


WHAT'S UP DOC

March 2025



Ontario 

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

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**

INCOME TAX CLINIC

Trefry Memorial Center

Wednesday March 26, 2025

1:00PM – 3:00PM

CALL **TREFRY MEMORIAL CENTER** FOR REGISTRATION

705-246-0036



PLEASE BRING WITH YOU:

- T4's and/or T5's
- Charity/Medical Receipts
- Rent Receipts
- Monthly Bus Pass Receipts
- Any other documents you would like to claim



Canada Revenue
Agency

Agence du revenu
du Canada



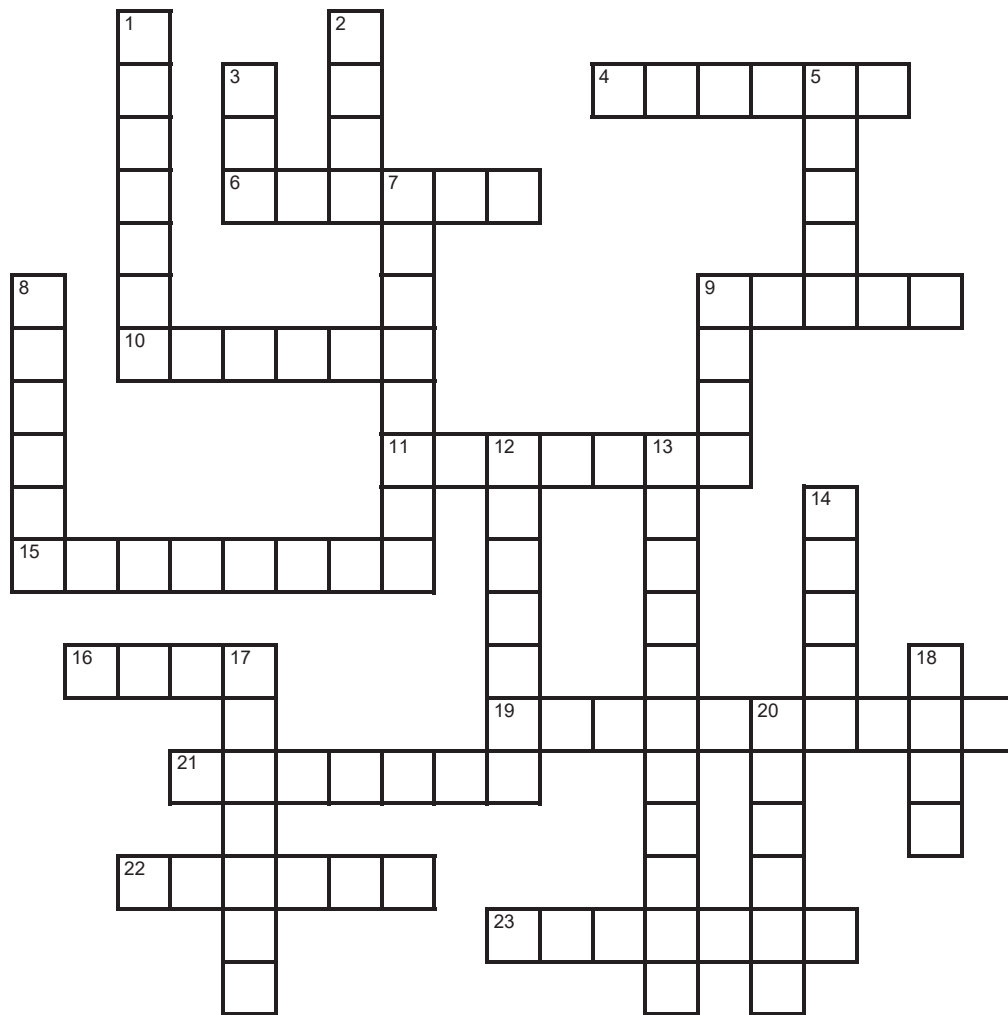
United Way
Sault Ste. Marie &
Algoma District

Name: _____ Date: _____

Saint Patrick's Day

ACROSS

4. Historically important vegetable in Ireland.
6. Native language of Ireland.
9. What color are the hills of Ireland?
10. The Irish flag is green, white and . . .
11. St. Patrick is the patron saint of which country?
15. Used by St. Patrick to represent the Christian Holy Trinity.
16. Number of leaves on a lucky piece of clover.
19. A trickster with a pot of gold.
21. If you don't wear green on March 17th, you might get . . .
22. Capital city of Ireland.
23. Saint Patrick's birthplace.



DOWN

1. This city dyes its river green to celebrate St. Patrick's Day.
2. Color originally associated with St. Patrick's Day.
3. Name for the leprechaun's dance.
5. Number of leaves on a shamrock.
7. A funny poem with five lines.
8. According to legend, St. Patrick chased these out of Ireland.
9. It is the pot at the end of a rainbow.
12. Ireland nickname: The ___ Isle.
13. Saint Patrick's Cathedral location.
14. Month in which we celebrate Saint Patrick's Day.
17. Arch of colors in the sky.

18. Good fortune.
20. Ancient culture of Ireland.



Blue	Leprechaun
Britain	Limerick
Celtic	Luck
Chicago	March
Dublin	New York City
Emerald	Orange
Four	Pinched
Gaelic	Potato
Gold	Rainbow
Green	Shamrock
Ireland	Snakes
Jig	Three

March Quiz

All the answers start with the letters MAR

Question	Answer
1 Small ball of baked glass used in a children's game	:
2 Shrove Tuesday; the last day before lent	:
3 Indian hemp	:
4 A harbour for sailing boats and yachts	:
5 Spaghetti sauce made of seafood	:
6 Puppet moved by strings	:
7 Long distance foot race	:
8 A golden flower	:
9 Cooking herb with fragment leaves	:
10 Australian animal that carries its baby in a pouch	:
11 Type of jam	:
12 High-ranking officer	:
13 Party tent	:
14 Stranded on an island	:
15 Wonderful	:
16 Sweet made of sugar and gelatine	:
17 Substance found inside bones	:
18 Open space where people meet to sell and buy items	:
19 Paste made with ground almonds	:
20 Butter made from vegetal oils	:

Maple-Roasted Pears with Bourbon Cream Sauce

Ingredients:

8 ripe pears, halved and cored
1/4 cup apple cider
3 tbsp maple syrup
4 tsp melted butter
1 tbsp lemon juice
1 cup 5% whipping cream
3/4 cup homogenized milk
1/3 cup firmly packed brown sugar
4 egg yolks
pinch salt
2 tbsp bourbon
1 tsp vanilla extract



Directions:

Step 1

Preheat oven to 400°F (200°C) to roast pears. In bowl, toss pears with apple cider, maple syrup, melted butter and lemon juice. Place in baking dish. Roast 25 to 30 min. until pears are tender and caramelized.

Step 2

Meanwhile, in a large saucepan, heat cream, milk and sugar over medium heat, stirring occasionally, for 5 min. or until small bubbles start to form around the sides of the pan. Meanwhile, in a bowl, whisk egg yolks and salt. Gradually whisk half the hot cream mixture into yolks. Stir into mixture in saucepan. Cook on medium-low heat, stirring constantly with a wooden spoon or spatula, 10 to 12 min., or until sauce thickens and coats the back of a spoon. Whisk in bourbon and vanilla.

Step 3

Immediately strain sauce through a sieve into a bowl. Set bowl in an ice water bath. Stir occasionally until sauce is completely cool. Press plastic wrap onto surface of cream sauce to prevent "skin" from forming.

Step 4

Divide pear halves evenly among 8 plates and drizzle with pan juices and cream sauce.



MAT & CHAIR YOGA

YogaOnTheMoveWithKerry@gmail.com

HILTON BEACH, ONTARIO



SPRING INTO YOGA

Mondays in Richards Landing at The Trefry Centre

beginning March 3

Mat Yoga 9:30 am Chair Yoga 11:00 am

Thursdays in Hilton Beach at the Waterfront Centre

beginning March 6

Mat Yoga 9:30 am Chair Yoga 11:00 am



Mat Yoga is 60 minutes. Wear comfortable clothing and bring a mat.
Cost is \$15 for advance pre-registration, \$20 drop in rate

Chair yoga is 30 minutes. Wear comfortable clothing, sock/bare feet or
indoor shoes. Cost is \$5

for more details, information or to pre-register:

YogaOnTheMoveWithKerry@gmail.com

follow me on Facebook: Yoga On The Move With Kerry

THE
WORD SEARCH BATTLE

Car Brands

Difficulty: Hard

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

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

ACURA
BMW
BUGATTI
BUICK
CHRUSLER
FIAT

GMC
HONDA
HUMMER
HYUNDAI
JEEP
KIA

LAMBORGHINI
LANDROVER
LEXUS
LINCOLN
MAYBACH
MAZDA

OPEL
RENAULT
SMART
SUBARU
VOLKSWAGEN
VOLVO



ALGOMATRAD
BUILDING COMMUNITY THROUGH MUSIC, DANCE,
ART, AND HERITAGE CRAFT TRADITIONS

Ontario 

50+ Community Program 2025

March Programs



**‘Stories in the Wood’
Presentations by local
woodworkers & artisans**
Sun. March 2nd, 1:30–5pm
Legion Hall, St. Joseph Island

Old-Time Dance
Featuring ‘Ezee Country’,
fiddler Raymond Schryer
& caller Donna Bisson
Wed. March 5, 2–5pm
Legion Hall, St. Joseph Island

**Celtic Harpist & Fibre Artist: a
presentation by Mary Anderson**
Thurs. March 6, 1:30–4pm
Bruce Station Hall

**Soft Pastel Art Workshop
w/ Taimi Poldmaa ***
Tues. March 11, 1–4pm
Trefry Centre

St. Patrick’s Day Irish Session
Mon. March 17, 6:30 to 9:30PM
Ije’s, Desbarats

50+ Program Final Celebration
Thurs. March 20
More details to come!

*Register at algotrad.ca

Contact us!
705-943-9127
tori@algotrad.ca

Meals on Wheels Ontario

Access to well-balanced and affordable meals is imperative to the independence and sustenance of vulnerable clients including isolated seniors and individuals with disabilities. Research shows that healthy eating provides the essential energy and nutrients for general welfare and maintenance of health, functional autonomy, and risk reduction of chronic diseases in older people.

The benefits of Meals on Wheels are physical, emotional, and psychological, and this community program is more important than ever. Volunteers may be the only friendly face a client sees all day, and so they also perform important safety checks by flagging changes in their clients' health or wellbeing. Meals on Wheels also helps people keep living independently in their own homes and reduces caregiver stress.



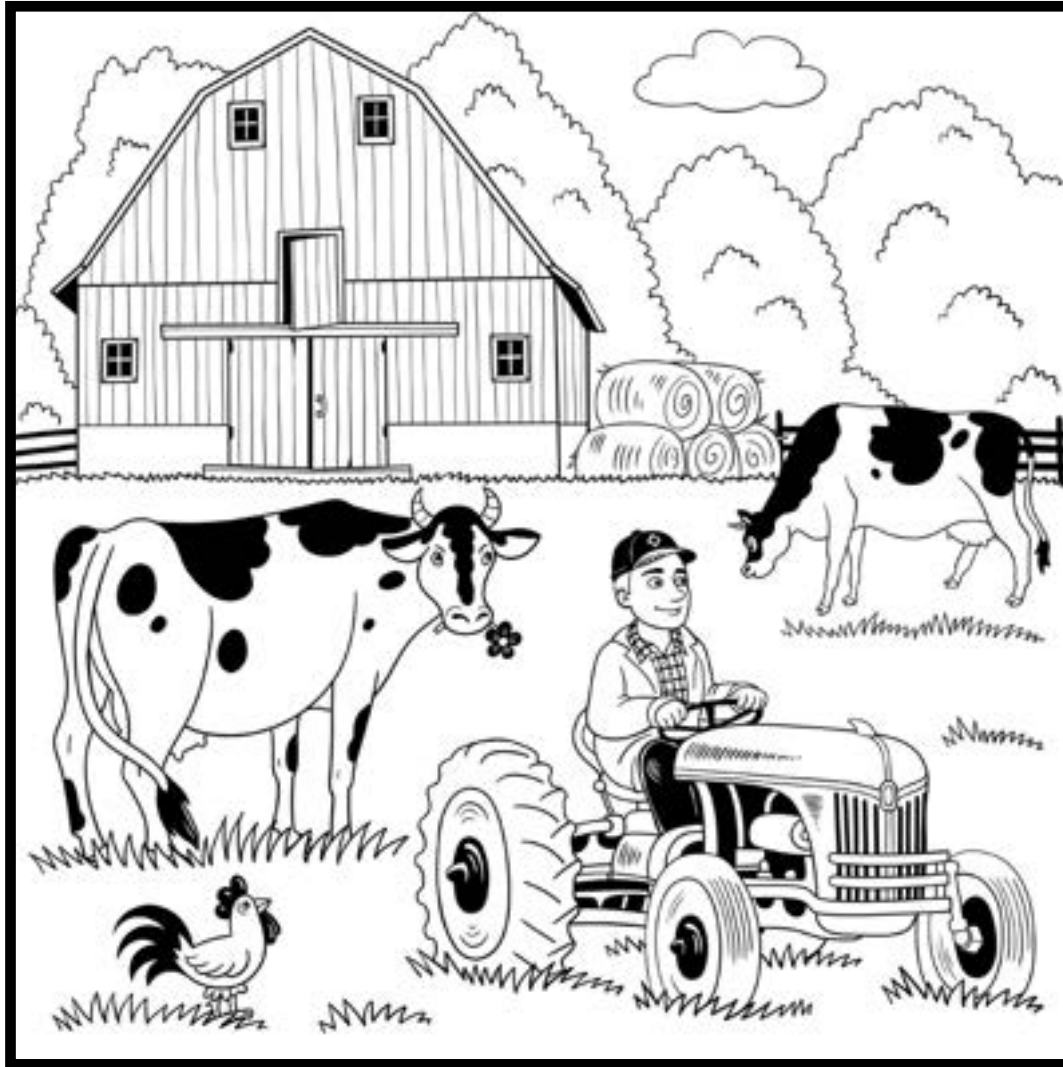
Meals on Wheels Ontario: Quick Facts

- Over 3.3 million meals are delivered each year.
- 68,000 Ontarians receive Meals on Wheels.
- 86% of Meals on Wheels recipients are over the age of 65 years.
- Meals on Wheels are delivered in 181 communities across Ontario.
- 125 not-for-profits receive government funding to deliver Meals on Wheels.
- Government funding only covers a portion of the cost – the difference is made up by donations, and client fees which are kept as low as possible.

About OCSA

The Ontario Community Support Association (OCSA) represents Meals on Wheels providers across Ontario, operating www.mealsonwheels.ca to connect clients with essential services. Advocating to government and stakeholders, OCSA supports our 220+ home and community care members and their clients. Through fostering partnerships, knowledge sharing, and providing training and resources, OCSA assists our members in serving over 1 million Ontarians, including seniors and people with disabilities. Visit us at www.ocsa.on.ca, www.mealsonwheels.ca or [@OCSATweets](https://twitter.com/OCSATweets).

Spot the Differences 12 to find!



DOCTOR HS TREFRY
MEMORIAL CENTRE

Notice

Seedy Saturday

March 8th 2025

@ CASS 10-3

Pancake Breakfast - March 30th

Hilton Beach Community Hall

10 am - 1 pm

\$ 12



Shrove Tuesday
Community Supper

St. George's Anglican
Church Echo Bay

March 4th

4-6:30pm

\$12



Card Party

Gordon Lake Hall

Fri March 7th

7:30pm

500 bid & crokinole

prizes & lunch

included in

admission fee

Highland DaNCE

Fundraiser

Franzisi's Pasta Supper

Mar 1st 5-7pm

Legion Richards Landing

CALL 705-971-7937

FOR TICKETS

\$25 adults

\$10 12U



St. Patrick's Day

Dinner & Dance

Iron Bridge Rec Centre

Sat March 15th

Dinner 6pm Dance 8pm

Music The Jacques

Brothers

Tickets \$30

705-989-5934

SHROVE TUESDAY

pancakes, baked beans, ham

United Church Hall

Richards Landing

5-6:30pm

March 4th

by
donation



4H

Trefry Centre Program Info

To register for a program call 705-246-0036
or visit www.trefrycentre.ca or follow us on Facebook



Meals on Wheels

Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Reduced rates may be offered, based on household income.

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



Home Maintenance Program

Reimbursing low income seniors for costs like snow removal, housekeeping, and yard work to help keep them living at home.



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 get a link for the Zoom class.

Friendly Visiting

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

