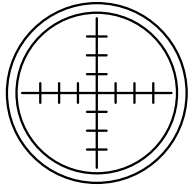


WHAT'S UP DOC



November 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

Word Search

BASEBALL



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

Cardinals

Angels

Mariners

White Sox

Dodgers

Braves

Cubs

Astros

Rockies

Pirates

Red Sox

Guardians

Reds

Giants

Brewers

Royals

Nationals

Tigers

Orioles

Twins

Mets

Yankees

Diamondbacks

Marlins



Merry Christmas

Diner's Club

Thursday December 4th

Doors open @ 11am

Join us to celebrate Christmas with a special menu. A full traditional turkey dinner, with sticky pudding for dessert. Live music performance by Nostalgia Live

\$21

Per Person

**Book Now
705-246-0036
or online at:**

www.trefrycentre.ca



Home Maintenance Program

Persons 65+ and persons with a disability can receive a subsidy when hiring help for chores such as yard work, snow removal, and/or house keeping. The subsidy amount is based on the taxable income of the household . Contact us for more information and for available service providers in our area.

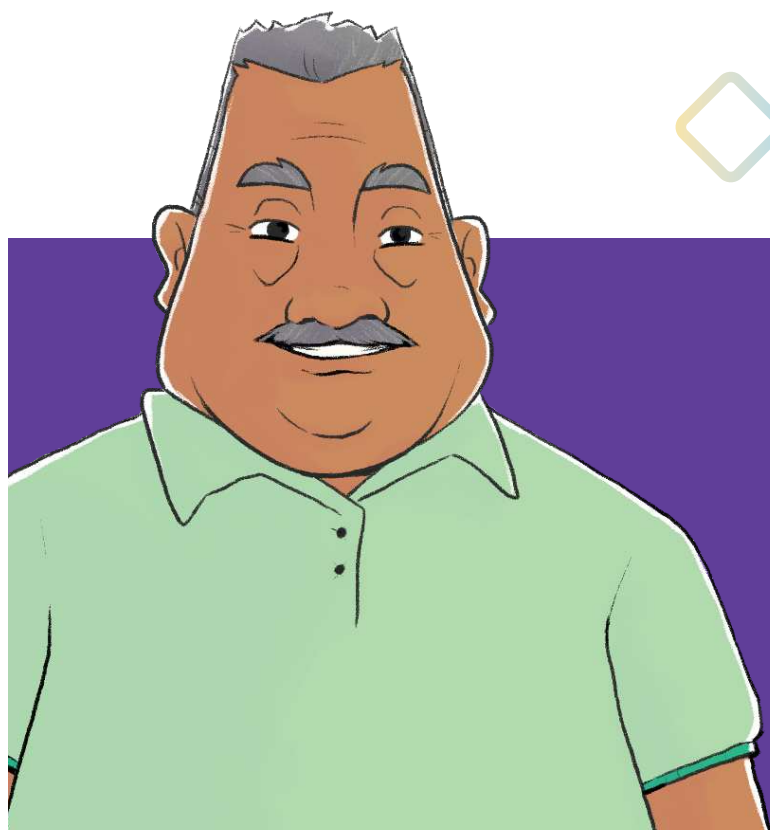
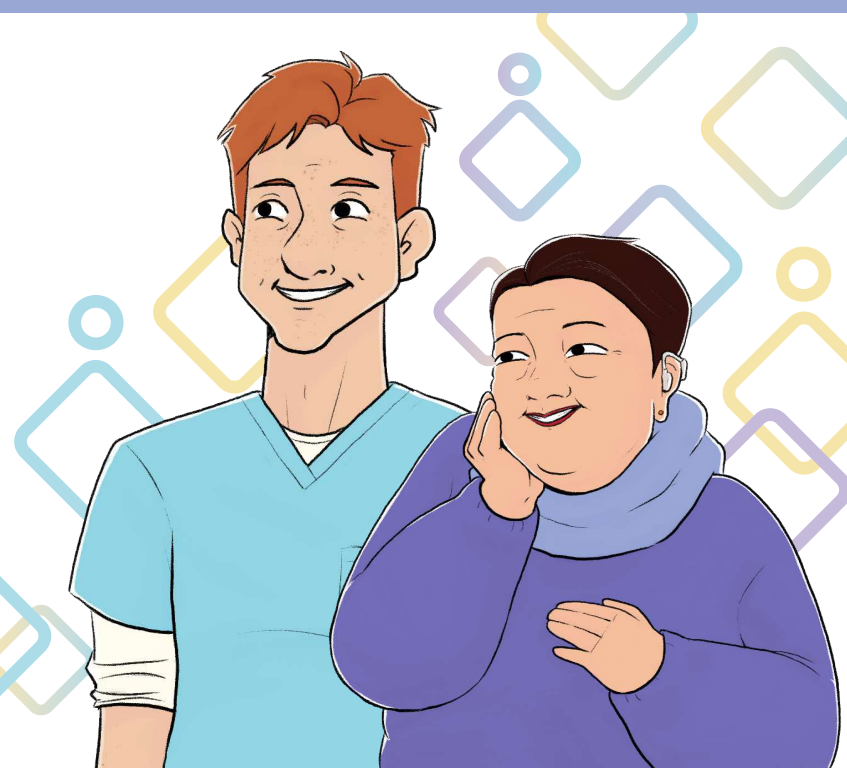
705-246-0036





Behaviours in Dementia Toolkit

Practical & Evidence Informed



Did you know?

Changes in moods and behaviours that accompany dementia often communicate emotions and stressors or signal unmet needs.

Visit the Behaviours in Dementia Toolkit, a **free online library** with:

- ✓ Videos, guides & online courses.
- ✓ Tools for communication & meaningful engagement.
- ✓ Resources to support well-being.



We can respond in ways that help people living with dementia feel respected and supported.

www.BehavioursInDementia.ca



Behaviours in Dementia Toolkit

Practical & Evidence Informed

powered by:



CCSMH
Canadian Coalition for Seniors' Mental Health

Financial contribution:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Tuesday November 11th
All programs cancelled.

Holly Jolly
Christmas Craft
Show

Sat Nov 15 Hilton
Beach Hall
10am-3pm lunch
available



Harmony UCW

Christmas Luncheon, Bake
Sale & Bazaar

Sat Nov 1st 11:30-1:30
RCL Richards Landing

*Christmas Tea
& Craft Sale*

NOVEMBER 16, 2025

ROYAL CANADIAN LEGION BR. 374 RICHARDS LANDING

Lunch

SOUP, SANDWICH,
DESSERT & BEVERAGE
\$15.00
11:00 AM - 2:00 PM
SINGLE ITEMS
\$6.00

Craft Sale

MAIN HALL
10:00 AM - 2:00 PM
** PLEASE BRING YOUR
OWN BAGS **



Tues Nov 25th Coffee Connections
@ Trefry Centre 9:30-10:30am

Donations in
support of
Social with a
Purpose

Coffee
Tea
COOKIES
Social
Fun

Alzheimer
SOCIETY

**COPPER COUNTRY
CHRISTMAS**

Featuring Artisans & Businesses Presented by
Bruce Mines & District Chamber of Commerce



November 15th 2025

Artisans ~ Crafts ~ Vendors
10:00 am to 3:00 pm

Two locations

Bruce Mines Community Centre
9180 Hwy. 17 East,

18 Hoatson St
Former chapel building
just behind Esso

Holiday Treats & Treasures
Saturday November 29, 2025

2 Locations In Desbarats

FOR MORE INFORMATION
& TO REQUEST REGISTRATION FORMS,
EMAIL: 3sinc.solutions@gmail.com
Registration Deadline: OCTOBER 30TH



the Holy Walk
Nov.
21st &
22nd

JOIN US AT ALL TRIBES CHRISTIAN CAMP FRIDAY & SATURDAY
Doors open at **5:30pm** and close at **9pm**

For families with small children or anyone
needing a more accessible walk:

ADDITIONAL TIME ON SATURDAY BY APPOINTMENT
FROM 3:30-5:30PM

Guess the Decade- BC Canada

Question	Answer
1 In which decade did The Beatles perform their famous concert at Empire Stadium in Vancouver?	:
2 Which decade saw the premiere of the TV show The Beachcombers - a classic filmed in BC?	:
3 Which decade did Canada officially adopt the maple leaf flag?	:
4 In which decade did British Columbia join Canada?	:
5 Which decade were bell-bottom pants and tie-dye shirts all the rage?	:
6 In which decade did women begin wearing padded shoulder power suits as a fashion trend?	:
7 Which decade did Terry Fox begin his Marathon of Hope?	:
8 In which decade did the Lions Gate Bridge open in Vancouver?	:
9 In which decade did colour television become widely available in Canadian homes?	:
10 In which decade was the Coquihalla Highway first opened?	:
11 In which decade did BC Ferries begin operation?	:
12 In which decade did the first Tim Hortons open in Canada?	:
13 In which decade did Barbie dolls first hit toy store shelves?	:
14 Which decade saw the rise of the compact disc (CD)?	:
15 Canada's first Winter Olympics (Calgary) took place in which decade?	:
16 In which decade did Michael Jackson release Thriller?	:
17 In which decade did the first Starbucks in Canada open (in Vancouver)?	:
18 Which decade saw the launch of the Canadian one-dollar coin, the "Loonie"?	:
19 In which decade did the Stanley Cup riots occur in Vancouver after the Canucks' loss to the Rangers?	:
20 Which decade saw Celine Dion win the Eurovision Song Contest (representing Switzerland!)?	:



ROASTED CHICKPEA & SWEET POTATO BOWLS

BY: [THE CANADIAN LIVING TEST KITCHEN](#)

Total time: 30 minutes Portion size: 4 servings

INGREDIENTS

- **1 can** chickpeas (540 ml) , rinsed and drained
- **2 cups** peeled and cubed sweet potatoes (1/2-inch cubes)
- **1 small** red onion , cut in 1/2-inch slices
- **1 tablespoon** olive oil
- **1/2 teaspoon** garlic powder
- **1/2 teaspoon** ground cumin
- **1/2 teaspoon** smoked paprika
- salt and pepper
- **1 1/2 cup** whole wheat couscous
- **1 1/2 cup** boiling water
- **1** avocado , peeled and sliced
- **4 cups** arugula or baby spinach

METHOD

Preheat oven to 450°F. Place chickpeas, sweet potato and onion on baking sheet, separating if desired. Drizzle with oil and sprinkle with garlic powder, cumin and paprika; toss to coat. Season with salt and pepper. Bake until sweet potato is tender and golden, stirring halfway through cooking time, about 15 minutes.

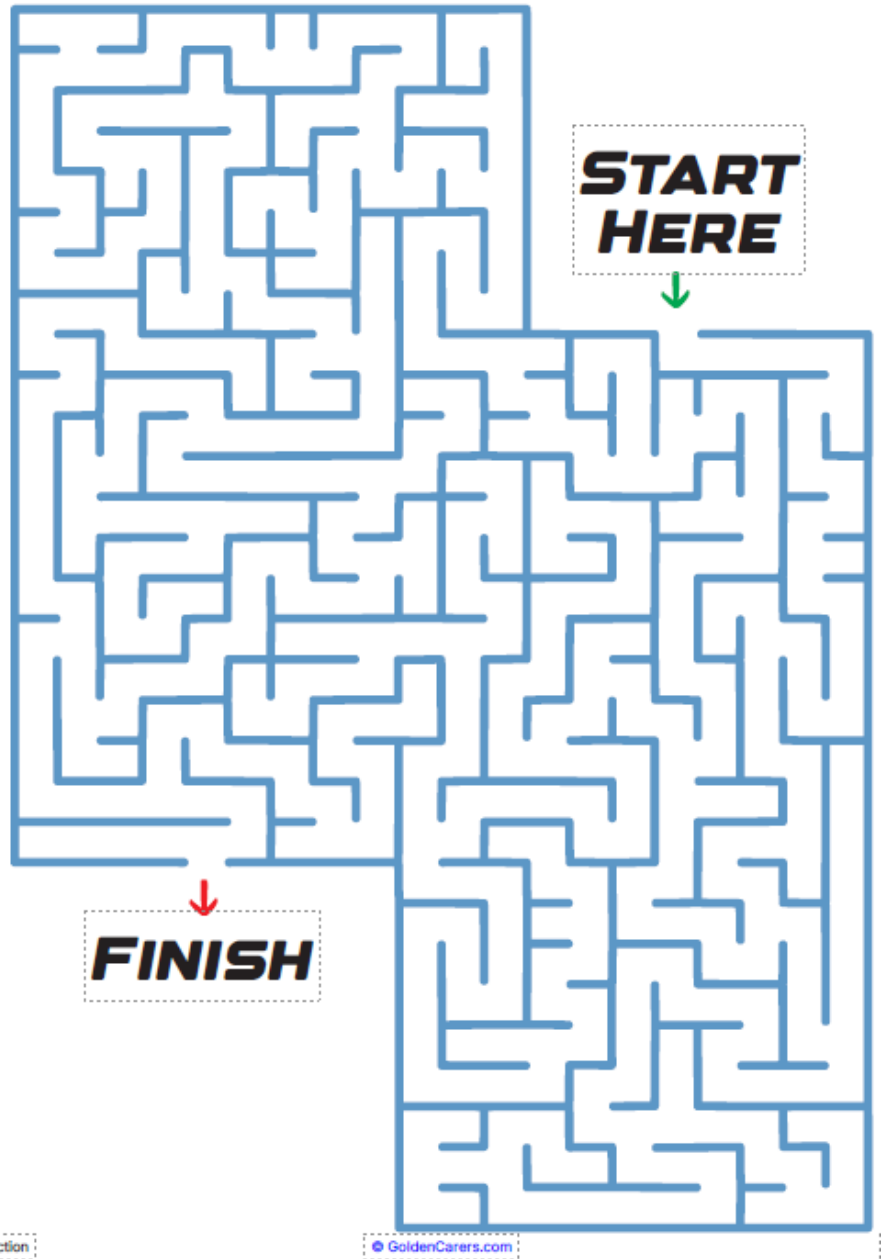
Meanwhile, in heatproof bowl, stir couscous with boiling water. Cover and let stand for 5 minutes. Using fork, fluff couscous; season with salt and pepper.

Divide couscous among bowls, top with roasted chickpeas and vegetables, avocado and arugula. Serve with Maple-Tamari Dressing.

Answer

- 1 1960s (1964)
- 2 1970s (1972)
- 3 1960s (1965)
- 4 1870s (1871)
- 5 1970s
- 6 1980s
- 7 1980s (1980)
- 8 1930s (1938)
- 9 1960s
- 10 1980s (1986)
- 11 1960s (1960)
- 12 1960s (1964)
- 13 1950s (1959)
- 14 1980s
- 15 1980s (1988)
- 16 1980s (1982)
- 17 1980s (1987)
- 18 1980s (1987)
- 19 1990s (1994)
- 20 1980s (1988)

Tricky Maze



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.

