

WHAT'S UP DOC

October Issue 2023

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:

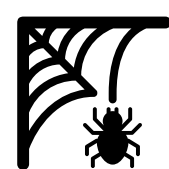
Adult Day Out
Transportation
Meals on Wheels
Diner's Club
Exercise
Friendly Visiting
Home Maintenance



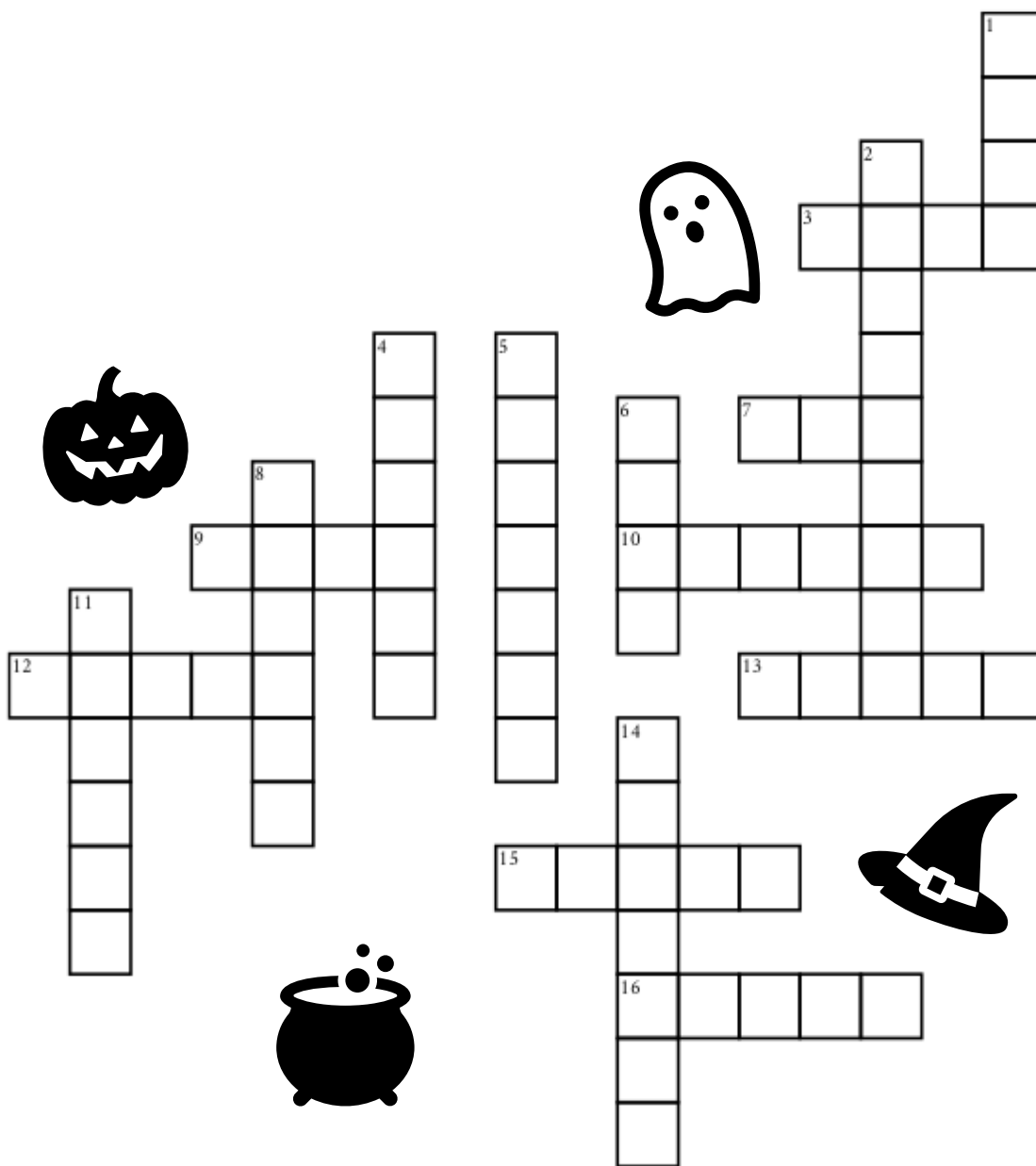
Ontario 



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



Halloween Crossword Puzzle



Across

3. Little creatures that fly at night

7. A word used to scare

9. Might be half, full or new

10. Catches bugs in her web

12. A skeleton is just a bunch of ...

13. Treat given out on Halloween

15. Likes to fly a broom

16. Vampires favorite drink

Down

1. You don't want to cross their path

2. October 31st

4. Halloween's favorite color

5. Carved for Halloween

6. You use this to cover your face on Halloween

8. Place where ghosts might be

11. They like to howl at the moon

14. Halloween's month

Dr H.S. Trefry Memorial Centre



Diner's Club

Tuesday October 31st
RC Legion Richards Landing
\$16 per person
Doors open 11am

**Guest Speaker from Vulnerable
Persons Registry**

Tickets on sale October 2-23
at Trefry Centre or
online www.trefrycentre.ca

Chicken with pesto, turnip risotto, green beans
Dessert- pumpkin cheesecake, coffee & tea





ROYAL CANADIAN LEGION LADIES AUXILIARY

Christmas Tea & Craft Sale

NOVEMBER 19, 2023

ROYAL CANADIAN LEGION BR. 374 RICHARDS LANDING

Lunch

SOUP, SANDWICH,
DESSERT & BEVERAGE
11:00 AM - 2:00 PM
\$15.00

Craft Sale

MAIN HALL
10:00 AM - 2:00 PM

THE WORD SEARCH BATTLE

Fall

Difficulty: Hard

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

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

AUTUMN
CROP
CULLING
EQUINOX
FALL

GARDEN
GARNERING
GLEANNING
HARVEST
HOME

INTAKE
PICKING
PUMPKIN
REAPING
SEASON

STORING
SUMMER

Huron Shores Family Health Team Presents

Mental Health Series

Cognitive Behavior Therapy (CBT) & More

Wednesdays from 12:00-2:00pm

Join Us: **In-person** @ Thessalon Family Health Team, 333 River Road, Thessalon, ON

@ Huron Shores Family Health Team, 527 Causley St. Blind River, ON

Virtually: Zoom link can be sent to your email!

| | | | |
|---|--------------|---|-------------|
| Mind Body Connection | September 27 | In Relation to Emotions | November 15 |
| Sleep Hygiene | October 4 | Bias of Perceptions and Beliefs | November 22 |
| Anger, Boundaries & Depression | October 11 | Regulating with Empathy & Validation | November 29 |
| Stress, Anxiety & | October 18 | Mindfulness & Gratitude | December 06 |
| Recognizing Thought Distortions | November 1 | Meditation | December 13 |
| CBT Tools for Helpful Thinking | November 8 | Changing Behaviors | December 20 |

This series is designed to be taken as in sequence or as stand alone sessions. Come join one or all of our sessions in-person or virtually.

For more information or to sign-up to please contact

Jennifer at 705-356-1666 Ext. 213

Limited in-person seating available at each location. Please call ahead to secure your spot!



Notice

Flu Clinic

Township of St. Joseph Council Chambers

1669 Arthur St, Richards Landing

Tuesday, October 17, 2023

Appointments from 11am – 3pm

Walk-In from 4pm – 7pm

All daytime appointments will be booked through the Huron Shores Family Health Team – Richards Landing site at 705-246-0488. The evening time slots from 4-7pm will be walk-in only (no appointments).

Carpet Bowling

Mondays from 1 - 3:30 p.m.

Legion Branch 374 Richards Landing

No experience is necessary. Call Nancy Konzuk for more information.
705-785-3385

Yoga

Echo Bay Community Hall

Tuesday Oct 24th

9:30-10:30am

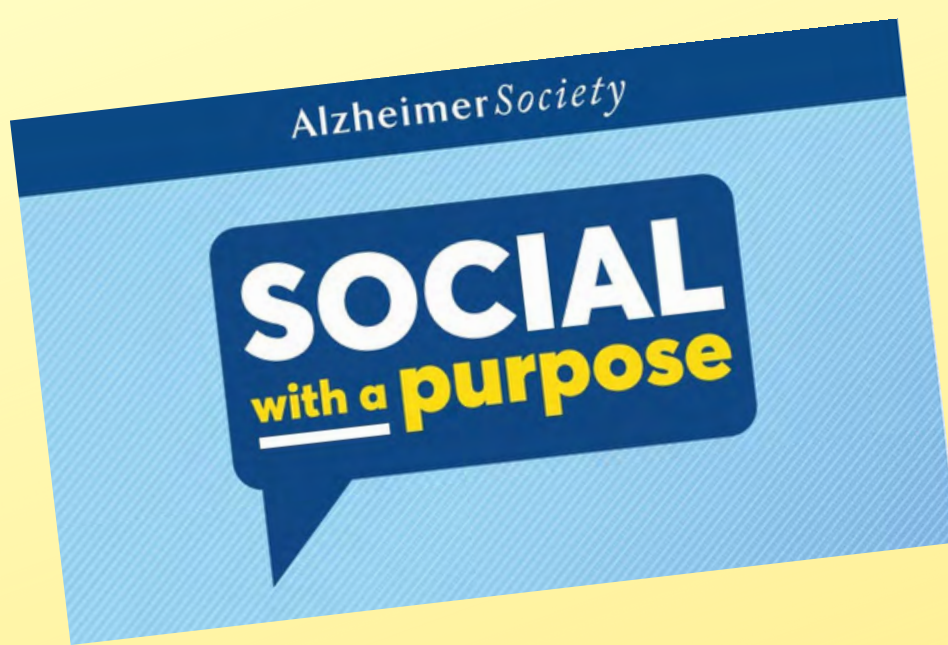
Mats provided for those who need them.
Please contact Trisha @ 705-297-4024 if you plan to attend

Halloween Bingo

Echo Bay Community Hall

Wednesday Oct 18th

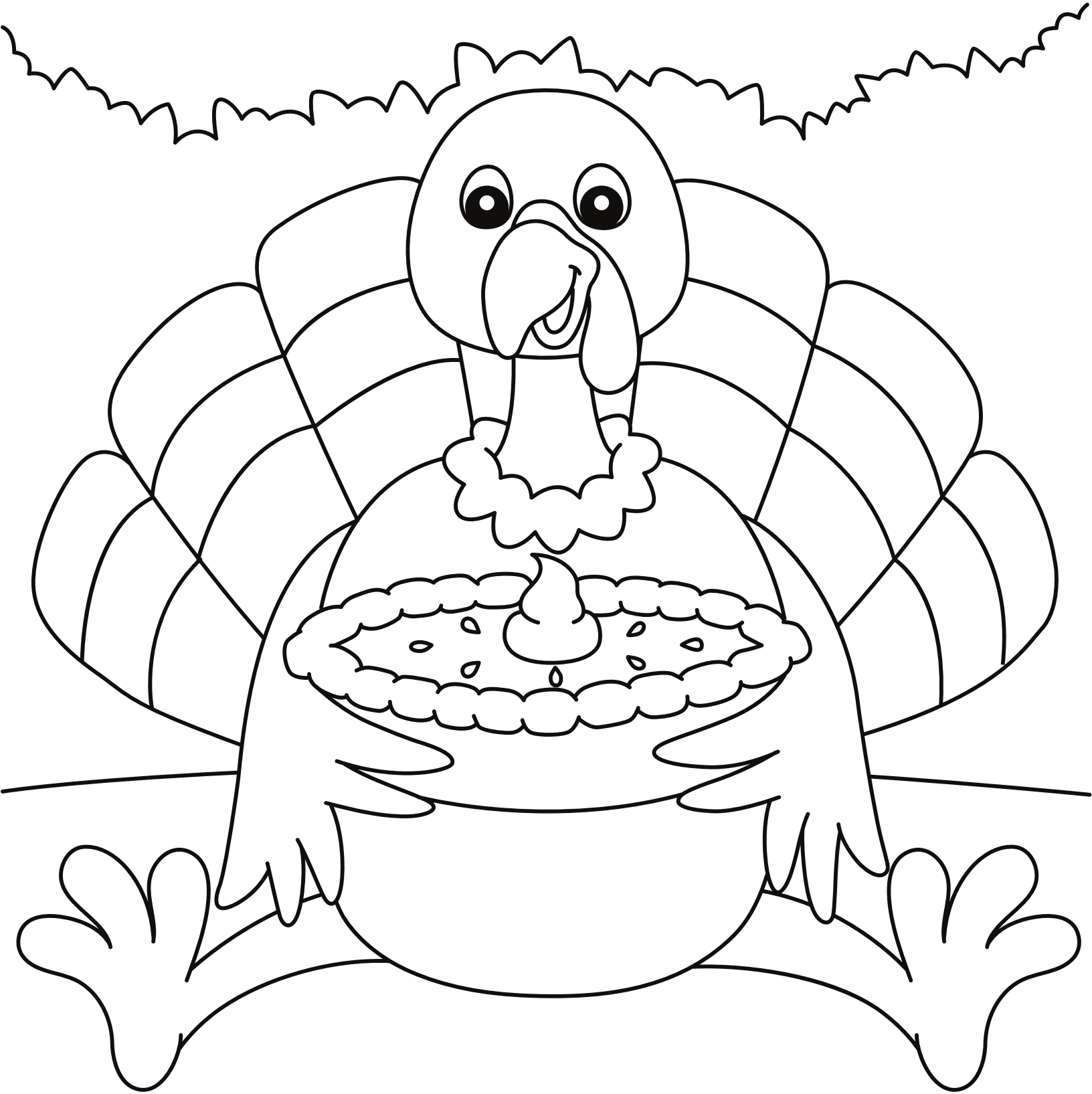
11am-2:30pm



Tues Oct 24th
Trefry Centre
9:30-10:30am

Join us for coffee, baked goods
and shop our indoor yard sale!

Donations to Alzheimer Society SSM & Algoma District



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 Mines, Wed- Echo Bay, Thurs-Trefry Centre



Need help with or have questions about your cell phone or iPad?

Senior Friendly Tech Support

Every Tuesday

9:30-10:30am @ Trefry Centre

Meals on Wheels

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

Monday-Wednesday-Friday at NOON



Transportation

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



Exercise Classes

10am Tuesday with Anne at Bruce Mines 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.