

# WHAT'S UP DOC

## July 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** 

**OCSA**  
Ontario Community Support Association

# DOCTOR HS TREFRY MEMORIAL CENTRE

# Notice

Trefry Centre office will be closed Wed July 1<sup>st</sup> for Canada Day.  
Exercise and Adult Day out are cancelled. Meals on Wheels delivered as usual.

## BRUCE MINES OH CANADA!



**A WATERFRONT CELEBRATION**

3:00 PM – COMMUNITY PARADE  
4:00 PM – EXPLORE & PLAY GAME ZONE

LIVE AT THE GAZEBO • FLATHEAD FORD

- VENDORS •
- FACE PAINTING •
- CARICATURES •
- BEER GARDEN •
- FIREWORKS AT DUSK AND MORE!

CELEBRATING CANADA-TOGETHER

150 A RICHARDS LANDING TRADITION CAN WE GET YOU TRACTOR?

## CANADA DAY TRACTOR TROT

**JULY 1, 2026**

TRACTORS START AT THE RICHARDS LANDING LEGION - LEAVE AT 9AM SHARP!

TRACTORS TOUR TO THE MARINA TO TWIN ROCKS, LITTLETON SUBDIVISION AND RETURN TO THE LEGION

THE LEGION IS HOSTING A PANCAKE BREAKFAST 8AM TO NOON! ALL ARE WELCOME!

\*\*\*NEW\*\*\*  
If watching near the Legion park at the Centennial Grounds (across the street) the Legion parking lot is for tractors only.

E AVOID RICHARDS STREET AND THE 10<sup>th</sup> SIDEROAD BETWEEN 8-ASAM AND 10AM - TRACTORS WILL BE TROTTING!

*Desbarats  
Community Night  
Sat. July 11<sup>th</sup>  
5:30pm Parade  
7pm Outdoor  
Live Music*



**JULY 1, 2026 AT 1PM**

## IF YOU CAN PADDLE IT YOU CAN PARADE IT!

Show your Canadian Pride!  
Meet at the WI beach, parade to the Marina boardwalk and back!

Decorate your paddle-craft in celebration of Canada Day!

Judging at 12:45 - Prizes for the



## Adcock's Woodland Gardens

Thursday July 16<sup>th</sup>  
2 pm to 4 pm  
- Admission by donation  
4757 5th Side Rd. (Hwy. 548)

Beverages  
Light Snacks  
Entertainment

*A Garden Tea* Hosted by The St. Joseph Island Horticultural Society



## BEEF BBQ AND DANCE

July 11, 2026  
4:00pm – 1:00am  
Bruce Mines Arena

cash bar  
door prize  
live music

**Bridge the Gap**

locally grown beef,  
baked potato, baked beans,  
salad, dessert

\$35/person  
\$20/12 and under  
\$10/just dance

for tickets: call 249-356-5505 or message us on our Facebook page or ask any club member

all proceeds going to Clark bridge repairs



# BRIGS TALL SHIP FESTIVAL

THESSALON MARINA



**JULY 18, 2026 FESTIVAL & EVENTS**

**JULY 19<sup>TH</sup>, WATCH THEM SAIL AWAY**

**SAVE THE DATE!**

**Silent Auction**

**Mark's United Church**

**Richards Landing**

**Fri July 3<sup>rd</sup> 2-4pm**

**Auction, BBQ, Bake Sale,**

**Yard Sale**

**Sat July 4<sup>th</sup> 10-2pm**



## COMMUNITY NIGHT

**NSHN Auxiliary  
Richards Landing -  
Matthews Site**

**Friday, July 31, 2026**

Parade with Pipe & Navy bands begins at 6:30 p.m.

(PARADE ASSEMBLY AT 5:30 PM) on Littleton Street, Tag the

QR code below for Parade FLOAT categories and PRIZES!

**OUR ANONYMOUS DONOR WILL MATCH EVERY \$\$  
SPENT FOR 3<sup>RD</sup> YEAR IN A ROW!!**

Game Booths - The Nip & Tuck - Kids Train -

Food Booths - Dunk Tank - Games of Chance

*An Evening of Fun, Food, and  
Fundraising!*



Richards Landing Centennial Grounds



**CENTRAL  
ALGOMA  
LAND TRUST**

CELEBRATING  
**25  
YEARS**



**25th Anniversary Celebration**

**Tuesday July 28th**

Royal Canadian Legion Branch 374 in Richards Landing

**Tickets  
\$40**

**Food Trucks**

**Cash Bar**

**Music**

**Silent Auction**

Only a limited number of tickets are available, so get yours before they are gone! We look forward to celebrating 25 years of conservation success with you.



**CANADA - Believe in Your Country Concert!**

**Celebrating  
Stompin' Tom Connors 90th Birthday**

**Starring his Band - Whiskey Jack**

Hilton Beach Community Hall

Thursday, July 23/26 - Doors Open 6, Concert 7-9

Bar Service Available!

Ticket# 001

Hilton Beach



**Whiskey Jack Band**

Ticket# 001

# Flowers Word Scramble

- |                   |           |
|-------------------|-----------|
| 1. LLYI           | 1. _____  |
| 2. NPOYE          | 2. _____  |
| 3. IONRNTCAA      | 3. _____  |
| 4. LLAAC LYIL     | 4. _____  |
| 5. EOSR           | 5. _____  |
| 6. NDRAEGAI       | 6. _____  |
| 7. TAUMCMRHSEYNH  | 7. _____  |
| 8. NAINIZ         | 8. _____  |
| 9. LAHDAI         | 9. _____  |
| 10. WOEUSRNFL     | 10. _____ |
| 11. ISDYA         | 11. _____ |
| 12. NORNASDGAP    | 12. _____ |
| 13. NNGORMI YOGLR | 13. _____ |
| 14. ENRBEAV       | 14. _____ |
| 15. INTUPAE       | 15. _____ |
| 16. MRGLIADO      | 16. _____ |
| 17. PPYOP         | 17. _____ |
| 18. IFDDAFOL      | 18. _____ |
| 19. UPTIL         | 19. _____ |
| 20. DAYAGRNHE     | 20. _____ |





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## Upcoming Programming

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*Promoting healthy living, arts, and culture through programs including: ukulele lessons, guided art workshops and yoga sessions.*

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Dr. HS Trefry Memorial Centre



1601 C Line Road  
Richards Landing  
705-246-0036

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

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

Canada 



# Flowers Word Scramble Answers

- |                   |                   |
|-------------------|-------------------|
| 1. LLYI           | 1. LILY           |
| 2. NPOYE          | 2. PEONY          |
| 3. IONRNTCAA      | 3. CARNATION      |
| 4. LLAAC LYIL     | 4. CALLA LILY     |
| 5. EOSR           | 5. ROSE           |
| 6. NDRAEGAI       | 6. GARDENIA       |
| 7. TAUMCMRHSEYNH  | 7. CHRYSANTHEMUM  |
| 8. NAINIZ         | 8. ZINNIA         |
| 9. LAHDAI         | 9. DAHLIA         |
| 10. WOEUSRNFL     | 10. SUNFLOWER     |
| 11. ISDYA         | 11. DAISY         |
| 12. NORNASDGAP    | 12. SNAPDRAGON    |
| 13. NNGORMI YOGLR | 13. MORNING GLORY |
| 14. ENRBEAV       | 14. VERBENA       |
| 15. INTUPAE       | 15. PETUNIA       |
| 16. MRGLIADO      | 16. MARIGOLD      |
| 17. PPYOP         | 17. POPPY         |
| 18. IFDDAFOL      | 18. DAFFODIL      |
| 19. UPTIL         | 19. TULIP         |
| 20. DAYAGRNE      | 20. HYDRANGEA     |



# Easy Summer Vegetable Tarts

Puff pastry saves the day!

Serves 6-8 Prep time: 30 min By Leah Perez

<https://www.thepioneerwoman.com/>



## Ingredients

**2/3 cup whole milk ricotta cheese**

**1/3 cup pesto (preferably storebought refrigerated or homemade)**

**1/2 cup grated parmesan cheese**

**3/4 tsp. kosher salt**

**1 medium zucchini (about 8 ounces)**

**1 medium yellow squash (6 to 8 ounces)**

**1 cup cherry tomatoes, cut in half**

**1 (17.3-ounce) package frozen puff**

**pastry, thawed**

**1 large egg, beaten**

**Olive oil, for drizzling**

**1/2 tsp. black pepper**

**1/4 cup fresh basil, cut into chiffonade**

## Directions

**1** Position an oven rack in the upper third of the oven and a second oven rack in the lower third of the oven. Preheat the oven to 400°F.

Line 2 baking sheets with parchment paper. Line another baking sheet with paper towels or a clean kitchen towel.

**2** In a medium bowl, mix together the ricotta, pesto, ¼ cup of the parmesan cheese, and ¼ teaspoon of the salt. Use a sharp knife or a mandoline to slice the zucchini and yellow squash into ⅛-inch thick slices. Spread the vegetables on the towel-lined baking sheet and sprinkle with the remaining ½ teaspoon salt.

**3** On a work surface, unfold the puff pastry sheets and cut each of them lengthwise into 3 rectangles. Place the pastry on the prepared baking sheets. Leaving a ¼-inch border, prick the center of the puff pastry rectangles with a fork and brush the border with the beaten egg.

**4** Spoon about 3 tablespoons of the ricotta mixture onto each puff pastry sheet, spreading within the border. Pat dry the zucchini and yellow squash and shingle them on the tarts. Nestle the tomatoes around the vegetables, then drizzle the tarts with olive oil. Sprinkle with the pepper and remaining ¼ cup parmesan.

**5** Bake until the puff pastry is golden brown, 18 to 20 minutes, rotating the pans and swapping them between the upper and lower racks after 15 minutes. Allow the tarts to cool for 5 minutes on the baking sheets before moving them to a wire rack.

**6** Sprinkle with the basil before serving.

WINTERSLEEP



WINTERSLEEP



# GO NORTH

MUSIC FESTIVAL



THIS SUMMER  
Richards Landing, St. Joseph Island, Ontario  
JULY 24/25  [GONORTHMUSICFESTIVAL.CA](http://GONORTHMUSICFESTIVAL.CA)

SATURDAY'S HEADLINER: **WINTERSLEEP** with special guests **WIDE MOUTH MASON**

FRIDAY'S HEADLINER: **MY SON THE HURRICANE**

Proudly sponsored by **SOOTODAY.COM** and **THE FOX 104.3** Presented By: 

Ontario   nohfc

SUPPORTED BY THE GOVERNMENT OF ONTARIO

ALSO FEATURING: FRIDAY - LUCY'S DINER - YASSIN AND SEAN TERRIO -  
SATURDAY - THE THINKING CAPS - CASS FM -  
KEEGAN POWEL AND THE JETPACKS - LOVIET - JACKIE -

# Healthy Aging & Wellness Fair

September 15, 2026

RC Legion Richards Landing

10:30 a.m. - 2:30 p.m.

Free Admission



Please join us at our **Healthy Aging & Wellness Fair!**  
**All ages welcome**

**CHECK OUT**

Learn about health services, social groups, and local clubs.

Caregivers, please bring a friend, shut-in, or older relative out for a fun afternoon.

If you are new to the community, this is a perfect way to learn about the available services and talk face-to-face with providers.



**Local Services**



**Caregiver Resources**



**Safety Tips**



**Local Activities**



**Light Lunch Provided**



**Resources & Support**

**PROUDLY HOSTED BY:**



North Shore  
Health Network



Réseau Santé  
Rive Nord



# Yoga on the Dock



**Every Tuesday & Saturday • 9:00 AM**

**Hilton Beach Marina Pier**

**\$10 per class**

**July 4 – August 15**

*A peaceful start to your summer mornings.*

## Chair•ity Yoga

**Tuesdays & Saturdays • 10:30 AM**

Under the tent in Hilton Beach

**Thursdays • 6:30 PM**

Cenotaph Park, Richards Landing



*By donation – 100% of funds support local PSWs.*

# Word Search

## BRAZILIAN ANIMALS WORD SEARCH



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

Anteater

Anaconda

Ocelot

Sloth

Macaw

Capybara

Marmoset

Maned Wolf

Iguana

Tapir

Piranha

Caiman

Toucan

Dolphin

Eagle

Otter

Jaguar

Hummingbird

Giant Otter

Eel

# Word Search

## BRAZILIAN ANIMALS WORD SEARCH



		I <sub>→</sub>	G	U	A	N	A						
	J <sub>→</sub>	A	G	U	A	R							A <sub>↓</sub>
M <sub>↓</sub>		T <sub>↓</sub>	H <sub>↓</sub>			P <sub>→</sub>	I	R	A	N	H	A	N
A		A	U			A <sub>↓</sub>	G <sub>↓</sub>	M <sub>→</sub>	A	C	A	W	A
N		P	M	O <sub>↓</sub>		N	I					C <sub>↓</sub>	C
E		I	M	C	M <sub>↓</sub>	T	A			T <sub>↓</sub>		A	O
D		R	I	E	A	E	N	C <sub>↓</sub>		O	D <sub>↓</sub>	I	N
W		S <sub>↓</sub>	N	L	R	A	T	A		U	O	M	D
O		L	G	O	M	T	O	P	E <sub>↓</sub>	C	L	A	A
L		O	B	T	O	E	T	Y	A	A	P	N	
F	E <sub>↓</sub>	T	I		S	R	T	B	G	N	H		
	E	H	R		E		E	A	L		I		
	L		D		T		R	R	E		N		
	O <sub>→</sub>	T	T	E	R			A					

**Anteater**

**Anaconda**

**Ocelot**

**Sloth**

**Macaw**

**Capybara**

**Marmoset**

**Maned Wolf**

**Iguana**

**Tapir**

**Piranha**

**Caiman**

**Toucan**

**Dolphin**

**Eagle**

**Otter**

**Jaguar**

**Hummingbird**

**Giant Otter**

**Eel**

# 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, Richards Landing 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 @ Bar River Hall- Margo**

All classes are from 10-11am . Free of charge.

**\*\*NEW LOCATION\*\***



**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



**Friendly Calls:** A trained volunteer phones each week to chat with seniors who are living alone and are socially isolated.