

# WHAT'S UP DOC

*June Issue 2024*

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



**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



Ontario 

OCSA  
Ontario Community  
Support Association

[manager@trefrycentre.ca](mailto:manager@trefrycentre.ca) Trefry Centre 705-246-0036

# Trefry Centre Diner's Club

Annual BBQ  
&  
Senior of the Year  
Awards

JUNE is  
SENIORS  
MONTH

Tuesday, June 25th  
RC Legion Richards Landing  
Doors open 11am

\$16/person

ticket online @ [www.trefrycentre.ca](http://www.trefrycentre.ca)  
or at Trefry Centre office







*Stories & Songs of*

# STOMPIN' TOM

**Friday, June 14, 2024 - 7pm**



## **A Trefry Memorial Centre Production**

**Royal Canadian Legion  
Branch #374**

1534 10th Sideroad  
Richards Landing, ON

**\$40**

Tickets available at  
(705) 246-0036 or  
[whiskeyjackmusic.com](http://whiskeyjackmusic.com)

*featuring from PEI,  
Stompin' Tom's fiddler,  
**Billy MacInnis***

*featuring from Bar River,  
Stompin' Tom's banjo player,  
**Duncan Fremlin***

The Trademark Name "Stompin' Tom" is used  
under License from Stompin' Tom Ltd.





## **Strawberry-Cucumber Salsa**

This refreshing salsa is the perfect topping for grilled fish or tacos.

**Prep time:** 15 minutes

**Cook time:** 7 minutes

**Makes:** 4 servings

### ***Ingredients:***

- 1 pint (475 g) fresh strawberries, hulled and diced (about 2 cups or 400 g when prepared)
- 1 English cucumber or two regular cucumbers, peeled and seeded, diced (about 2 cups or 400 g)
- 2/3 cup (225 g) chopped red onion, shallot or green onion
- 2 tbsp (40 g) fresh cilantro, chopped
- 2 tbsp (30 ml) fresh lime or lemon juice
- ½ tsp (4 g) salt
- 1 small jalapeno pepper, seeded and minced (optional)

### ***Directions:***

1. Add all salsa ingredients to a bowl and toss to combine. Store in an airtight container, chilled, until ready to use. Use this within 24 hours as it gets mushy if you store it longer.



Name \_\_\_\_\_




# Summer Rebuses #8




To decode these rebuses, first identify the pictures, then add and subtract letters as required. If you figure them out correctly, the remaining letters will spell out a word. The words are clues to a fun summer activity!


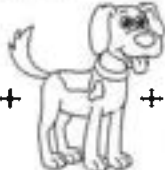

1  - CK +  - M = \_\_\_\_\_

The fun summer activity is  
\_\_\_\_\_



2  - NY +  = \_\_\_\_\_




3  +  +  - A = \_\_\_\_\_

4  - I +  - P +  - TI = \_\_\_\_\_

5  - GS +  +  = \_\_\_\_\_

6  - D +  +  - A = \_\_\_\_\_

7  - HOUSE +  - BA = \_\_\_\_\_

8  +  - B +  - BE = \_\_\_\_\_



Name \_\_\_\_\_



# Summer Rebuses #8


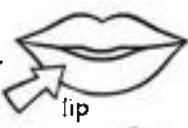

To decode these rebuses, first identify the pictures, then add and subtract letters as required. If you figure them out correctly, the remaining letters will spell out a word. The words are clues to a fun summer activity!




1  - CK +  - M = SODA


The fun summer activity is

BBQ



2  - NY +  = BUNS


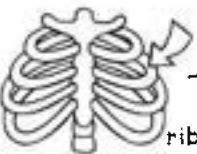

3  +  +  - A = FLIPPER

4  - I +  - P +  - TI = CHARCOAL

5  - GS +  +  = HOTDOGS

6  - D +  +  - A = BURGERS

7  - HOUSE +  - BA = LIGHTER

8  +  - B +  - BE = GRILL

### Congratulations on taking the first step!

Now that you've made your plan, it's time to tell others about it.

#### Start the conversation about end-of-life care.

Talk to your Substitute Decision Maker(s) about your plan and your wishes. They may have questions about your decisions or want more details about what you've written in your plan. That conversation can give them the confidence to make decisions during a difficult time.

Talk to your family members, friends and health care team too. They need to know your wishes if you cannot communicate for yourself. Talking now will help to reduce any anxiety and will help them better understand and honour your wishes at the end of life.

The choices you make at the end of life – for yourself and others – are important. Make sure that your voice is heard.

For more information about advance care planning, please visit:

[www.advancecareplanning.ca](http://www.advancecareplanning.ca)







# NORDIC WALKING GROUP

## TUESDAYS FROM MAY 21-JUNE 25, 2024

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### Stay Active & Social

- No registration required
- Poles & instruction provided
- All ages and abilities welcome
- Free of charge



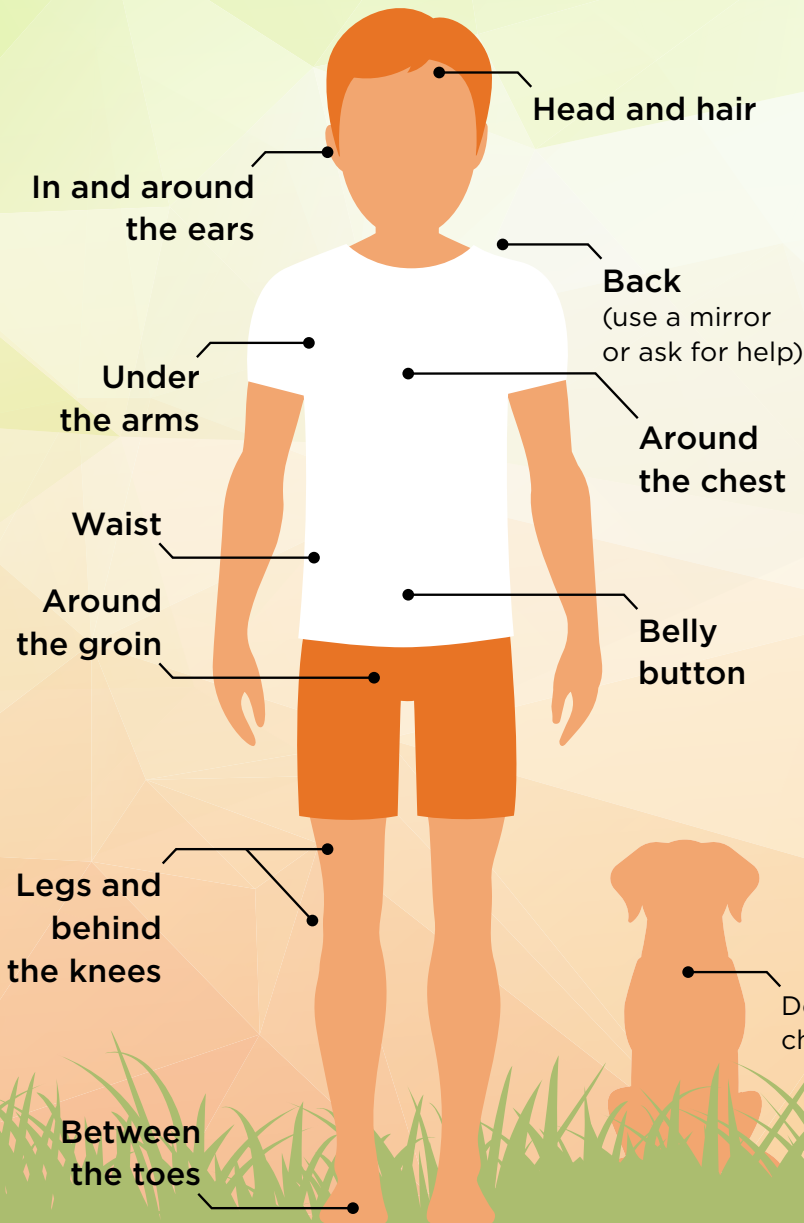
Join Jody Lemieux,  
Physiotherapist, every  
Tuesday @ 11am @  
Centennial Grounds Trail  
Head Richards Landing  
(behind Firehall)

For more information, please call  
Trefry Centre @ 705-246-0036  
or Huron Shores FHT @  
705-356-1666 Ext 256



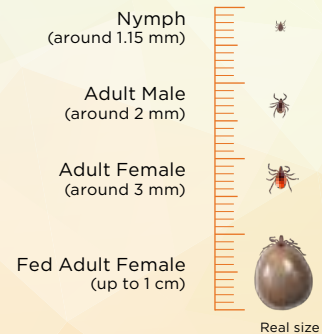
# TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body**, especially:



## WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



Photos URI Tick Encounter Resource Center

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Don't forget to also check your pets

Found a tick? Remove it immediately to reduce the risk of infection.

[Canada.ca/LymeDisease](https://Canada.ca/LymeDisease)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada





# Healthy Aging Wellness Event



June 12, 2024

12:00pm - 3:00pm

Thessalon Memorial Arena

Food, Refreshments,  
Live Entertainment,  
Giveaways & Door Prizes

Featuring information &  
interactive displays about  
services, programs, and  
initiatives offered to  
enhance your health and  
well-being.





# *Play Scattergories Alphabet Challenge*

(time yourself and see how fast you can complete the sheet)

<i>Letter</i>	<i>Male name</i>	<i>Animal</i>	<i>Part of the body</i>	<i>Things that are black</i>	<i>Musical instrument</i>
T					
A					
M					
F					
C					





# DOCTOR HS TREFRY MEMORIAL CENTRE

# Notice

## Spring High Tea

Hosted by: Gordon Lake Social Club

Saturday, June 22nd, 2024

Time: 1-3pm

At the Gordon Lake Hall

Admission by donation

Everyone Welcome

**Strawberry Tea**  
 HOSTED BY THE ROYAL CANADIAN LEGION BR. 374  
 LADIES AUXILIARY

SUNDAY	LOCATION	HOURS
June 9, 2024	Legion Hall, Richards Landing	11:00 AM - 2:00 PM

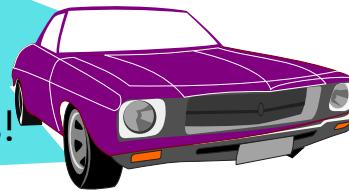
HOMEMADE SOUP, SANDWICH,  
 & STRAWBERRY SHORTCAKE.  
 \$15.00

## Bruce Mines Cruisin' Car Show

June 8th 9:00-3:00

Waterfront Park

music, food, prizes & good times!



## Royal Canadian Legion Annual LobsterFest with live music.

For those not in the mood for fresh lobster, there is an option for steak, potatoes, salad and dessert. Cash bar available. Coffee, tea, dessert included. Reserved Takeout pick-up is 4:00 pm (lobster only). Reserved sittings are from 5:00 pm to 7:30 pm. Tickets must be purchased in advance at the Legion Office in Richards Landing from 9:00 am to Noon, or the Lounge from 4:00 pm to close.

## Hilton Township & Hilton Beach Family Yard Sale



Saturday, June 8th, 8 a.m to 1 p.m.

\$30 registration fee includes sign, advertising and location on map  
 Register by June 1st  
 Email: [info@hiltonbeach.com](mailto:info@hiltonbeach.com) or call 705-246-2242

# 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



## Friendly Visiting

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

## 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 register or to get a link for the Zoom  
class.