

WHAT'S UP DOC



October 2025



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



St. Joseph Fire and Rescue Fire Chief - Duncan Rydall

1669 Arthur Street Richards Landing,

Ontario, Canada P0R 1J0

fire@sjtwp.ca 705 971 1970

Greetings from the Fire Chief,

Fire prevention week is upon us, and I have some safety tips.

- Charge electronic devices on hard non-combustible surfaces.
- Damaged chargers or frayed charging cables should be replaced.
- Smoke and Carbon Monoxide alarms alert people that there is an emergency.
- These devices only protect us if they are maintained.
- Their maximum life expectancy is 10 years.
- There are also far too many device options available, and that can confuse the consumer about what to purchase, I can help with your selection and make recommendations.

What can I offer you personally, if you reside in the Township of St. Joseph

- A free home visit to test your smoke and Carbon Monoxide alarms.
- In home troubleshooting if you are experiencing false alarms.
- Assistance in installing your new devices.

I also offer a commitment to help keep you and your family educated in fire prevention. I would gladly enjoy a home visit to help you be fire safe rather than attend your place in an emergency.

I encourage you to reach out to your local fire department for fire safety tips, and at the very least, test your smoke and Carbon Monoxide alarms today.

Sincerely

Duncan Rydall

CHARGE

into Fire Safety™

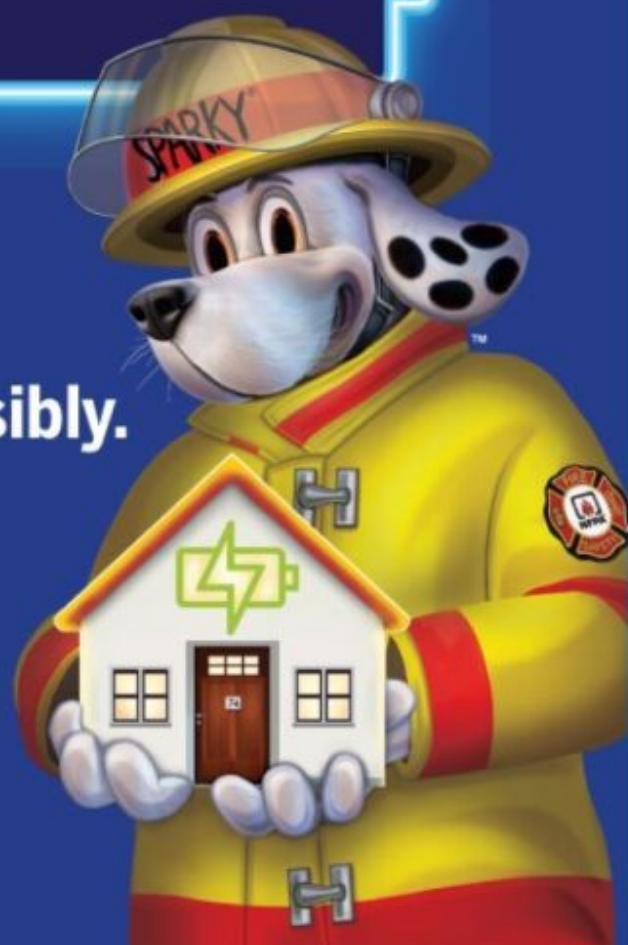
Lithium-Ion Batteries in Your Home

- **BUY** only listed products.
- **CHARGE** devices safely.
- **RECYCLE** batteries responsibly.



**FIRE
PREVENTION
WEEK™**

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STAND UP! PROGRAM

For Adults Aged 65+
Join our **FREE** Balance and Fall Prevention Program

SEPTEMBER 22ND - DECEMBER 11TH | 12 WEEK PROGRAM

MONDAYS 9:30AM – 10:30AM

THURSDAYS 9:30AM – 11:00AM

This FREE 12-Week Program is designed to improve balance in people aged 65+, who live at home and are afraid of falling or have fallen.

Includes:

- Group Exercise Program
- Education & Tips to Prevent Falls
- Home Exercise Program

**Location: Royal Canadian Legion,
Richards Landing**

REGISTER NOW! SPACE IS LIMITED

Call (705) 842-2905 ext 315 OR email – svaliquette@nshn.care





Diner's menu



MAIN COURSE

Hearty beef stew
Cheesy herb biscuits
Root vegetable salad

DESSERT

Gen's pumpkin cheesecake
coffee or tea

Tuesday October 28th
Doors open 11am
\$16 per person

Tickets available at trefrycentre.ca



St. Joseph Island Horticultural Society

Pumpkin Decorating Contest

Saturday October 25TH

HILTON BEACH COMMUNITY HALL

Games, Food, Vendors
in partnership
with The SJI Lions Club

Drop Off 9:15-10:45 am
Doors Open at 12:00
PICK UP CASH AWARDS
& PUMPKINS AT 4:00 pm

Adult Categories
Traditional
Painted - Etched
-Animal

Children/Youth Categories
Home Grown Undecorated
Tallest - Biggest
Smallest - Heaviest

Children/Youth Categories
Home Grown or Purchased
-Decorated
(painted no carving)
-Creative/Unique
-Animal -Traditional
-Monster -Silliest
-Pretty -Stacked

1st place \$5 2nd place \$3 3rd place \$2

sjihorticulturalsociety@gmail.com for more information

DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Monday October 13th
Meals on Wheels as usual. All other programs cancelled.

Coats for the Cold

Donations of coats and other winter wear accepted through the month of October .

Drop-off locations:

Hilton General Store

Harmony St Marks United Church (in the back)

Dr HS Trefry Centre

Available for pick-up through November on Wednesdays 1-3 pm at Harmony St Marks United Church.

Country Road Open House

October 4-5, 10 am-5pm

More info on Facebook page:
SJI Country Road Open House

Community Fall Fair

Algoma Manor will be hosting its 2nd Annual Community Fall Fair on October 4th, 2025. Participate in a wide variety of fun, fall-themed activities and browse local community vendors.

Document Shredding Event

Township of St. Joseph office

\$25/bank box

October 29th 1-4pm



Saturday Oct 18th
9am
Centennial Grounds
Richards Landing

CALL OF THE WILD

A Night of Robert Service Poetry and Song
Featuring Vernon Bailey & John McClenaghan

Rydal Bank Hall
16 Hoath St. Rydal Bank, ON
October 3 & 4, 2025

Doors open at 6:30 pm
Music starts at 7:15 pm & show starts at 7:30 pm

Ticket price \$25.00

Tickets available from Home Bake House & Cafe (365 Queen St. E., SSM), Copper Bean Cafe (Bruce Mines), The Roasted Bean Cafe (Thessalon), McClelland's Hardware (Desbarats) or by contacting Jean Burns @ (705)785-3862 or Vernon Bailey at (705)254-8239

Pumpkin Spice Mousse

By The Good Housekeeping Test Kitchen



Yields 16 servings Total Time: 30 minutes Cal/Serv: 195

Ingredients

- 1 15-ounce can pure pumpkin (1 3/4 cups)**
- 1 tsp. grated peeled fresh ginger**
- 1/4 tsp. ground cinnamon**
- 1/4 tsp. freshly ground nutmeg**
- Kosher salt**
- 3 oz. cream cheese, cubed**
- 1 tsp. pure vanilla extract**
- 1 cup sweetened condensed milk**
- 2 cups heavy cream, cold**
- Sour cream and crushed ginger cookies, for serving**

Directions:

Step 1: In medium saucepan, combine pumpkin, ginger, cinnamon, nutmeg, and pinch salt. Cook on medium, stirring frequently until steaming heavily, darker in color and slightly thicker, about 5 minutes.

Step 2: Remove from heat and stir in cream cheese and vanilla until smooth. Transfer to bowl, then stir in condensed milk. Let cool completely.

Step 3: Using electric mixer, beat cream until medium peaks form. Fold in cream cheese mixture, then spoon into 4-ounce jars. Chill until ready to serve. Makes 8 cups. Serve dolloped with sour cream and crushed ginger cookies if desired.

Nutritional Information (per serving): About 195 calories, 14.5 g fat (9 g saturated), 3 g protein, 55 mg sodium, 14 g carb, 1 g fiber

Registration



YMCA Gym & Swim Social Program

What is it?

Broken into three, 4-week session blocks held on Mondays

- A program designed for Algoma senior residents 60+ between Thessalon and Echo Bay. Pick up at Thessalon Tim Hortons at 9:00 a.m. returning at 3:00 p.m. Option for pick ups in Bruce Mines, St. Joe, Desbarats & Echo Bay
- Includes a YMCA day pass, lunch, and transportation to and from Sault Ste. Marie by bus!



Programs Available

Pass allows you to participate in as many or as few of the programs as you'd like

11:15 AM - 12:00 PM	Joints in Motion Exercise Program
12:15 PM - 1:00 PM	Aquafit Class
Open All Day	Fitness Centre, Sauna, whirlpool, lane swim (various times).



Program Schedule

First Session

September 22nd
September 29th
October 6th
October 20th

Second Session

October 27th
November 3rd
November 10th
November 17th

Third Session

November 24th
December 1st
December 8th
December 15th

Enjoy the pool, whirlpool, sauna, and a lunch social in between classes!

Each 4-week session is \$40

Participants must register online or at the Thessalon Municipal Office and pre-pay before each session

Ontario



705-842-2217

From Thessalon to Sault YMCA

susan@thessalon.ca for more info

Word Search

GRATITUDE WORD SEARCH



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

Grateful

Hug

Encourage

Compliment

Patience

Thankful

Note

Care

Listen

Forgive

Support

Kindness

Acknowledge

Help

Thank You

Smile

Praise

Respect

Appreciate

Blessings



MAT & CHAIR YOGA

YogaOnTheMoveWithKerry@gmail.com

HILTON BEACH, ONTARIO

FALL BACK INTO YOGA

Mondays in Richards Landing at The Trefry Centre

beginning October 6

Mat Yoga 9:30 am

Chair Yoga 11:00 am

Thursdays in Hilton Beach at the Waterfront Centre

beginning October 2

Mat Yoga 9:30 am

Chair Yoga 11:00 am



Mat Yoga is 60 minutes. Wear comfortable clothing and bring a mat.

Fee is \$15 for advance pre-registration, \$20 drop in rate

Chair yoga is 30 minutes. Wear comfortable clothing, sock/bare feet or indoor shoes. Fee is \$5/class

for more details, information or to pre-register:

YogaOnTheMoveWithKerry@gmail.com

follow me on Facebook: Yoga On The Move With Kerry

Pirate Jokes

Here are some cute pirate jokes to share!

How do pirates know that they are pirates?

They think, therefore they ARRRR!

Why don't pirates shower before walking the plank?

Because they'll just wash up on shore!

What's a pirate's favorite letter?

You'd think it's "R," but it's the "C" they truly love!

Why couldn't the pirate learn the alphabet?

Because he always got lost at C!

How much does it cost a pirate to get his ears pierced?

A buck an ear!

What is a pirate's favorite exercise?

The plank!

What do you call a pirate who skips school?

Captain Hooky!

Why did the pirate go to school?

To improve his arrr-ticulation!

What's a pirate's least favorite vegetable?

Leeks!

Why did the pirate go to the Caribbean?

Because he wanted some arr and arr!

What did the ocean say to the pirate?

Nothing, it just waved.

Why are pirates such great singers?

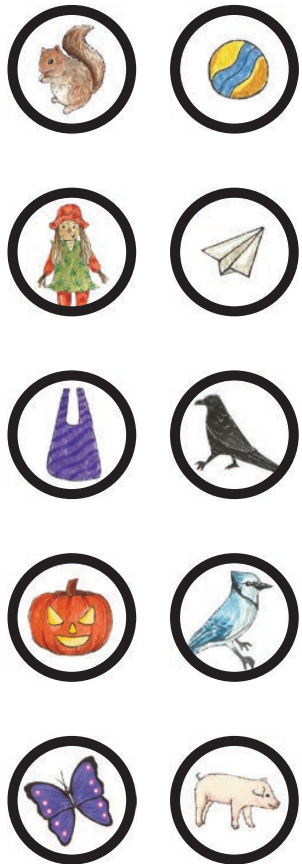
They hit the high seas!

What does a pirate say when he turns 80?

Aye matey!

FIND THE HIDDEN OBJECTS

Can you find all 10?



Trefry Centre Program Info

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



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.



Transportation ; Trefry Centre volunteers provide rides to and from medical appointments, shopping, banking, Trefry programs and other outings. Reduced rates 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.

