

WHAT'S UP DOC

May 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

CAMPING



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

Trails

Campfire

Flashlight

Air Mattress

Marshmallows

Stars

Insects

Lantern

Swimming

Wildlife

Sleeping Bag

Adventure

Canoe

Hiking

Batteries

Tent

Fishing

Backpack

Nature

Bugs



HEALTHY AGING: LISTEN & LEARN

GUEST
SPEAKERS



FIRST PRESENTATION

Monday May 12, 2025 6:00-7:30 pm

- ✓ Introduction to Healthy Aging with Dr. Trafford (Geriatrician)

REMAINING PRESENTATIONS

Tuesdays from 10:00-11:30 am
MAY 20 - JUNE 17, 2025

- ✓ Physical Activity & Home Safety
- ✓ Medication Safety
- ✓ Mental Health & Social Isolation
- ✓ Nutrition
- ✓ Service Finding & Advanced Care Planning

WHO SHOULD ATTEND?

Open to all adults
interested in aging well

Light snack provided
Accessible venue

DROP IN OR REGISTER
705-356-1666 EXT. 283

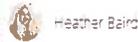
Location:

Thessalon Harbourview Marina
56 Algoma Street
Thessalon, ON

FREE!



Croque Madame Bake



This Croque Madame Bake pays homage to the original popular bistro sandwich. Sandwiches made with Black Forest ham and Dijon mustard are baked in béchamel sauce and topped with eggs that are baked right on top.

The eggs can be left off during baking, and instead, fried separately and then topped after baking.

Adapted from Epicurious

★★★★★ 5 from 3 votes

EQUIPMENT

- 13x9 baking dish

INGREDIENTS

- 12 slices 3/4-inch thick white bread, such as Texas Toast
- 6 tablespoons 85g unsalted butter
- 3 tablespoons all-purpose flour
- 3 cups 720 ml whole milk
- 1 1/4 teaspoons salt divided
- 1/2 teaspoon freshly ground black pepper divided
- 8 ounces grated Gruyère cheese divided
- 1/4 cup 60 ml Dijon mustard
- 10 ounces ask deli for 12 thin slices Black Forest ham
- 6 large eggs
- Cooking spray

INSTRUCTIONS

1. Arrange racks in top and middle of oven; preheat to 375°F.
2. Arrange bread slices in a single layer on a baking sheet and bake, flipping once, until dry to the touch but not toasted, 5–10 minutes. Using a 2" round cookie cutter or sharp paring knife, cut a hole in the center of 6 bread slices. Set aside.
3. Melt the butter in a large pot over medium heat. Add flour and cook, whisking constantly, until butter is light gold and thickened, about 3 minutes. Slowly add milk, whisking constantly to prevent lumps from forming. Increase heat to medium-high and cook, whisking, until mixture thickens and coats the back of a spoon, 4–6 minutes. Reduce heat to low. Add 3/4 tsp. salt, and 1/4 tsp. pepper into the sauce.
4. Add 1 cup Gruyère a handful at a time, making sure cheese is melted before adding more.
5. Coat a 13x9-inch casserole dish with cooking spray. Spread one-third of the Béchamel sauce in the dish. Spread Dijon mustard onto the six whole pieces of bread (the ones without holes). Arrange pieces in a single layer in the dish on top of the sauce. Top each with 2 slices of ham, folding to fit on bread if necessary.
6. Spread another third of the Béchamel over ham. Sprinkle evenly with half of the remaining Gruyère cheese. Place 6 bread slices with holes on top to form 6 sandwiches. Spread remaining Béchamel over sandwiches, avoiding the holes. Sprinkle with remaining Gruyère, also avoiding the holes. Crack 1 egg into each hole. Season with remaining 1/2 tsp. salt and 1/4 tsp. pepper.
7. Spray a large piece of foil with nonstick spray. Place the foil oiled side down over the baking dish. Crimp to seal the edges. Bake on middle rack for 20 minutes. Remove foil, increase oven temperature to 400°F, transfer dish to top rack, and bake until egg whites are just barely set and yolks are still runny (eggs will continue to cook slightly when removed from oven), 12–15 minutes. Let cool 10 minutes before serving.

NOTES

I added bake time to cook the eggs through. This took about 20 minutes on the top rack. I would recommend keeping a watchful eye on the eggs during the final bake so you can best gauge doneness.

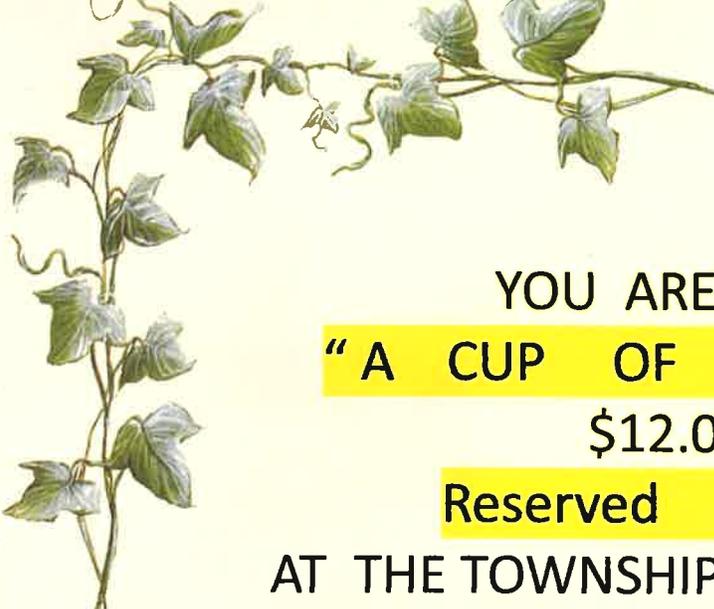
Words Starting With V Quiz

The answers to this quiz all start with the letter V

Question	Answer
1 Greengrocer's produce	:
2 A blood vessel that carries blood from the body back to the heart.	:
3 Dracula is one	:
4 An Italian make of motor scooters	:
5 Balsamic, cider or white	:
6 Household cleaning appliance for floors	:
7 Flu shot	:
8 Rich soft pile fabric	:
9 Italian city of canals	:
10 Visual elements of a TV broadcast	:
11 Capable of injecting venom by means of a bite or sting	:
12 An entertainer who speaks without moving their lips	:
13 Jury's findings	:
14 A stringed musical instrument	:
15 One of the 12 signs of the zodiac	:
16 Animal doctor	:
17 An ex-member of the armed forces	:
18 Unpaid worker	:
19 A liquid that is painted onto wood to protect the surface	:
20 Ice cream flavour	:

Answer

- 1 Vegetables
 - 2 Vein
 - 3 Vampire
 - 4 Vespa
 - 5 Vinegar
 - 6 Vacuum cleaner
 - 7 Vaccine
 - 8 Velvet
 - 9 Venice
 - 10 Video
 - 11 Venemous
 - 12 Ventriloquist
 - 13 Verdict
 - 14 Violin
 - 15 Virgo
 - 16 Veterinarian
 - 17 Veteran
 - 18 Volunteer
 - 19 Varnish
 - 20 Vanilla
-



YOU ARE INVITED TO
"A CUP OF SPRING TEA". MAY 24TH
\$12.00 PER PERSON

Reserved Seating

AT THE TOWNSHIP HALL IN RICHARDS LANDING
WITH

ALL PROCEEDS GOING TO OUR PSW PROGRAM
DOORS OPEN AT 11:45

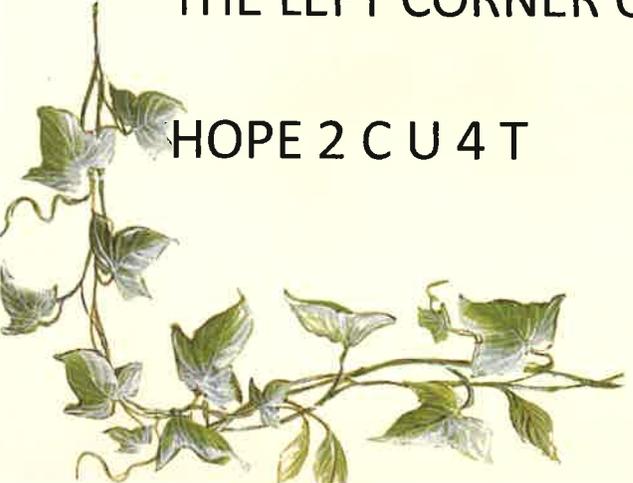
RESERVATIONS WILL BE ACCEPTED UNTIL MAY 15.

KINDLY LEAVE YOUR NAME, NUMBER OF GUESTS IN
YOUR GROUP AND YOUR PHONE NUMBER SO THAT
YOUR RESERVATION CAN BE CONFIRMED

PLEASE CALL 705-246-2634

ALL ADDITIONAL DONATIONS WILL BE GRATEFULLY
ACCEPTED AND CHEQUES MAY BE MADE OUT TO
ST. JOSEPH TOWNSHIP WITH PSW PROGRAM IN
THE LEFT CORNER OF THE CHEQUE.

HOPE 2 C U 4 T



DOCTOR HS TREFRY
MEMORIAL CENTRE

Notice

Dr H.S. Trefry Memorial Centre is closed
Victoria Day Monday May 19, 2025



Spring Tea

Town Hall Richards Landing

May 24th \$12

by reservation

705-246-2634

proceeds to PSW program

Mother's Day Tea

Saturday May 10th

\$10 1-3pm

Faith Baptist Church EB

186 Lake Street



Thessalon Monthly Senior's Socials
3rd Tuesday of every month

1:00 to 3:00 pm

at the Harbour View Building, Thessalon
Marina, 56 Algoma St.

Join us for crafts, games, snacks,
socialization and fun!

Gordon Lake Hall

High Tea

May 31 12:30-3pm

THESSALON FOR SALE

& SIDEWALK SALES

Saturday May 24th

8am-2pm

DESBARATS 4 SALE

Saturday May 10th

8am-1pm

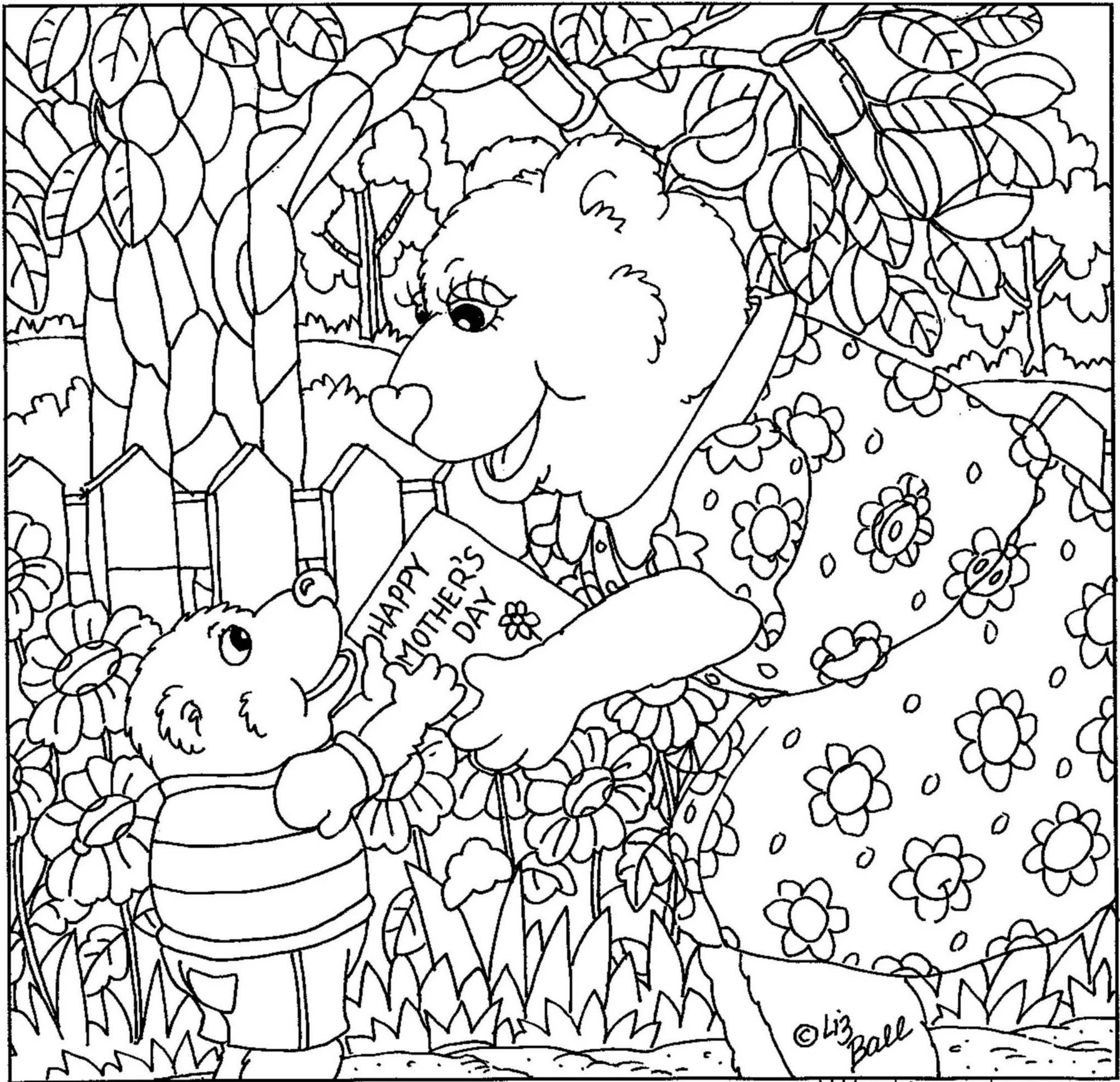
Wild Migratory Bird Day

Fort St. Joseph

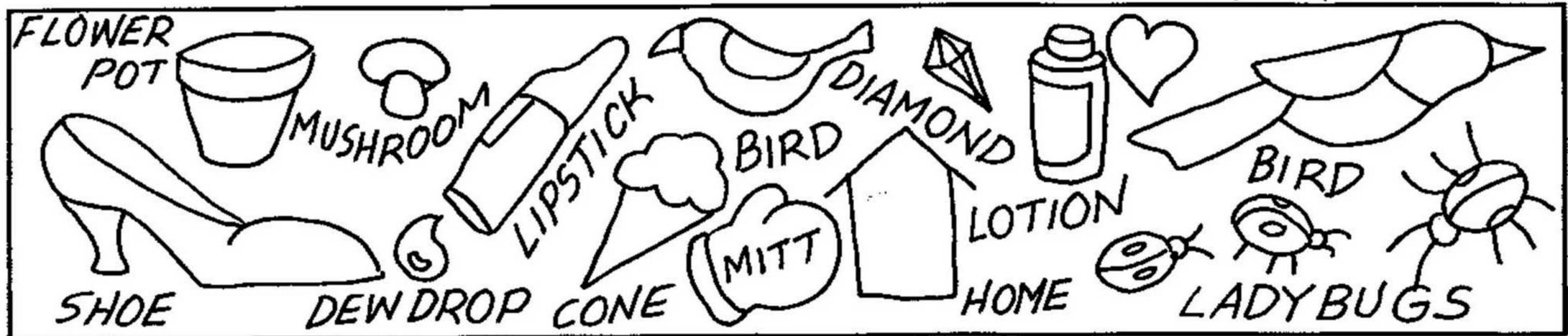
May 10th 6am-2pm

Grounds & Visitor Centre

open. Fees apply



www.hiddenpicturepuzzles.com



Sudoku

Created on the Golden Carers website - <https://www.goldencarers.com>

3				9		4	2	7
4	2		3					
		6	4	2				8
6	1	2	7		5		3	9
			6					5
	4				9	6		
5		3	9				6	
			5	7	3		8	1
9		1				5		

From **The Tommy Hunter Show**

CBC TV COUNTRY MUSIC STARS



Donna & LeRoy
(Canadian Country Music Hall of Fame)



Whiskey Jack
(The O' Back Porch & 2 Juno Nominations)

WEDNESDAY, JUNE 4, 2025 - 7:30PM

Tickets: \$35

Highlights from Whiskey Jack's *Stompin' Tom Show* (now in its 10th year), including their hit song "O L D"



75 Huron Street
Sault Ste. Marie, ON
(705) 253-4373
algomaconservatory.com



Scan for more information



Sponsored by the Northern Ontario Country Music Association

Brazilian Lemonade

4 limes
6 cups of water
Half a tin of sweetened condensed milk
One cup of ice

1. Wash limes well and cut off top and bottom (hard parts)
2. Chop cut limes into 8 pieces (skins on!)
3. Place limes, 3 cups of water and condensed milk in a blender.
4. Blend for 30 seconds.
5. Sieve and add the rest of the water.
6. Adjust to taste add sugar if necessary.
7. Serve over ice.



Your Support Network Just Got Stronger Through the Ontario Caregiver Helpline

As a caregiver, finding the right support can feel overwhelming. The Ontario Caregiver Helpline is here to help. This free, confidential service is available 24/7, offering information, referrals, and emotional support when you need it most.



Staffed by Community Resource Specialists in English and French, with interpretation available in over 150 languages, the Helpline is your go-to resource for finding supports in your community.

- **Call:** Dial 1-833-416-2273 (CARE) to speak with a Community Resource Specialist anytime.
- **Live Chat:** For those who prefer online support, use the Helpline's live chat feature to get assistance instantly.
- **Information & Resources:** Get up-to-date details about caregiving programs, services, and financial assistance available in your area.
- **Referrals:** The Helpline specialists can connect you with local services, support groups, and community programs to make your caregiving journey easier.

Find the Help You Need Today

Seniors and Pets



Emotional benefits

Animals can help people combat feelings of loneliness, boredom, isolation, and depression. Giving their owners a responsibility to get up each morning and follow a structured routine. Furthermore, caring for an animal brings joy, fulfillment, and unconditional love.

Physical benefits

Having an animal in your life can lead to increased levels of physical activity. Simply bending over to pet a dog or pick up a cat increases mobility. Stroking an animal can also lower heart rate, blood pressure, and cause a positive change in the brain's chemical balance.



Things to keep in mind

Animal companions are often helpful in combatting loneliness, but caring for them can be expensive and sometimes time-consuming. Animals of any shape and size can cause falls, a hazard for anyone with poor vision or balance.

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.

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.

Friendly Visiting

Seniors living alone, or lonely can be matched up with a volunteer for weekly in home visits.

