

WHAT'S UP DOC

June 2025



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

OCSA
Ontario Community
Support Association

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



Word Search

GOLF TERMS



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

Ace

Par

Bunker

Fore

Slice

Birdie

Fairway

Rough

Handicap

Hook

Bogey

Green:

Putt

Mulligan

Lie

Eagle

Tee Box

Drive

Chip

Clubhouse

Trefry Centre Diner's Club


and

SENIOR OF THE YEAR AWARDS

Tuesday June 24th

RC Legion Richards Landing

Doors open 11am

\$16/person

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



Hamburger or
Sausage
summer salads,
rhubarb cake,
coffee & tea



Where can you see these Canadian Landmarks:



Giant Paper Clip



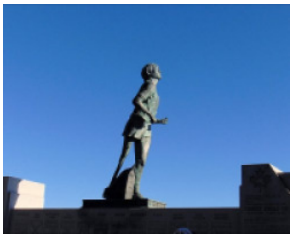
Largest Lobster



Giant Loonie



Vagreville Egg



Terry Fox



Massive Thimbles



Magnet Hill



Largest Axe



Giant Fiddle



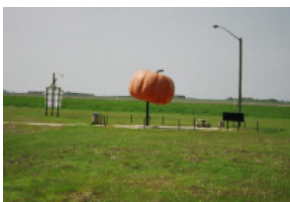
Winnie the Pooh



Springbank Snow Countess



Largest Hockey Stick



Giant Pumpkin



Niagara Falls



Canada Goose



Largest Mosquito

Rhubarb Quiz

Question	Answer
1 Rhubarb was first used as a medicine before it was considered a food. True or False?	:
2 The roots of the rhubarb plant were ground up and used as medicine for: a) Skin rashes b) Constipation c) Sore joints d) Headaches	:
3 Name 2 culinary uses for rhubarb?	
4 In the 1700s, rhubarb was valued during the scurvy epidemic because it is very high in which vitamin?	
5 Is rhubarb a perennial or annual plant?	
6 Is rhubarb a fruit or vegetable?	
7 Canadian rhubarb varieties have been cultivated to flower infrequently. True or False?	
8 These varieties will only flower and go to seed when: a) The plant has been stressed b) Has been over-watered c) Over-exposed to cold temperatures d) Forced growing of an immature plant	
9 Name 1 thing that can cause a plant to become stressed?	
10 Rhubarb grows from a crown consisting of buds and rhizomes. True or False?	
11 Rhizomes are creeping underground root systems that allow: a) Leaves to grow from the soil b) New shoots to grow upwards c) Interlock with each other for stability d) Kill off insects in the soil	
12 Once the rhizome has matured it can be dug up and _____	
13 What kind of climate does rhubarb enjoy?	

Answer - Rhubarb Quiz

- 1** True
- 2** b) Constipation
- 3** Jams, jellies, compotes, pies, sauces, cakes, tarts, fresh with sugar
- 4** Vitamin C or Ascorbic Acid
- 5** Perennial
- 6** Vegetable
- 7** True
- 8** a) the plant has been stressed
- 9** Lack of water, too much sun, poor soil nutrients, very old plant
- 10** True
- 11** b) New shoots to grow upwards
- 12** Transplanted or separated to make new plants
- 13** Cold

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Answer - Canadian Landmarks

- **Giant Paper Clip - Kipling SK**
- **Largest Lobster - Shediac NB**
- **Giant Loonie - Echo Bay ON**
- **Vegreville Egg - Vegreville AB**
- **Terry Fox - Thunder Bay ON**
- **Massive Thimbles - Toronto ON**
- **Magnet Hill - Moncton NB**
- **Largest Axe - Nackawick NB**
- **Giant Fiddle - Sydney NS**
- **Winnie the Pooh - White River ON**
- **Springbank Snow Countess - Woodstock ON**
- **Largest Hockey Stick - Duncan BC**
- **Giant Pumpkin - Roland MB**
- **Niagara Falls - ON**
- **Canada Goose - Wawa ON**
- **Largest Mosquito - Komarno MB**

Hilton Township &
Hilton Beach

FAMILY YARD SALE



7
JUN

\$10 registration fee includes sign,
advertising and location on map

REGISTER BY MAY 30TH

Email info@hiltonbeach.com
or call 705-246-2242

June is Seniors Month



**PROTECT
ONTARIO**

In 2024, the Dr H.S. Trefry Memorial Centre:

- cooked and delivered 4057 meals
- provided transportation 822 times
- provided 148 days of Day Out programming
- subsidized 374 hours of Home Maintenance
- served 921 lunch guests
- offered exercise classes in 3 different locations, 4 times a week

for Seniors and Persons with a Disability
in our rural communities

Did you know...

DOCTOR HS TREFRY
MEMORIAL CENTRE

Notice

Trefry Centre office will be closed
Tuesday July 1st for Canada Day



POKER PADDLE
SATURDAY JUNE 7TH, 2025

Registration 10:00 am to 10:30 am
Turn in cards by 12:30 pm

Join the Thessalon Poker run via canoe/kayak/paddleboard on the Thessalon River Mouth on Water Street at Peace Park



Join the fun at
Family Fest 2025
Echo Bay Sportsplex Ground

June 13, 2025
at Echo Bay Sportsplex and Recreation Field
BBQ and Live Music!
5-8 pm



Opening Day Johnson Farmers' Market
Sat June 7th 9am-2pm

****Bruce Station Hort Society plant sale**



SUSTAIN
ALGOMA
EXPO

2025

June 14, 2025 Johnson Township
Community Centre
9 am - 2 pm



Rev your engines for the
Bruce Mines Cruisin' Car Show!
June 14, 2025
Bruce Mines Waterfront
Park & Gazebo



Reg McHale Big Pike Family Fishing Derby
June 28, 2025
7 am- 2 pm
Register online
705-782-6601

Not Dead Yet... comedy show

Wed June 25 6:30pm
Hilton Beach Community Hall 705-246-2628
for tix

St Joseph Island Angles
and Hunters
Annual Island Fishing
Derby
June 28-July 6, 2025
Register 705-971-5040



RICHARDS LANDING

COMMUNITY NIGHT

CELEBRATING

Matthews Memorial Hospital

FRIDAY, JULY 25TH 2025

Parade with Pipe and Navy Bands
begins at 6:30 pm on Littleton Street,
Tag the QR code below
for Parade FLOAT categories and PRIZES

Game Booths -The Nip and Tuck- Kids Train
Food Booths -Dunk Tank -Games of Chance

Fun for EVERYONE and GREAT FOOD too!

**This has become a WEEKEND EVENT teamed up with
THE GO NORTH MUSIC FESTIVAL !!!**



SCAN ME

RICHARDS LANDING CENTENNIAL GROUNDS

Rhubarb Coconut Energy Balls



Nothing says spring, like fresh rhubarb out of the garden. Try these healthy energy balls as a quick and easy alternative to cookies or a muffin.

Ingredients:

- 1/2 cup dried rhubarb (or rhubarb compote, reduced and thick)
- 1/2 cup pitted dates
- 1/4 cup raw almonds or cashews
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 1 tablespoon chia seeds or flaxseeds (optional)
- 1 tablespoon coconut oil
- 1/2 teaspoon vanilla extract
- Pinch of salt

Directions:

1. If you're using dried rhubarb, give it a warmwater soak for about 10 minutes to soften, then drain it well. If you're going with rhubarb compote, make sure it's thick and not too runny.
2. In your trusty food processor, pulse the nuts until they're finely chopped. Then, add in the softened rhubarb, dates, shredded coconut, chia seeds (if you choose to include them), coconut oil, vanilla, and a sprinkle of salt.
3. Blend everything until it turns into a sticky mixture that holds together when pinched. If it feels too dry, just add a teaspoon of water or a dash more coconut oil.
4. Scoop out tablespoon-sized portions and roll them into balls. Give them a nice coat of shredded coconut for a beautiful finish!
5. Arrange your energy balls on a tray or plate and pop them in the fridge for at least 20 minutes to help them firm up. They'll stay fresh in an airtight container in the fridge for about a week.
6. Want a zingy twist? Add a sprinkle of lemon zest for a refreshing flavor boost!

Tip: Before adding dates to the food processor, soak them in hot water, with a pinch of baking soda, for at least 20 minutes.

Really Bad Dad Jokes: Happy Father's Day

Why did the lobster blush? Because it saw the ocean's bottom!

My wife asked me to go get 6 cans of Sprite from the grocery store. I realized when I got home that I had picked 7 up.

Did you hear about the kidnapping at school? It's fine, he woke up.

How can you tell it's a dogwood tree? By the bark.

Why did the coach go to the bank? To get his quarterback.

Trefry Centre Program Info

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

**NEW
MENU**

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.

Coffee Connections/Tech Support/Internet Cafe

Join us at the centre every Tuesday 9:30am for a social hour, coffee, & muffin. Bring your device and connect to our guest internet. Ask questions and get tech support help from our volunteer.

