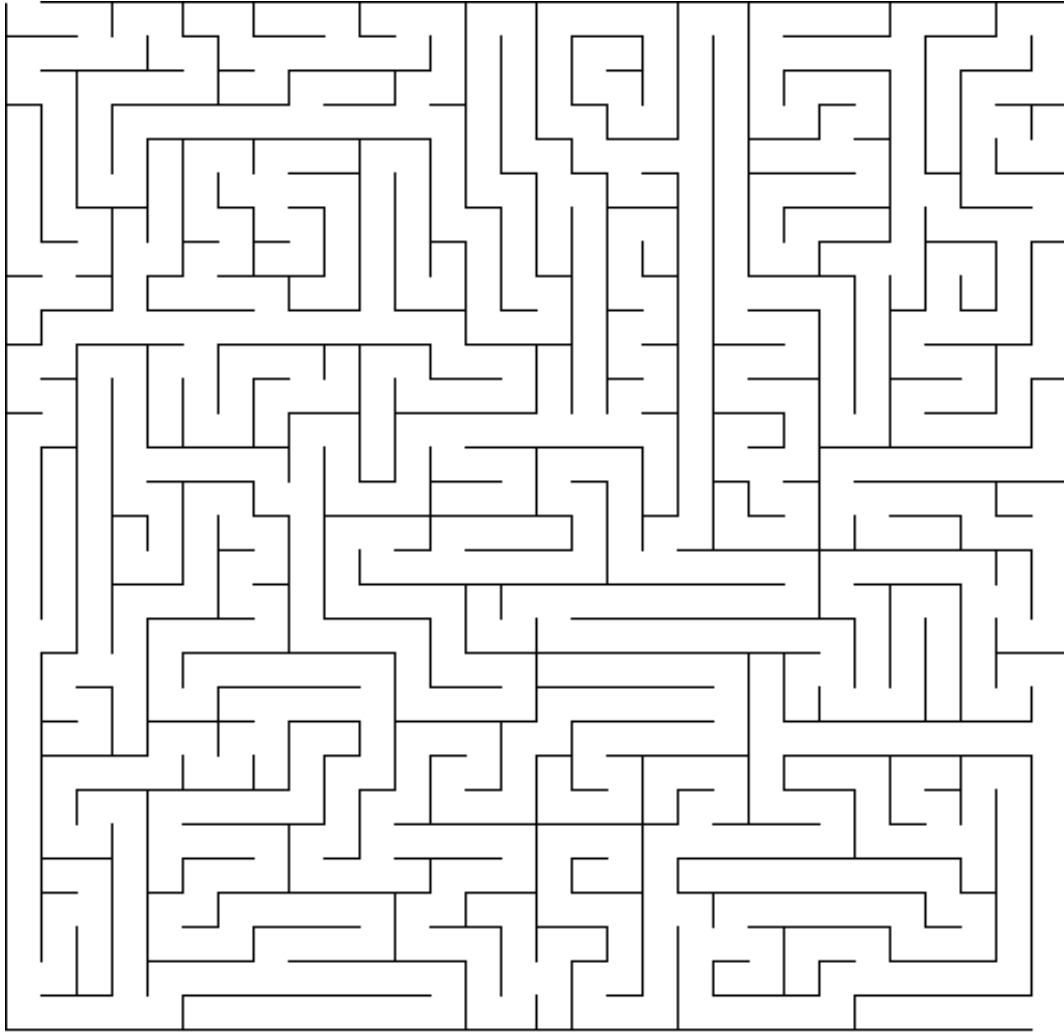
## STEP BY STEP

Here are the steps to perform a Visual Lookup on a photo:

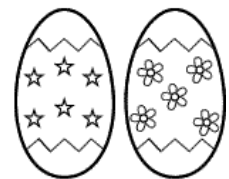
- 1** Display the photo of the object to identify in the Photos app.
- 2** Tap **Info** (the circle i) at the bottom of the screen.
- 3** If the photo has a possible lookup item, you will see a Look Up action at the top of the Info screen. Tap **Look Up**. The Look Up results will display.
- 4** The Visual Lookup results are displayed below the photo.
- 5** Tap X to close the results window and return to the photo.



**Instructions:** Trace the path through the maze. Help the Easter Bunny find the Easter Eggs.



© www.BigActivities.com



**Finish**



**Operation  
Actively Aging**

# **Seniors PRIZE BINGO**

**When: Wednesday, April 19<sup>th</sup>**

**11am-2:30pm**

**Where: Echo Bay Hall**

**Doors will open at 11am**

**Bingo will start at 12pm**

**FREE to Participate**

Join us for a fun afternoon of



Winners will choose from a wide assortment of prizes!!  
If you have your own dabbers please bring them but we  
will have dabbers available!

There will be a canteen to  
purchase drinks, lunch & snacks

# APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	Carpet Bowling at Legion 1-3pm each Monday \$2	Bruce Station Adult Day Out every Tues. 9:30am -3pm	<sup>A</sup> Echo Bay Adult Day Out every Wed. 9:30am -3pm	Richards Landing Adult Day Out every Thurs. 9:30am -3pm	Floor Curling Laird Hall every Fri 1-3pm	1 Maple Syrup Festival Legion Richards Landing 8-3pm
2 Maple Syrup Festival Legion Richards Landing 8-3pm	3 Exercise 10am Bruce Station	4 Coffee Connections 9:30am	5 Exercise 10am Centre & on Zoom 2pm Laird Hall	6 Exercise 10am Bruce Station	7 Office Closed Meals delivered as usual	8 Maple Syrup Festival Legion Richards Landing 8-3pm
9 Maple Syrup Festival Legion Richards Landing 8-3pm	10 Office Closed Meals delivered as usual	11 Coffee Connections 9:30am	12 Exercise 10am Centre & on Zoom 2pm Laird Hall	13 Exercise 10am Bruce Station	14 Hen's & Stitches 10-12	15
16	17 Exercise 10am Bruce Station	18 Coffee Connections 9:30am	19 Exercise 10am Centre & on Zoom 2pm Laird Hall Prize BINGO EB Hall 11-2:30	20 Exercise 10am Bruce Station	21 Hen's & Stitches 10-12	22 Earth Day
23 SJI Lions Pancake Breakfast HB Hall 10-1pm	24 Exercise 10am Bruce Station	25 Coffee Connections 9:30am Diner's Club Legion 11am	26 Exercise 10am Centre & on Zoom 2pm Laird Hall	27 Exercise 10am Bruce Station	28 Hen's & Stitches 10-12	29 Spring Fling craft/vendor show BM Hall 10-3pm



# 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 Station, Wed- Echo Bay, Thurs-Trefry Centre**



## Exercise Classes



**10am Mon & Thurs with Anne  
at Bruce Station Hall**

**10am Wed with Margo at Trefry  
2pm Wed with Margo Laird Hall**

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



## Toonie Tuesday Coffee Connections

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

Meet up with friends for a social hour with coffee & muffin for \$2

Visit our Internet Cafe **Tuesday's at 9:30** Bring your iPad for a senior friendly tech lesson, or use one of ours to connect.



## Meals on Wheels

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

**Monday-Wednesday-Friday at NOON**

