

WHAT'S UP DOO

October 2026

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



manager@trefrycentre.ca

Trefry Centre 705-246-0036

Ontario 

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

NATIONAL SENIORS DAY

OCT. 1, 2026

1:30-2:30



ARTHRITIS SOCIETY CANADA

Huron Shores FHT - Blind River Site Boardroom,
527 Causley Street, Blind River, ON.

Bruce Station Hall, 109 Station Rd, Bruce Station, ON.

Huron Shores FHT - Thessalon Site Boardroom,
333 River Street, Thessalon, ON.

Township of St. Joseph, Council Chambers,
1669 Arthur Street, Richards Landing, ON.

Join us for a free public presentation by the Arthritis Society Canada, in Blind River, Bruce Mines, Richards Landing, or Thessalon, to learn about arthritis and why physical activity is important.
For more info, contact Robin at 705-356-1666 ext 283

WE LEND A HAND

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The Forgotten Story of Ontario Farmerettes

Friday October 2nd @ 3pm
RCL #374 Richards Landing



SERVICE COMES IN MANY FORMS

EXECUTIVE PRODUCERS FELIPE GIAJ-LEVRA and CHARLIE EGLESTON HISTORICAL PRODUCER BONNIE SITTER SOUND DESIGNER ZACHARY SLATER
CINEMATOGRAPHERS BRAD SPENCER PEDRO MONTEIRO TAREK HARROUK MAANAS PRAVEEN KUMAR CAMERON STRASSBURGER COREY SLAGER
STEFAN HANNIGAN JONNY EMMANUEL FELIPE GIAJ-LEVRA and EDUARDO ANGARITA MUÑOZ GRAPHIC DESIGNERS FAUSTO KAWADA and BRAD SPENCER
ARCHIVAL PRODUCER JUAN ANDRÉS BELLO EDITOR EDUARDO MAURER DIRECTED and PRODUCED BY COLIN FIELD

PRESENTED BY  ALBIREO FILMS

WWW.WELENDAHAND.CA


mccall
macbain
FOUNDATION


London Arts Council


GOOD GRAIN




creative county
GRANT PROGRAM

supported through the City of London's Community Arts Investment Program


MFB FAP
FILMMAKER ASSISTANCE PROGRAM

Spot the Difference - Halloween

Left Original, Right Modified

Spot the Differences
10 to find!



Pumpkin Sugar Cookies

Ingredients

- 3 cups (360g) all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp ground cloves
- ½ tsp salt
- 1 cup (226g) unsalted butter room temperature
- ¾ cup (149g) granulated sugar
- ¾ cup (160g) brown sugar
- ⅓ cup (76g) pumpkin puree paper towel method - see note below



Instructions

This recipe requires the dough to chill in the fridge for 30 minutes before baking. It helps make the cookies chewy!

To remove excess moisture from pumpkin puree, place the pumpkin puree in a few paper towels on a plate. Fold the paper towels over the puree, so it's completely enclosed. The excess moisture will soak into the paper towels within a few minutes.

In a small mixing bowl combine the flour, baking soda, cinnamon, nutmeg, ginger, cloves and salt. Set aside.

3 cups (360g) all-purpose flour, 1 tsp baking soda, 1 tsp ground cinnamon, ½ tsp ground nutmeg, ½ tsp ground ginger, ½ tsp ground cloves, ½ tsp salt

In a mixing bowl, beat the butter, sugar, and brown sugar with an electric mixer for 1-2 minutes.

1 cup (226g) unsalted butter, ¾ cup (149g) granulated sugar, ¾ cup (160g) brown sugar

Add in the pumpkin, beat again to combine.

⅓ cup (76g) pumpkin puree

Gradually add in the dry ingredients, mixing on low or by hand with a spatula until combined. The dough will be thick.

Use a cookie scoop to form balls. Roll between your hands. My dough balls were about 3 tbsp, which is large. Place the dough balls on a silicone or parchment paper lined baking sheet and **refrigerate for 30 minutes**.

Pre-heat the oven to 350°F. Place ¼ cup sugar in a bowl for rolling the cookies.

Roll each ball in the sugar. Place the cookies 2 inches apart on a silicone lined baking sheet - I fit about 8 cookies per sheet. Bake for 15-19 minutes or until the edges have a faint golden color. Keep the remaining dough balls in the fridge while baking in batches.

Allow the cookies to cool on the baking sheet for 15 minutes, then move to a cooling rack to cool completely.

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, September 2, 2026

Wednesday, October 7, 2026

Wednesday, November 4, 2026

Wednesday, December 2, 2026

For More Information Call (705) 942-2195

Trefry Centre

Diner's Club

Tuesday October 27th

RC Legion Richards Landing

Doors open 11am

\$16/person

tickets online @ www.trefrycentre.ca
or at Trefry Centre office



MENU

Caesar Salad

Lasagna

Herb Biscuits

Gen's Pumpkin Cheesecake

Presenter -Raquel Lindsay of ISLAND DENTAL HYGIENE

DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Monday October 12.
Meals on Wheels delivered as usual.



Pumpkins & Potions Festival Bruce Mines

Haunted walk, witch dance, vendor
show and more.



October 16
6pm



16 Oct 2026
Community Dance -
AlgomaTrad Centre,
Richards Landing, ON.
7-9 pm



Witches & Warlock
Dance
Mystic Market
Sat Oct 31
HB Community Hall
12-4pm



ALGOMA MANOR CHARITABLE ASSOCIATION

3rd COMMUNITY
FALL FAIR

October 4th, 2026

TIME: 10AM - 5PM
LOCATION: ALGOMA MANOR KITCHEN HALL

VOTE

Municipal
Election Day
Monday
October 26th



1. ACUCIONPOR _____
2. PRIECTSU _____
3. BEELCARTE _____
4. TOSAR YKRUTE _____
5. GIIMRPL _____
6. PPNUMKI IPE _____
7. YLIFAM ENNRID _____
8. DIHYLAO _____
9. VGAYR _____
10. TUAMUN VESAE _____
11. PKPMUNI HTPA _____
12. VISFEESTITI _____

13. TGLAREFU _____
14. DCAORENBR _____
15. OCKO LAL YDA _____
16. HTATOBLLCE _____
17. HRTEAVS _____
18. SFEAT _____
19. PELAP RCDIE _____
20. BGSSNLEI _____
21. NDRNEI BNSU _____
22. VGIE KHNAST _____
23. HBEWNISO _____
24. GSNTFUIF _____

Answers

CORNUCOPIA
 PIECRUST
 CELEBRATE
 ROAST TURKEY
 PILGRIM
 PUMPKIN PIE
 FAMILY DINNER
 HOLIDAY
 GRAVY
 AUTUMN LEAVES
 PUMPKIN PATCH
 FESTIVITIES
 GRATEFUL
 CORNBREAD
 COOK ALL DAY
 TABLECLOTH
 HARVEST
 FEAST
 APPLE CIDER
 BLESSING
 DINNER BUNS
 GIVE THANKS
 WISHBONE
 STUFFING

FLU CLINIC

Hosted by Rexall Pharmacy
 October 28
 Starting 9.30 am
 at
 Dr HS Trefry Memorial Centre

Please call to book an appointment
 705-246-0036



**ST-JOSEPH ISLAND
 TAI CHI CLASSES**
 9AM @ TREFRY CENTER



Session 1	Session 2
Sept 19, 26th	Oct 31st
Oct 17, 24th	Nov 7, 14, 21st

60\$/Session
Contact: Torrin @ (705) 562-3606

Tues Nov 10th Coffee Connections
 @ Trefry Centre 9:30-10:30am



Alzheimer SOCIETY

Coffee
 Tea
 COOKIES
 Social
 Fun

Wool Felting Workshop
 Make a Decorative Wool Bowl!



Fun & Easy Project!
 No experience needed!
 Step-by-step instruction
 Several colour choices to personalize your bowl!

Thessalon Marina
 Wednesday, October 7
 4:30 - 8:30 pm

Register with Lue at the Thessalon Town Office:
 705-842-2217

\$40
 Includes all supplies and a light dinner!

What should I be thankful for?
 Now where do I begin?
 Of course the greatest gift of all
 My family and my friends.

But it's also all the little things
 That touch my life each day
 That I sometimes take for granted
 Letting life get in the way.

Like my comfy bed that keeps me warm
 As I sleep away the night
 And that lovely glowing, smiling sun
 That wakes me with her light.

Just lying there and taking time
 To hear the world as she awakes.
 The peaceful sounds of early morn
 That nature starts to make.



Patricia A Fleming. "What Should I Be Thankful For?." Family Friend Poems, November 1, 2022.

<https://www.familyfriendpoems.com/poem/what-should-i-be-thankful->

SOUP 'N SANDWICH

Thursday Socials

Starting Thurs Oct 22nd



11:30am to 1:30pm
St Ambrose Church Hall

**286 Water
Street,
Thessalon**

**COME - Meet up with your
Friends, Co-workers...**

**Chat and Enjoy Social
Time**

****Or call for Take-Out**

**Choice of Soup and Sandwich
coffee/tea/water**

For only \$12/person
home baked goodies Available

Call Sylvia 705-971-3948

**\$12/
person**

**Proceeds
for the
Accessibility
Fund**

THE WORD SEARCH BATTLE

Fall

Difficulty: Hard

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

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

ACORN
APPLES
AUTUMN
BONFIRE
CROP
CULLING

EQUINOX
FALL
FRUITAGE
GARDEN
GARNERING
GLEANNING

HARVEST
INGATHERING
INTAKE
LEAVES
PICKING
PUMPKIN

REAPING
SEASON
STORING
SUMMER
YIELDING



MONDAYS and THURSDAYS

Classes start October 1st

Trefry Centre, Richards Landing

MONDAYS

Mat Yoga
9:30 AM

Chair Yoga
11:00 AM

**NEW
LOCATION**

Jocelyn Community Hall

THURSDAYS

Warm up with Weights 9:00 AM FREE

Mat Yoga
9:30 AM

Chair Yoga
11:00 AM

Rates: Chair yoga \$5/class or \$50 for full session
Mat yoga \$15 prepaid to email OR \$20 drop in

for more info or to pre-register:

yogaonthemovewithkerry@gmail.com

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