

WHAT'S UP DOC



Programs Serving: Macdonald, Meredith & Aberdeen Add'l, Laird, Tarbutt, Village of Hilton Beach, Township of Hilton, Jocelyn, St. Joseph, 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



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

May! Welcome to the calendar, it is so nice to see you.

We hope you brought some sun cause April, made us a little blue.

What is that you say? May brings a celebration every day.

Oh! This should be fun! Let us get the low down on the run!

On the first of May, you can rhyme with Mother Goose

On the Second of May, take care of your feet and let them loose.

Garden meditation on the third day of May, if you dare

On May 6th you can stand in your garden completely bare!

Star Wars fans say, "May the 4th be with you!"

Cino de Mayo, sombreros with a margarita or two!

On the eighth the Trefry Centre's final session begins at the YMCA

There is still one week for you to sign up and come out and play!

The 12th of May is Music Friday in the Trefry Centre Hall

Five dollars a person is sure to be a ball!

May the seventh is laughter day, which should be all the time.

Celebrate Mother's on the 14th, in her honour write your own rhyme.

On May 18th you can shout I LOVE REESE'S day!

Eat some chocolate on a park bench and watch the children play!

Pepperoni, mushrooms, and olives please

On the 19th it is pizza day with extra cheese

May the 20th all the dogs that need a home, love this date.

Rescue a dog day, and they will be your first mate!

The king and Queen are coronated on May 6th, but why not sparkle every day?

Keep your Tiara on the 24th of May!

Need to get out and away?

May 26th is Road trip day!!

And finally, after all this fun, May will end with so many memories in our memory file.

So, on May 31st look back at all these silly celebrations and smile.

Seniors 65+ or persons with a disability
all income levels are eligible for

Meals on Wheels

Hot meals, cooked fresh & delivered to
your door every Mon, Wed & Fri at noon.

\$10.70/DAY FOR SOUP, MEAL AND DESSERT
(AS LOW AS \$7.50 WITH SLIDING SCALE BASED ON HOUSEHOLD INCOME)

4 week rotating menu with
diabetic dessert option

CALL 705-246-0036 OR VISIT
TREFRYCENTRE.CA FOR DETAILS



Dr HS Trefry Memorial Centre
1601 C Line Richards Landing ON POR 1J0



OCSA
Ontario Community
Support Association

MEALS ON WHEELS

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY Chicken Noodle Soup Poultry Sandwich Mashed Potatoes Gravy Carrots <i>Sugar Free Pumpkin Sheet Cake</i> Alternate(s) 1) Chicken Fingers 3) Roasted Potatoes 2) Plain Poultry with Gravy	MONDAY Pea Soup Glazed Meat Loaf Scalloped Potatoes Peas <i>Sugar Free Carrot Cake</i> Alternate(s) 1) Chicken Fingers 2) Roasted Potatoes	MONDAY Loaded Potato Soup Chicken Stew (Dumpling Topping) Herbed Rice Creamed Corn <i>Chocolate Chip Oatmeal Cookies</i> <i>Diabetic - Molasses Cookies</i> Alternate(s) 1) Chicken Fingers	MONDAY Beet Soup Pork Chops and Applesauce Scalloped Potato Vegetable Medley <i>Apple Cinnamon Swirl Cake</i> <i>Diabetics - Cinnamon Applesauce</i> Alternate(s) 1) Chicken Fingers 2) Roasted Potatoes
WEDNESDAY Cream of Mushroom Soup Spaghetti with Meatsauce Dinner Roll Coleslaw <i>Chocolate Banana Snow (for all)</i> Alternate(s) 1) Chicken Fingers	WEDNESDAY Tomato Rice Soup Mayo/Parm/Chicken Breast Roasted Potatoes Carrots <i>Apple Crisp</i> <i>Diabetic - Baked Apples</i> Alternate(s) 1) Chicken Fingers 2) Unseasoned Chicken Breast	WEDNESDAY Onion Soup with Croutons Cottage Pie Green Beans Dinner Rolls <i>Cherry Cheesecake</i> <i>Diabetic - Cheesecake</i> Alternate(s) 1) Chicken Fingers 2) Cottage Pie with roasted potato	WEDNESDAY Chicken Rice Soup Chili Cheese Herb Biscuit Yellow Waxed Beans <i>Raisin Date Squares</i> <i>Diabetics - Oatmeal Raisin Cookies</i> Alternate(s) 1) Chicken Fingers
FRIDAY Pumpkin and Split Pea Sausage Roasted Macaroni and Cheese Broccoli <i>Bread Pudding</i> <i>Diabetic - Whipped Pudding</i> Alternate(s) 1) Chicken Fingers	FRIDAY Broccoli Cheddar Soup Lasagna Dinner Roll Coleslaw <i>Pineapple Dump Cake</i> <i>Diabetic - Fruit</i> Alternate(s) 1) Chicken Fingers	FRIDAY White Bean and Sausage Soup Sliced Ham with Glaze Mashed Potatoes Gravy Peas <i>Diabetic - Chocolate Pudding</i> <i>Chocolate Mayo Cake</i> Alternate(s) 1) Chicken Fingers 2) Roasted Potatoes	FRIDAY Carrot Basil Soup Battered Haddock Roasted Potatoes Coleslaw <i>Lemon Snow</i> <i>Diabetic - Fruit</i> Alternate(s) 1) Chicken Fingers

Raspberry-Rhubarb Slab Pie

Ingredients

- 3-1/4 cups all-purpose flour
- 1 teaspoon salt
- 1 cup butter
- 3/4 cup plus 1 to 2 tablespoons 2% milk
- 1 large egg yolk, room temperature
- 2 cups sugar
- 1/3 cup cornstarch
- 5 cups fresh or frozen unsweetened raspberries, thawed and drained.
- 3 cups sliced fresh or frozen rhubarb, thawed and drained.



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- **vanilla icing:**
 - 1-1/4 cups confectioners' sugar
 - 1/2 teaspoon vanilla extract
 - 5 to 6 teaspoons 2% milk
-

Directions

In a large bowl, combine flour and salt; cut in butter until crumbly. Whisk 3/4 cup milk and egg yolk; gradually add to flour mixture, tossing with a fork until dough forms a ball. Add additional milk, 1 tablespoon at a time, if necessary.

Divide dough into 2 portions so that 1 is slightly larger than the other; cover each and refrigerate 1 hour or until easy to handle.

Preheat oven to 375°. Roll out a larger portion of dough between 2 large sheets of lightly floured waxed paper into an 18x13-in. rectangle. Transfer to an ungreased 15x10x1-in. baking pan. Press onto the bottom and up sides of pan; trim crust to edges of pan.

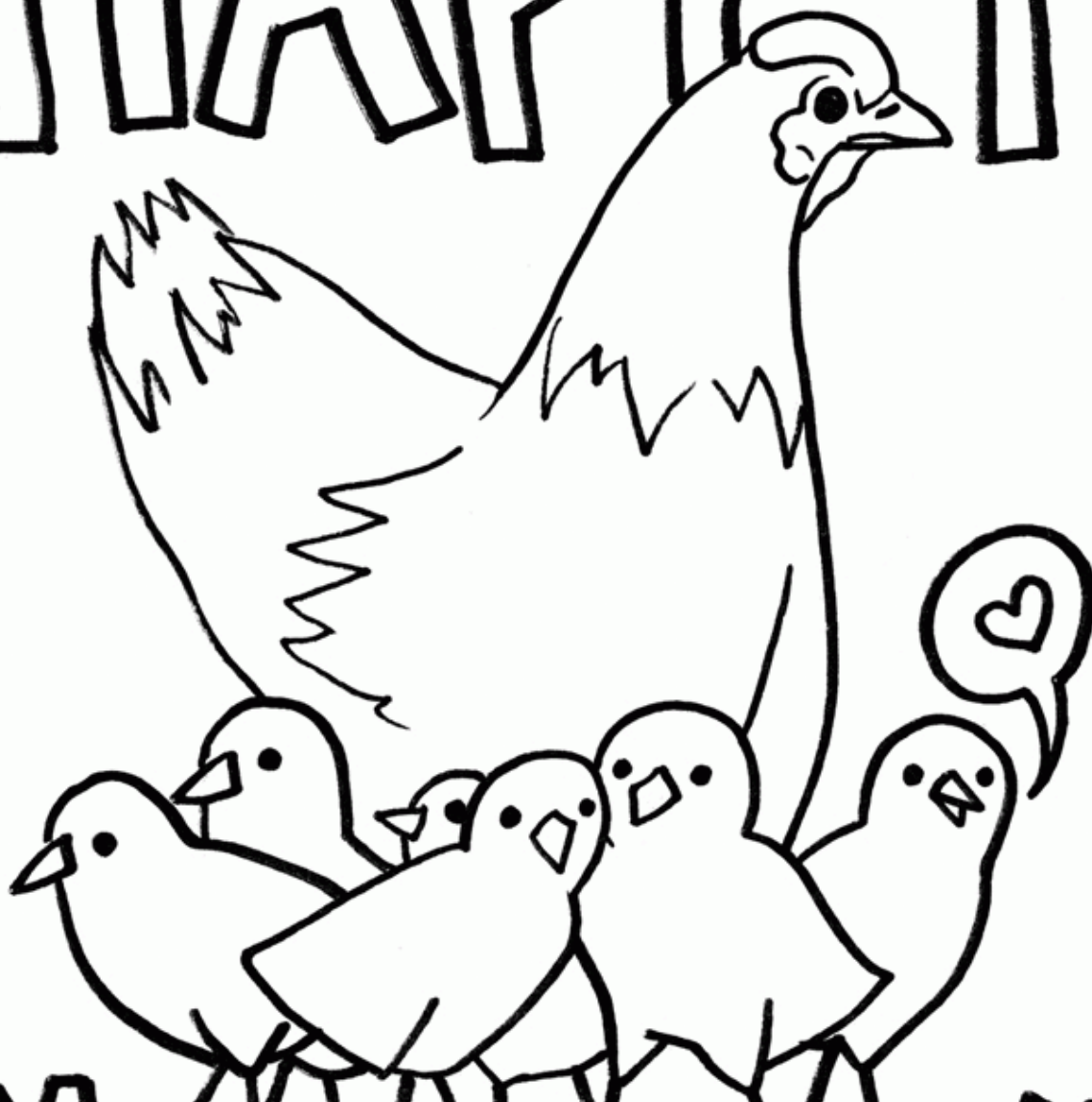
In a large bowl, combine sugar and cornstarch. Add raspberries and rhubarb; toss to coat. Spoon into crust.

Roll out remaining dough, place over filling. Fold bottom crust over edge of top crust; seal with a fork. Prick top with a fork.

Bake until golden brown, 45-55 minutes. Cool completely on a wire rack.

For icing, combine confectioners' sugar, vanilla and enough milk to achieve a drizzling consistency, drizzle over pie. Cut pie into squares.

HAPPY



MOTHER'S DAY!

ThoraThinks.com

Identify a scam or Fraud

Information by the Government of Ontario

Scams are dishonest schemes that attempt to get people to hand over money or give financial and personal information. Scammers often use basic information they have gathered about you to trick you into giving more financial and personal information. A **phishing scam** is when someone does this by pretending to be an individual or company you know.

Types of scams

Hyperlinks - you are asked to select a hyperlink that takes you to a website that gathers personal details about you such as interests and recent online activity.

Text (SMS) - you receive a text message from a scammer that asks for your financial and personal information through text messaging or to click a link that takes you to a website to try to collect your financial and personal information (such as your full name, date of birth, banking/credit card information).

Telephone - you receive a phone call from a scammer enticing you to give them financial and personal information. In many cases, these scammers have a sense of urgency or tell you that you need to act immediately.

Email - you receive an email from a scammer impersonating a known institution or business with a hyperlink or downloadable document that is designed to collect your financial and personal information.

Social media - you receive messages on social media platforms pretending to be customer support asking you to share financial and personal information.

Signs of a scam: Help protect yourself from a scam by looking out for these common signs:

- **Pressure to make a quick decision** either overnight or on the spot and are threatened if you don't comply.
- **Requests to keep matters confidential** and not share the details with local authorities or family and relatives.
- **Urgent messages** demanding you contact the sender immediately.
- **Being asked to provide money in unusual formats** such as gift cards, bit coin and prepaid credit cards.
- **An email from an unknown sender with a link or attachment.**
- **Email or phone requests for financial information** (for example, credit card number, bank account information and personal identification number (PIN)).

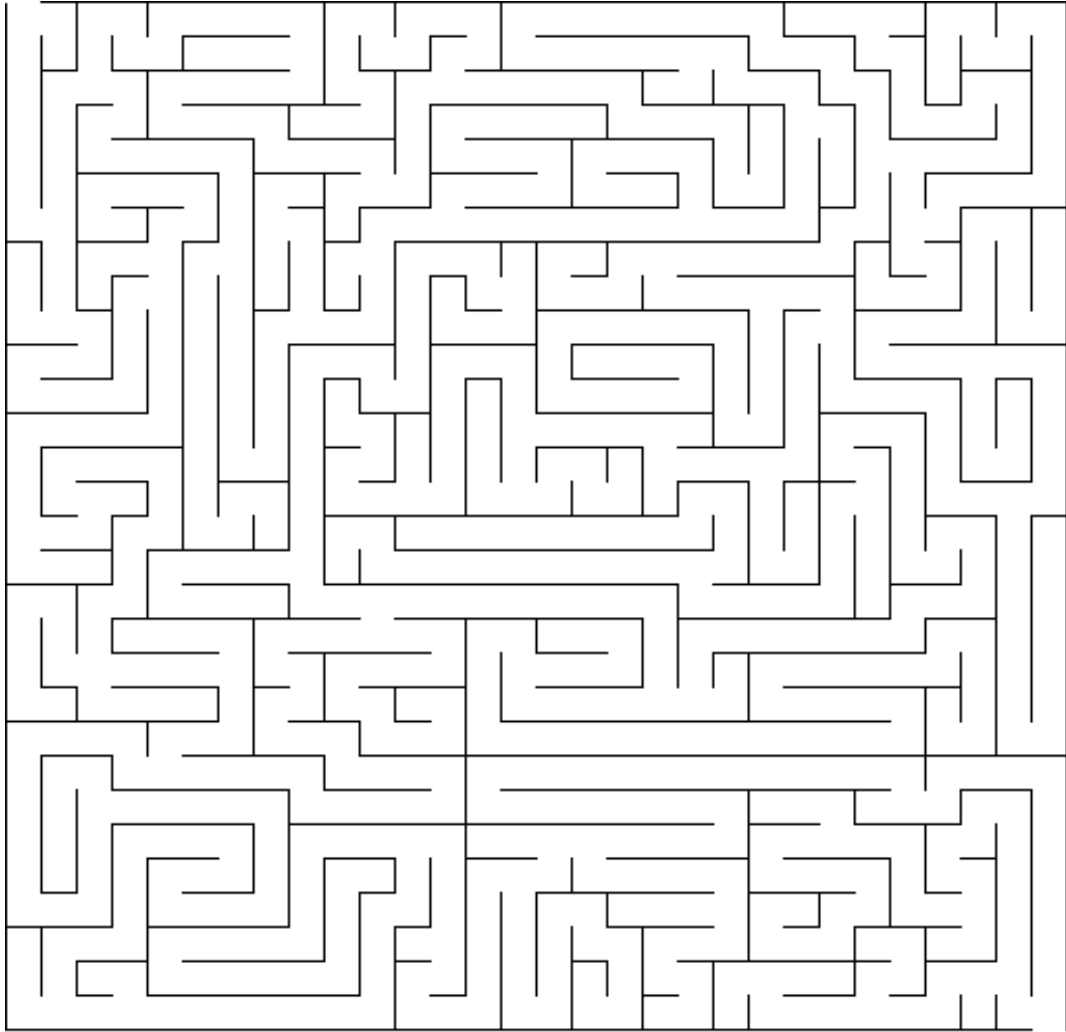
- **Email or phone requests for personal information** (for example, Social Insurance Number (SIN), date of birth and security answers).

Protect yourself from getting scammed: Here are some tips and hints to protect yourself from a potential phishing scam:

- Ignore emails from unknown senders and block the sender from sending additional suspicious emails.
- If you receive a message from an unknown sender, don't open any attachments or follow any links to third-party websites.
- Beware of upfront fees.
- Look for the secure symbol. Legitimate websites that ask you to enter confidential information are generally encrypted to protect your details. You can identify secure websites by either:
 - 'https:' rather than 'http:' at the start of the internet address
 - a closed padlock or unbroken key icon at the bottom right corner of your browser window
- Avoid sending sensitive information over email and text message.
- Never provide your personal, credit card or online account details if you receive a call claiming to be from your bank or any other organisation. Instead, ask for their name and contact number and check with the organisation in question before calling back.



Instructions: Trace the path through the maze. Help get the rose to Mom for Mother's Day.



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Finish

CASS 50th Reunion Weekend - Come on Home Huskies!

Friday, June 30 - Sunday, July 2, 2023

Friday June 30, 2023 6-9pm at CASS

- Alumni Co-Ed Night Sign up in pairs at carolhun@gmail.com with your year of graduation and house (Ace, King, Knight or Panther)
 - Events: Tug-of-war, Bladderball, Indoor Baseball, Crokinole, Spoons, Bucket Brigade, Chinese Table Tennis

Saturday July 1 9 am

- Swamp Run 9am CASS: sign up at carolhun@gmail.com Check-in at the front doors.
- Alumni Golf Tournament 9 am-3 pm at Silver Creek Golf Course: pre-registration at getagrip97@hotmail.com and e-transfer to confirm entry. 4 person teams, \$75.00 each

Alumni Afternoon 12-5pm at CASS

- **"Find Your Friends"** in the designated 'Decade Rooms'. **OLDIES** 1972-82, **BOLDIES** 1983-93, **ZOOMERS** 1994-2004, **BLOOMERS** 2005-2023. See yearbooks and other memorabilia
- FIND staff members in the courtyard or library along with a trivia contest and refreshments
- Alumni Artisan Expo: Alumni Artwork and Literary displays in the courtyard. Contact Carol Neave at gcneave@live.ca to participate
- Intramural "Play Time": Goal Shooting, Frisbee Throw, Cup Stacking, Table Tennis, Baseball Darts (maybe even Wollip). House points for participation!
- School tours every 20 minutes
- Mr. Frolick's Reunion song debut (including Souvenir Take Home Lyrics)
- Alumni Business Card bulletin board display: bring your card or early email gcneave@live.ca
- Reunion Photo Booth for family, and friends. Take crazy pics to show your Husky pride.

CASS Alumni Music Through the Decades Dance 5pm-midnight at Desbarats Arena

- Music, cash bar, food available for purchase
 - The 'Big Reveal'... who dumped the water from the catwalk on VP Mr. Lewis?
 - Reunion Intramural house team WINNER announced
 - Mr. Frolick's CASS reunion song. Who will sing it best?
 - Husky Pride Photo Booth

Sunday July 2 9am – 12 noon at CASS

- Kensington Point 5k Run/walk: 9am check-in at the front doors
- Non-denominational church service: 11am in the CASS Cafeteria. Topic to be debated by four CASS pastors "Was Jesus an Ace, King, Knight, or Panther?"

PLEASE pass this email on to at least five of your CASS GRAD friends who will then pass it along to 5 more CASS GRADS until it goes around the WORLD. Our terrific CASS Grads are everywhere.

We hope to see you back at CASS!



@CASS_50TH_REUNION



CASS 50TH ANNIVERSARY REUNION!



Centennial Tea and Tell

The Council and Staff of the Village of Hilton Beach invite you to attend a **Centennial Tea and Tell** in honour of the Village's 100th Birthday.

Join us to celebrate 100 years!

- Date:** Sunday May 7th, 2023
Time: 2 p.m. to 4 p.m.
Location: Hilton Beach Community Hall
3050 Hilton Road, Hilton Beach

Please feel free to bring stories, photos, recipes, artefacts or other historical items of interest for compilation in a Centennial history project. Thank you!

RSVP by May 1st to Village of Hilton Beach Events
(705) 246-2242 / events@hiltonbeach.com

Tea, coffee and sweets by Mad Jacks Café



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 stay home if unwell.

Office Closure: The Trefry Centre will be closed

Monday May 22nd for Victoria Day.

Meals on Wheels will be delivered as usual.

Music Friday

Friday May 12th Celebrating Mothers

Music by Just the Two of Us

\$5/person 1:30-3



New Exercise Class @ Laird Hall
with Margo every Tuesday 10-11am

YMCA Swim & Gym

Next Session: May 8th, 15th, 29th and June 5th

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

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

5 Ways to Celebrate Coronation Day

No matter where you live, there is something fun about watching a royal ceremony. The fashion! The tradition! It's hard to not be intrigued, even if you don't reside in the UK. Coronation is scheduled for May 6, 2023.

Here are a few ideas to inspire your celebrations!

Host a Watch Party - While King Charles' coronation is supposed to be shorter than the ones before, you will still be able to watch the ceremony live. Check your local listings to see when it begins and what channel will be giving coverage. Watch the coronation with your residents!

Serve a Royal-Inspired Meal - Work with your dining team to serve traditional English fare for breakfast, lunch, or dinner on the day of the coronation.

Have an English Royalty Happy Hour - Here's a list of supposed favorite drinks of the royal family:

1. Gin and Dubonnet - Queen Elizabeth II
2. Martini - Prince Charles
3. Bloody Mary - Prince Philip
4. Champagne - Various members of the royal family
5. Earl Grey Tea - Queen Elizabeth II and other family members

Pick a few to highlight and serve at a special happy hour. Swap out the ingredients to create nonalcoholic mocktails as needed!

Invite a Special Entertainer - Celebrate the coronation with a special entertainer. Look for local entertainers that impersonate the Royal family members or other famous Brits like Elton John or Julie Andrews.

Play Royal Family Bingo - Golden Carers have you covered with this one!

[Print out your bingo cards here.](#)

Word Search



FIRST NAMES OF THE ROYAL FAMILY

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

Andrew

Charles

Eugenie

Katherine

Peter

Anne

Charlotte

George

Louis

Philip

Beatrice

Edward

Harry

Louise

Sarah

Camilla

Elizabeth

James

Meghan

Zara

Word Search



FIRST NAMES OF THE ROYAL FAMILY

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

Andrew

Charles

Eugenie

Katherine

Peter

Anne

Charlotte

George

Louis

Philip

Beatrice

Edward

Harry

Louise

Sarah

Camilla

Elizabeth

James

Meghan

Zara

EXERCISES WITH MARGO



STARTING MAY 2ND

LAIRD HALL

EXERCISES WITH MARGO

TUESDAY MORNINGS

10AM-11AM

Dr. HS Trefry Memorial Centre: Serving Seniors and persons with disabilities for almost 29 years!

Become a member of the Dr. Harold S Trefry Memorial Centre. Once you have joined you have so many programs at your disposal. Diners, Exercise classes, Tuesday Coffee Connections, Meals on Wheels, Adult Day Out Program, and other special events.

To join call 705 246 0036 and one of our staff will have a short intake conversation with you! This is to get to know you and to help us know what programs suit you best!

Do you know someone who is feeling isolated or lonely? Some of our lovely volunteers have come forward to do friendly visits. They can visit in person or call on the phone. Call the Trefry Centre to sign up for a friendly visitor. 705 246 0036.

MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Exercise 10am Bruce Station	2 Coffee Connections 9:30am Exercise 10am Laird Hall	3 ^A Exercise 10am Centre & on Zoom	4 Exercise 10am Bruce Station	5 Hen's & Stitches 10-12	6 Echo Bay 4 Sale 8am maps @ Sportsplex
7 Outdoor & Gun Show Desbarats Arena 9am-1pm	8 9:30am Free breakfast & OPP presentation on scams St. Georges Church EB	9 Coffee Connections 9:30am Exercise 10am Laird Hall	10 Exercise 10am Centre & on Zoom	11 Exercise 10am Bruce Station	12 Hen's & Stitches 10-12 Music Friday TF Centre 1:30-3pm	13
14 Mother's Day	15 Exercise 10am Bruce Station	16 Coffee Connections 9:30am Exercise 10am Laird Hall	17 Exercise 10am Centre & on Zoom	18 Exercise 10am Bruce Station	19 Hen's & Stitches 10-12	20
21	22 Victoria Day office closed	23 Coffee Connections 9:30am Exercise 10am Laird Hall	24 Exercise 10am Centre & on Zoom	25 Exercise 10am Bruce Station	26 Hen's & Stitches 10-12	27
28 SJI Lions Pancake Breakfast 10-1pm HB Hall	29 Exercise 10am Bruce Station Carpet Bowling at Legion 1-3pm each Monday \$2	30 Coffee Connections 9:30am Bruce Station Adult Day Out every Tues. 9:30am -3pm	31 Exercise 10am Centre & on Zoom 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	

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 Tues with Margo 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.



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

