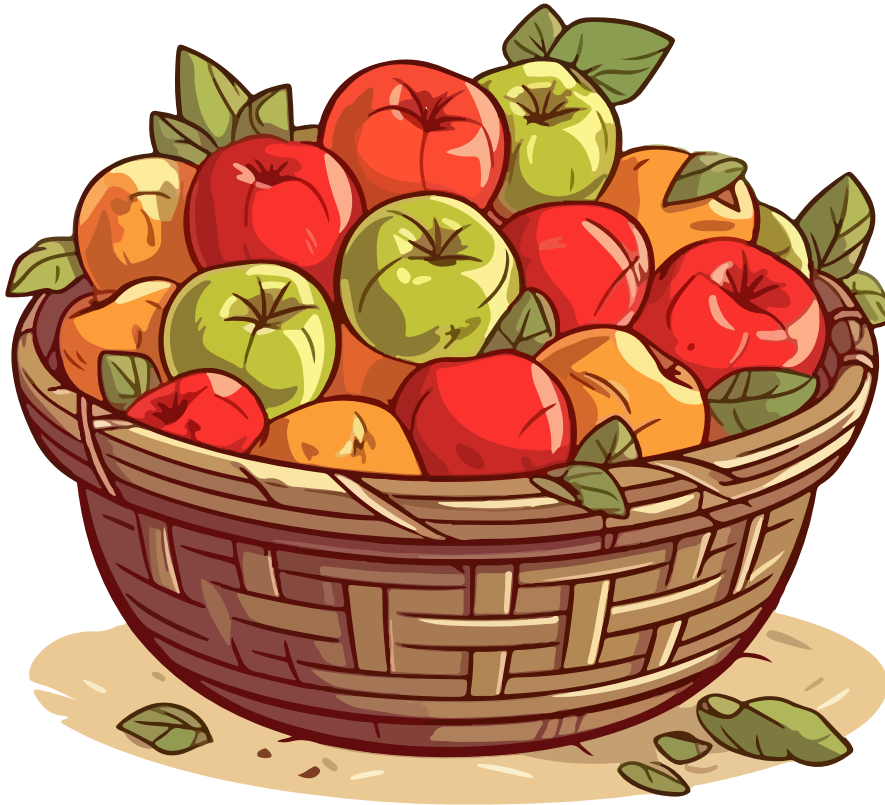


WHAT'S UP DOC

September 2026



**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

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



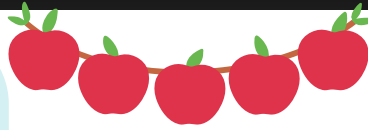
Ontario

Notice

Trefry Centre office will be closed Monday September 7.
Meals on Wheels delivered as usual.



Harvest Fall Festival
September 5
Mountain View Centennial
Grounds, Jocelyn Twp



Pumpkin Fest
September 26
Laird Fairgrounds



Bruce Mines Fall Fair
Sept 11-13



September 19
9 am- 5 pm
<https://www.sylvancircle.ca>



The Solo Artist Trio



Live At
The Hilton Beach Community Hall
Monday, September 28, 7pm

Tickets (\$35, HST included) available from our generous sponsors below,
or call Hilton Beach Municipal Office (709-246-2242) to purchase tickets via e-mail.
Doors open at 5:30 pm for food and beverages (priced separately)...
concert starts at 7pm!
Come and grab a bite to eat and a drink, then sit back and enjoy the show!
Bar service will be available throughout the concert!



September 19
10 am-1 pm
Peace Park,
Thessalon



APPLE FEST



11AM-2PM
SEPT 19, 2026

WI PARK 1642 RUSSELL ST.
RICHARDS LANDING



Community BBQ

hosted by
MPP ROSENBERG

Legion Branch 374 RL

Thurs Sept 10th

11:30-1:30pm

Letting go of the wheel:

Is it time for the person you care for to stop driving?

Driving is an important life skill. Not only does it give you control over your time, but it also provides a sense of freedom and independence. That's why not everyone is ready to give it up, making it difficult for caregivers to raise concerns about a person's driving ability. Try having an honest conversation with the person you care for. At the heart of it, focus on your concerns about safety, ensuring that the conversation remains about caring while still prioritizing everyone's well-being.



Have the talk, kindly

Approach the conversation from a place of care rather than control. "I'm concerned about your safety" frequently lands better than "You shouldn't drive." If needed, consider involving a healthcare provider to help guide the conversation. Sometimes, showing that you understand the significance of this loss is more important than trying to change their mind.

Offer alternatives that preserve independence

Together, discuss your options, whether it's delivery services, accessible transit, community rides, or family driving schedules. By focusing on what's still possible, you can lessen the sense of loss. Even the smallest amount of independence can help ease what's been lost and restore a person's sense of stability.

Need Assistance?

The Ontario Caregiver Helpline is here to help



There are many changes that caregivers notice if they are supporting someone with Dementia or Alzheimer's, and it may be helpful to watch previous OCO webinars. It may not be specific to driving, but there may be some helpful tips and takeaways.

Watch the OCO webinar entitled, "Understanding the Progression and Stages of Dementia" today!



\$16

Spots Available!

ADULT DAY OUT

Bruce Station (Tuesdays)

Echo Bay (Wednesdays)

Richards Landing (Thursdays)

Includes:

coffee, muffin, lunch, fun games, crafts,
social interaction with other clients, as
well as our trained staff and caring
volunteers

**Call 705-246-0036
for more information**

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 &
All ages welcome Wellness Fair!

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:



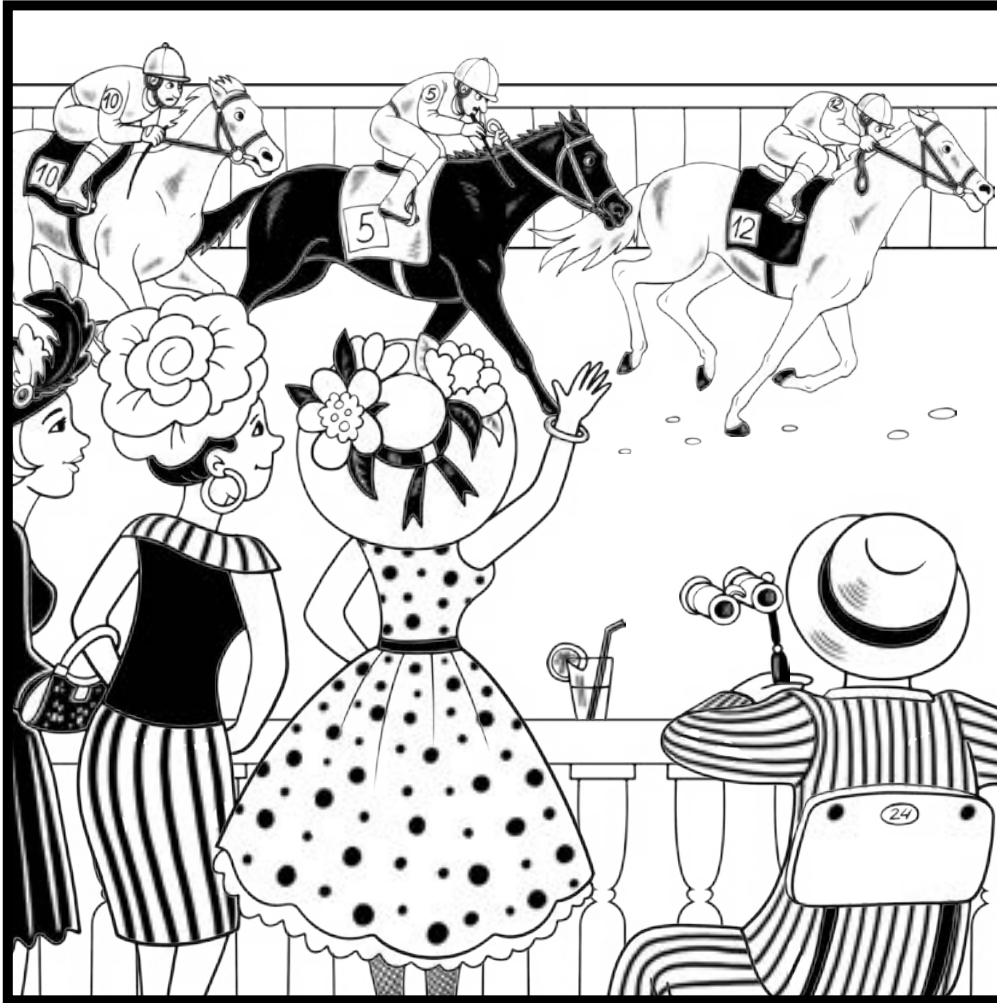
North Shore
Health Network



Réseau Santé
Rive Nord



Spot the Differences 14 to find!



6-8 servings, 1hr 45 min

Irish Apple Cake

By Leah Perez



Streusel Topping

- 3/4 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/4 cup old-fashioned oats
- 1 pinch of kosher salt
- 1/2 cup unsalted butter, cubed

Cake

- Baking spray with flour
- 1 1/4 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/4 tsp. kosher salt
- 1/2 cup unsalted butter, melted
- 2/3 cup granulated sugar
- 2tsp. vanilla extract
- 2 large eggs, room temperature
- 3 Tbsp. milk
- 3 small Granny Smith apples, peeled, cored, and thinly sliced

Vanilla Custard Sauce

- 5 large egg yolks
- 1/2 cup granulated sugar, divided
- 1 3/4 cups half-and-half
- 1/4 tsp. kosher salt
- 2 tsp. vanilla bean paste

1 For the streusel topping: In a medium bowl, whisk together flour, sugar, oats, and salt. Using your fingers, rub cold butter into the ingredients until mixture is well combined and easy to pinch together. If the dough appears sandy, continue working the butter in until you can form it into a dough ball. Cover and refrigerate the streusel for at least 15 minutes before using, or up to 1 day.

2 For the cake: Preheat the oven to 350°F. Spray a 9-inch round baking pan with baking spray with flour and line the bottom of the pan with parchment paper.

3 In a medium bowl, whisk together flour, baking powder, cinnamon, and salt.

4 In a large bowl, whisk together the melted butter, sugar, and vanilla. Add the eggs, one at a time, whisking well after each addition.

5 Add the flour mixture to the butter mixture in 2 parts, alternating with the milk, folding until just combined after each addition.

6 Spoon the batter into the prepared baking pan. Top with sliced apples in an even layer. Remove the cold streusel from refrigerator and break it into dime-sized pieces. Cover the apples with the cold crumbled streusel.

7 Bake until golden brown, 1 hour to 1 hour and 10 minutes.

8 Allow the cake to cool on a wire rack for 10 minutes. Turn the cake out onto a plate, remove the parchment paper, and turn it over again onto a wire rack, allowing it to cool completely, streusel-side up.

9 For the vanilla custard sauce: In a medium bowl, whisk together egg yolks and ¼ cup of sugar until the sugar is dissolved and the mixture is lightened in color, about 1 minute. Place a fine-mesh sieve over another empty medium bowl.

10 In a medium saucepan over medium-low heat, heat the half-and-half, salt, and remaining ¼ cup of sugar. Heat, stirring frequently, until steaming (do not boil).

11 Whisking constantly, slowly pour about 1 cup of the warm half-and-half mixture into the egg mixture. Add the warm egg mixture back to the remaining half-and-half mixture, whisking to combine. Cook until the mixture starts to thicken, coat the back of a spoon, and an instant read thermometer registers 175°F to 180°F, 2 to 3 minutes.

12 Immediately pour the mixture through the prepared fine-mesh sieve. Stir in the vanilla bean paste. Set the bowl over a bowl of ice water and stir to cool the mixture to room temperature.

13 Place a piece of plastic wrap directly over the vanilla custard sauce and refrigerate until fully chilled, at least 1 hour. Drizzle each slice with vanilla custard (or ice cream).

Word Search

COMEDY



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

Laughter

Pun

One Liner

Joker

Comedy

Punchline

Old Chestnut

Rib Tickler

Farcical

Parody

Jest

Prank

Thigh Slapper

Satire

Banter

Quip

Wise Crack

Hilarious

Gag

Wit

Apple Trivia



Science

- Apples are a member of the rose family of plants, along with pears, peaches, plums and cherries.
- The science of apple growing is called pomology.
- It takes about 36 apples to create one gallon of apple cider.
- 25 percent of an apple's volume is air; that's why they float.
- A standard-size apple tree starts bearing fruit 8-10 years after it is planted. A dwarf tree starts bearing in 3-5 years.
- It takes the energy from 50 leaves to produce one apple.
- A peck of apples weighs 10.5 pounds.
- A bushel of apples weighs 42 pounds and will yield 20-24 quarts of applesauce.
- Most apple blossoms are pink when they open but gradually transition to white.
- Apple trees can grow farther north than other fruit trees because they bloom late in spring, minimizing the chance of frost damage.

History

- At last count, more than 7,500 apple varieties have been identified worldwide; more than 2,500 varieties are grown in the United States – 100 of which are grown for commercial sale.
- The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, N.Y. It was 172 feet 4 inches long. (She was 16 years old at the time, and grew up to be a sales manager for an apple tree nursery.) (Source: Guinness World Records)
- Newton Pippin apples were the first apples exported from America in 1768. Some were sent to Benjamin Franklin in London.
- Archeologists have found evidence that humans have been enjoying apples since 6500 BC.

Nutrition

- A large-sized apple has about 130 calories.
- Apples are fat-free, sodium-free and cholesterol-free. And they taste great, too!
- Apples are an excellent source of fiber; one large apple contains 5 grams of fiber, including the soluble fiber pectin.



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.

705-246-0036 manager@trefrycentre.ca www.trefrycentre.ca