

WHAT'S UP DOC

MARCH 2026



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

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

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

Ontario 



THE
WORD SEARCH BATTLE

Cheese

Difficulty: Hard

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

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

BRIE
BURRATA
CHEDDAR
COTIJA
EDAM

EMMENTAL
EPOISSES
FETA
GOUDA
HALLOUMI

JARLSBERG
MANCHEGO
PANEER
REBLOCHON
ROMANO

ROQUEFORT
STILTON
TALEGGIO

Alzheimer *Society*

SAULT STE. MARIE & ALGOMA DISTRICT

Care Partner SUPPORT GROUP

St. Joseph Island

First Wednesday of Each Month

1:30 - 3:00PM

Royal Canadian Legion

1534 10th Sideroad, Richards Landing

The Alzheimer Society's daytime support group offers a safe, supportive space where care partners of persons living with dementia do not have to navigate their journeys alone. Meetings consist of sharing experiences, exchanging practical tips, offering and receiving encouragement, as well as learning effective caregiving strategies in an open, inclusive environment. Meetings may also involve discussion of tools to help manage stress, grief and the emotional impact of caregiving.

Our program offers a support group for care partners, alongside a welcoming recreation therapy program for persons living with dementia.

Upcoming Meeting Dates:

WEDNESDAY, FEBRUARY 4, 2026

WEDNESDAY, MARCH 4, 2026

WEDNESDAY, APRIL 1, 2026

WEDNESDAY, MAY 6, 2026

WEDNESDAY, JUNE 3, 2026

For More Information Call (705) 942-2195



YOGA CLASSES



with Terri

Yoga in Desbarats

Johnson Township Community Centre

Tuesdays, March 3- April 21 (8 weeks)

7:00 PM – 8:15 PM

\$120 + tax = \$135.60

Yoga in Bruce Station

Bruce Station Community Hall

Thursdays, March 5-April 23 (8 weeks)

7:00 PM – 8:15 PM

\$120 + tax = \$135.60

Double the zen! Register for both Desbarats + Bruce Station and save 10%

\$216 + tax = \$244.08

To save your spot or ask a question:

Email / E-transfer: terri@meadowviewalpacafarm.com

Brain-teasing Riddles Quiz

Question	Answer
1 What fruit has seeds on the outside?	:
2 What loses its head in the morning but gets it back at night?	:
3 People buy me to eat, but never eat me. What am I?	:
4 What's orange and sounds like a parrot?	:
5 Peter is a butcher. He is 5'10 tall. What does he weigh?	:
6 What can be seen once in a minute, twice in a moment, and never in a thousand years?	:
7 Which tyre doesn't move when a car turns right?	:
8 What flies when it's born, lies when it's alive, and runs when it's dead?	:
9 What kind of cheese is made backwards?	:
10 Why did the cat join the Red Cross?	:
11 What kind of insects live on the moon?	:
12 Why does the Statue of Liberty stand?	:
13 How can you make varnish disappear?	:
14 What kind of bell doesn't ring?	:
15 Why are birds poor?	:
16 What kind of Lottery did the broom win?	:
17 The alphabet goes from A to Z. What goes from Z to A?	:
18 Dogs have fleas and sheep have ____	:
19 What can you break without touching it?	:
20 How many animals did Moses take on the Ark?	:

Answer

- 1 A strawberry
 - 2 A pillow
 - 3 Plates and cuttlery
 - 4 A carrot
 - 5 Meat
 - 6 The letter 'm'
 - 7 The spare tyre
 - 8 Snowflakes
 - 9 Edam (m-a-d-e)
 - 10 So it could become a first-aid kit
 - 11 Lunaticks (luna ticks)
 - 12 Because she can't sit down
 - 13 Take the 'r' out
 - 14 A dumbbell
 - 15 Because money doesn't grow on trees
 - 16 The sweepstakes
 - 17 Zebra
 - 18 Fleece
 - 19 A promise
 - 20 None it was Noah!
-

**HURON SHORES
FAMILY HEALTH TEAM**

**PRESENTS:
ARTHRITIS SOCIETY CANADA**

Join us for a free public presentation by Arthritis Society Canada to learn practical strategies for preventing and managing arthritis.

Drop in at one of our four locations:

- Old Town Hall, Richards Landing
- Bruce Station, Plummer Additional
- Huron Shores FHT Boardroom - Thessalon
- Huron Shores FHT Boardroom - Blind River

**16
March
2026**
1:30-2:30 p.m.



Information

Beverages

Socializing

For more information: Robin 705-356-1666 ext. 283

Salisbury Steak

Yield: 6 portion

Shelf Life:

Ingredients

1.25 lb Ground Beef
0.63 lb Ground Pork
1/3 cup + 2 tsp Breadcrumbs
1.5 large Egg
2 1/4 tsp Worcestershire Sauce
2 1/4 tsp Onion Powder
3/4 tsp Garlic Powder
3/4 tsp Salt
3/4 tsp Mustard Powder
3/4 tsp Ground Black Pepper fresh
1 1/2 tbsp Olive Oil for frying

Mushroom Sauce

2 tbsp + 3/4 tsp Butter divided
1.5 medium Onion, sliced
3.75 Garlic, cloves cloves minced
12 ounce Mushrooms, Sliced
1/4 cup All Purpose Flour all-purpose
3 cup Beef Stock etc
1 1/2 tbsp Worcestershire Sauce
0.25 to taste Salt And Pepper
0.25 bunch Parsley Fresh to garnish

Prep Method

1. In a large mixing bowl combine the ground beef, breadcrumbs, eggs, Worcestershire sauce, onion powder, garlic powder, salt, mustard powder, and black pepper. Mix well to combine and shape the meat mixture into 5oz oval patties
2. Heat a large skillet over medium-high heat. Add the oil and swirl to coat the entire surface of the skillet. Add the patties (you may not be able to cook all the patties at one time- work in batches as needed) and cook until browned and sides are crispy. Flip the patties and cook on the other side (approximately 1-2 minutes each side).
3. Remove from the skillet and set aside to a clean 50pan. Repeat with any additional patties as needed.
4. As soon as the Salisbury steak patties have finished browning, return the skillet to medium heat. Melt 1 tablespoon of butter and add the onions. Cook the onions, stirring frequently, until they are soft and golden.
5. Stir in the sliced mushrooms and cook for an additional 4-5 minutes, stirring often. Add the garlic and cook for 1 minute more.
6. Stir in the remaining 2 tablespoons of butter and sprinkle the onions and mushrooms with the all-purpose flour. Stir continuously to remove any lumps.
7. Slowly stir in the broth, whisking continuously to remove any lumps that may have formed.
8. Add the Worcestershire sauce and season with salt and pepper, to taste.
9. Reduce heat to medium and simmer until the gravy starts to thicken (approximately 10 minutes). Stir often.
10. Pour the mushroom gravy over the seared patties in the pan and cook in the oven until cooked. (approximately 5-10 minutes), gently stirring the gravy around the patties every few minutes. Season with additional salt and pepper, to taste.
11. Serve patties topped mushroom sauce and caramelized onions.

WHEN IS IT TIME TO GET A PERSONAL SUPPORT WORKER?

Hiring a personal support worker (PSW) can be costly and may not be affordable for everyone. But it may be necessary to support the well-being of the caregiver and the person being cared for. Planning ahead to navigate free or affordable services as well as researching available services from the provincial government (such as [Ontario Health at Home](#)) and within your area can be helpful before the care needs become overwhelming.

Signs that you might need professional assistance

Too much stress and physical strain can indicate a need for professional support. When caregiving responsibilities feel too overwhelming or negatively affecting physical and mental health, seeking help may be one way for support.



Consider respite care

Respite care provides short-term relief for caregivers. It can be provided in-home, at a facility or in an adult day center. Respite care can be arranged for a few hours or for several days or weeks.

Research adult day programs

Adult day programs can be a great option for giving caregivers a break. These programs offer a safe, caring and social environment for the person being cared for.



Consider home care

Home care services are often available and depend on the needs of the caregiver and care recipient. Home care services may include light housework, nursing care or companionship services. Home care services can support caregivers or be put in place when caregivers are not available.

Need Assistance?

The Ontario Caregiver Helpline is here to help

Call 1-833-416-2273

Notice

St. Patty Day Concert

Sat March 7th 2pm

Legion Richards Landing

Tea & oatcakes served, live music,
by donation. Suggested \$10 min.
Fundraiser-St. Boniface renovations



41st annual
Ladies Night
Spring Fling
Saturday, March 28, 2026
5-9 pm, RCL #374 Richards Landing

Presented by and all proceeds going to the
NSHN Richards Landing Matthews Site
Co-sponsored and hosted by the Royal Canadian
Legion Branch #374 Richards Landing, ON

Tickets \$40/person
and includes

- A 'little taste of Italy' full course cuisine!
- Several local artisans and vendors
- Fashion Show featuring the 'cabl' collection hosted by Francine Young
- Door prizes



For Tickets please Contact Arge @ - Call or Text
709-246-9450 - Only 630 tickets available!

INDOOR WALKING GROUP
EVERY MON-FRI 9-12
LEGION RICHARDS LANDING
FREE EVERYONE WELCOME



#LotsOfSocks
Together Against Loneliness



SENIOR'S COFFEE CLUB
THURSDAYS 9AM
\$2 DONATION
ECHO BAY
COMMUNITY HALL

65+ SENIORS SOCIAL
3RD TUESDAY EVERY MONTH
1-3 PM
THESSALON MARINA
HARBOUR VIEW BUILDING
TEA, COFFEE, GAMES,

8th Annual
CENTRAL ALGOMA

Seedy Saturday

~MARCH 14, 2026~
10:00 a.m. - 3:00 p.m.

CENTRAL ALGOMA SECONDARY SCHOOL
32 Kensington Road, Desbarats &

Expert Guest Speakers
Seed Swap & Sale
Seeds of Diversity-Adopt a Seed
Children's Activity
Exhibitors & Vendors
Refreshments & Lunch Vendor

OUR FOCUS
ENVIRONMENT
COMMUNITY
EDUCATION

INCOME TAX CLINIC

Trefry Memorial Center

Tuesday March 24, 2026

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



United Way
Sault Ste. Marie &
Algoma District



Canada Revenue
Agency

Agence du revenu
du Canada

Trefry Centre Program Info



Meals on Wheels: Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Available for everyone 65+ (not just for low income or house bound seniors)



Transportation: Volunteer drivers provide rides for medical appointments, Trefry Centre programs, shopping or banking.



Adult Day Out: Providing respite for caregivers. A safe, fun environment for loved ones to spend time with our caring staff & amazing volunteers.
Tuesdays-Bruce Station, Wednesdays- Echo Bay,
Thursdays-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:

Mon & Thurs- Anne @ Bruce Station Hall
Wed @ Trefry Centre- Margo Fri @ Laird Hall- Margo
All classes are from 10-11am . Free of charge.



Coffee Connections: Join us for coffee, muffin and social @ Trefry Centre Tuesdays 9:30-10:30am.

Diner's Club: Luncheon on last Tuesday, every other month at the RC Legion Richards Landing \$16