

# 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, 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



# **Diner's Club**

**Tuesday June 27th**

**RC Legion Richards Landing**

**\$15 per person**

**Doors open 11am**

Music by Nostalgia Live

Tickets for sale:  
June 1st at centre  
or online at  
[trefrycentre.ca](http://trefrycentre.ca)

## **Senior of the Year Awards**

## **Presentations**

Burgers & sausage on the BBQ with  
summer salads, Lock City Dairy ice cream  
and beverage.

# STRAWBERRY SUMMER PUDDING

## INGREDIENTS

- 6 slices (1/2-inch/1 cm thick) day-old whole wheat bread
- 3 cups (750 mL) Ontario Strawberries, halved
- 1 cup (250 mL) low-fat (2%) evaporated milk
- 4 eggs
- 1/2 cup (125 mL) Ontario Maple Syrup
- 1 tsp (5 mL) vanilla
- 1/4 tsp (1 mL) each ground cinnamon and nutmeg
- 1/4 cup (50 mL) chopped pecans



## INSTRUCTIONS

Trim bread crusts and discard. Cut each slice into quarters to form triangles. Arrange half of the triangles in shallow microwaveable 11- x 7-inch (2 L) baking dish. Evenly distribute strawberries over bread. Top with remaining bread triangles.

Microwave milk in glass measure on High (100%) for 5 minutes or until small bubbles form around edge.

In medium bowl, whisk together eggs, maple syrup, vanilla, cinnamon and nutmeg; stir small amount into egg mixture. Slowly pour egg mixture back into remaining hot milk. Pour over fruit and bread. Sprinkle with pecans.

Elevate dish on microwaveable rack. Microwave on medium (50%) for 7 minutes; rotate dish. Microwave for 7 to 9 minutes longer or until knife inserted in centre comes out clean. Let stand for a short time until slightly cooled. Serve warm or cover and refrigerate to serve later.

## VARIATION:

Raisin bread is an excellent change from whole wheat, especially with the younger crowd.

**Note:** If bread is too fresh, remove from wrapper and leave at room temperature for several hours to dry out.

Boggle is the classic word game where you try to find as many words in the grid of letters as you can. The person with the most and/or longest unique words in their list wins the boggle game.

## Boggle Game with Father's Day Bonus Words

H	R	D	T	F
A	P	G	F	A
C	P	I	Y	M
L	Y	E	I	L
O	V	K	D	S

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## Bad Dad Jokes 2023

What do you call an angry carrot?

A steamed veggie.

What would bears be without bees?

Ears.

Why did the bicycle fall over?

Because it was two tired.

What do you call a pile of cats?

A meow-ntain.



# Operation Actively Aging

## Calendar of upcoming events

### Seniors Garden Club

Join Trisha for a fun and social morning of gardening!

We will be working on the community vegetable gardens & the Municipal flower gardens.

**Thursday, June 15th**  
**Meet at Sportsplex for 9am**

There will be lunch and refreshments provided!



Let Trisha know if you plan on attending so that she know what we need for lunch!!



HELLO  
*Summer*  
 PARTY

Kick off to summer Senior Lunch Social  
**Wednesday, June 21<sup>st</sup>**  
**Echo Bay Hall**

**Doors will open at 11am**

**Trefry Center** to share information regarding the programs they offer **11:30am**

**Lunch to follow Trefry presentation**

Please contact Trisha if you are interested in attending so we have an idea of numbers for lunch!  
**Please RSVP by Friday, June 16, 2023**

### Seniors



*Club*

Cooking made *EASY* for 1 or 2

**Tuesday, June 13<sup>th</sup>**  
**10am-1pm**  
**Echo Bay Hall**

Join Trisha for this social cooking experience!  
 We will be making 4-5 different meals.  
 We will prepare, cook and sample each meal for lunch.  
 Recipes will be available for the meals that you enjoy and want to make again!

Please contact Trisha if you plan on attending.  
 We want to make sure there is enough for everyone to sample the meals that we prepare!!

### 3rd Seniors PRIZE BINGO

**When: Tuesday, June 27th**  
**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

### Seniors GAMES CLUB



**FOOD, GAMES, FUN**

Come join in on some outdoor yard game fun & BBQ!

**Thursday, July 6<sup>th</sup>**  
**11am-2pm**  
**Sportsplex**

Let Trisha know if you plan on attending so that she know what we need for lunch!!

For more information or to participate please contact Trisha  
 (705) 297-4024 - Cell  
 tdaynard@ontera.net -Email

# Word Search



## FROM THE GARDEN

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

Green Peppers

Lavender

Gooseberries

Serrano  
Peppers

Blackberries

Garlic

Basil

Oregano

Limes

Tomatoes


Eggplant

Onions

## Add or Customize Your Lock Screen

Design and add a new Lock Screen by tapping  at the bottom of the screen.

See Lock Screen Options below to learn about some of the choice. Tap one of the wallpaper options to select it as your Lock Screen.

After tapping **Add**  to add a new Lock Screen, you are presented with dozens of design options that you can browse and view.



**1** Swipe Up & Down and Left & Right to browse the collection. The options are almost unlimited.

Let's review some of the options that are available on the Add New Wallpaper screen.

**2** The icons at the top of the screen present the major categories of design options. Swipe left and right to see the categories. Let's list and describe:

Photos – pick a specific photo from your Photo Library

People – pick a specific photo showing a person from your Photo Library

Photo Shuffle – be surprised with a rotating photo from your Photo Library. You can manually set the photos and frequency.

Emoji – Design a Lock Screen from one or more Emojis for fun.

Weather – your lock screen will display cloudy, sunny, rainy etc depending on the current weather conditions.

Astronomy – display stunning pictures from space.

Color – choose a solid background color.



You can also swipe up on the Add New Wallpaper screen, in order to see design samples under: Featured, Suggested Photos, Photo Shuffle, Weather & Astronomy, Emoji, Collections, and Color Tap on any sample to use that design.

## Add Widgets to Your Lock Screen

Widgets bring information like weather, calendar, news, or reminders to your Lock Screen.

Add widget by tapping Customize on any Lock Screen.



You will find two Widget areas on all Lock Screens.

**1** The mini Date block where you can modify the date display to include weather or other notifications.

**2** The larger Widget Block below the time.

Tap on the desired widget block to change that section.

Your options are great in the larger widget block. The options include weather, news calendar, reminders and more. The options might also include widgets from 3rd party apps like Google and more. Expect more app developers to create widgets for this space.

**3** Tap or drag any widget to place it onto the widget block. Close the widget screen with the X after your widgets are selected. Remove a widget by tapping minus on any widget.

Tap **Done** when you have finished.



# 23rd Annual LOBSTERFEST

June 23, 2023

Royal Canadian Legion  
Richards Landing, ON



## MENU

FRESH EAST COAST LOBSTER,  
STEAK DINNER OR SURF &  
TURF WITH BAKED POTATO,  
SALAD, FRESH ROLLS AND  
DESSERT.



## SEATINGS & PRICING

RESERVED SEATINGS 5:00 - 7:30 PM

LOBSTER DINNER - \$50

STEAK DINNER - \$30

SURF & TURF - \$70

TAKEOUT LOBSTER (NO SIDES) - \$40

## TICKETS

TICKETS AVAILABLE UNTIL JUNE 16.

CALL (705) 246-2494

# CASS 50<sup>th</sup> 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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!

The Healthy Aging Committee Presents:

# MONTHLY SOCIALS

**Thessalon Memorial Arena Lobby**

**The 3rd Tuesday of every Month  
1:00-3:00 p.m.**



**Socialize with friends, meet new people, find out whats happening  
in our community, provide input for future opportunities for**

**Older Adults and Persons with Disabilities**

**Cards, crafts, board games,  
socialize.**

**There is something for everyone!**

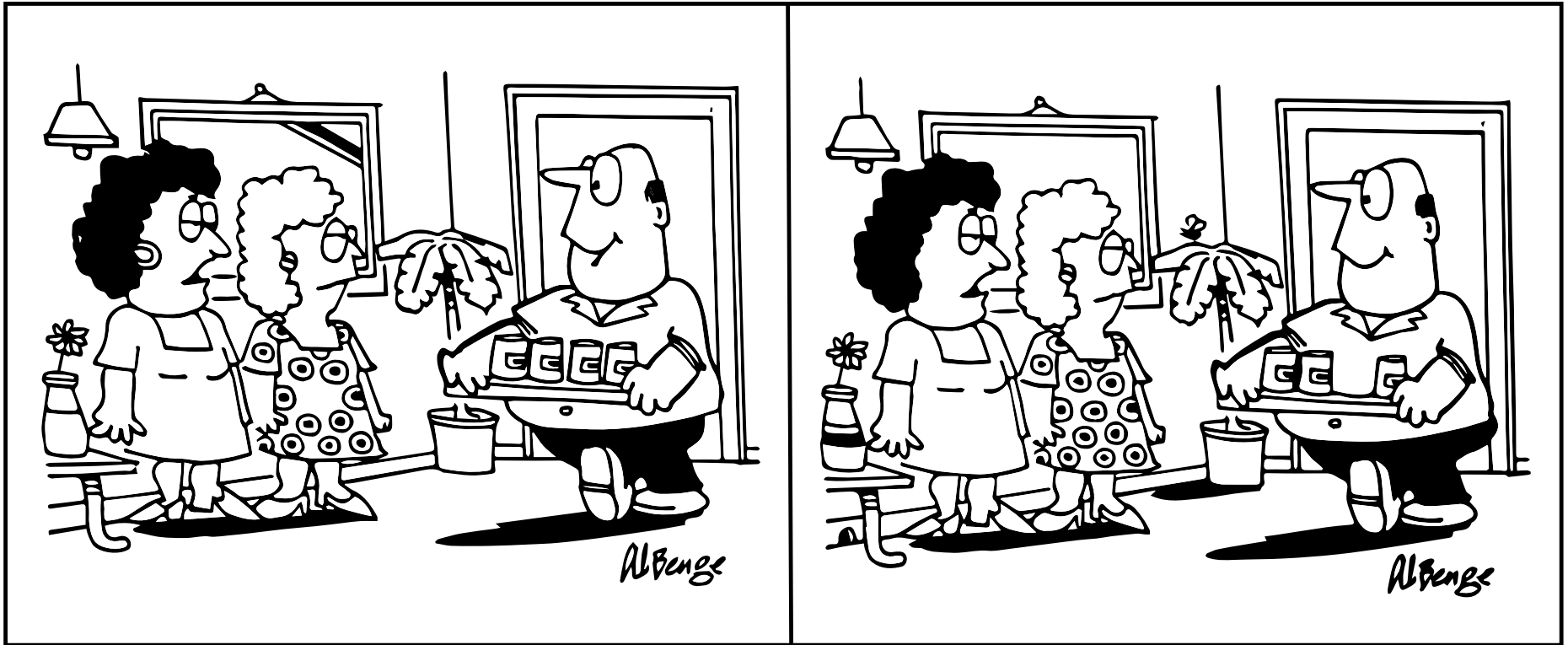


**Coffee, Tea and Snacks provided**

**For more information contact [susan@thessalon.ca](mailto:susan@thessalon.ca) or call 705-842-2217**

# Spot The Differences

They look the same but there are 10 flaws to be found! See how many can you spot.



# NORTSHORE HEALTH NETWORK AUXILIARY

## RICHARDS LANDING MATTHEWS SITE

Drawn Friday July 28, 2023 at  
*Community Night in Richards Landing - 9:00 p.m.*



**Tickets**  
\$2 each or  
3 for \$5



**First Prize:**  
Queen/King size Quilt  
95.5" x 116"  
Blocks donated by Sandra  
Stevens/late Ella Stevens.  
Embroidered by Shirley Pringle  
and late Ruth Black  
Top finished by Norma Griffin  
Hand Quilted by Mary Ann  
Goold and friends.

**Second Prize:**  
\$500 gift certificate from  
Kentvale Merchants

**Third Prize:**  
1 youth bicycle and two children's  
bicycles donated by Create It

**FOR TICKETS CONTACT:**  
Joan Glute 705-246-0003  
Barb Jackson 705-246-1120  
Christine Thomson 705-206-0565  
Sandy MacIntyre 705-971-1858

Licence #M778761



# JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Carpet Bowling at Legion</b> 1-3pm each Monday \$2	<b>Bruce Station Adult Day Out every Tues.</b> 9:30am -3pm	<sup>A</sup> <b>Echo Bay Adult Day Out every Wed.</b> 9:30am -3pm	<b>1 Richards Landing Adult Day Out every Thurs.</b> 9:30am -3pm Exercise 10am Bruce Station	2 Hen's & Stitches 10-12	<b>3 Johnson Farmers' Market &amp; Pancake Breakfast 9am</b> <b>Mark Tarantini BM United Church 7pm</b>
4	5	6 Coffee Connections 9:30am Exercise 10am Laird Hall	7 Exercise 10am Centre & on Zoom	8	9	<b>10 Bruce Mines Cruisin Car Show 10am</b>
11	12	13 Coffee Connections 9:30am Exercise 10am Laird Hall	14 Exercise 10am Centre & on Zoom	15	16	<b>17 Sustain Algoma Expo Desbarats Arena 9am</b> <b>Iron Bridge Music Fest 2pm</b>
18	<b>19 Father's Day</b> Exercise 10am Bruce Station	20 Coffee Connections 9:30am Exercise 10am Laird Hall	21 Exercise 10am Centre & on Zoom <b>Active Aging Lunch</b> EB Hall	22	23	<b>24 Lobsterfest RC Legion #374</b>
25	26	27 Coffee Connections 9:30am <b>Diner's Club</b> <b>BBQ &amp; Senior Awards</b> RC Legion 11am	28	29	30	Hen's & Stitches 10-12 <b>Floor Curling</b> Laird Hall every Fri 1-3pm
<b>Strawberry Tea</b> RC Legion RL 11-2			Exercise 10am Centre & on Zoom	<b>Last Class</b> <b>Until Sept</b> Exercise 10am Bruce Station		

# 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**

\*see calendar for June dates

\*No classes July & August

**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



## Transportation

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



## Meals on Wheels

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

**Monday-Wednesday-Friday at NOON**