

WHAT'S UP DOC

December 2025



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

**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**



Ontario



OCSA
Ontario Community
Support Association



Sally Wisner

WISHING OUR CLIENTS & VOLUNTEERS

**Happy
Holidays**

*Anne
Cranston*

Barb Jackson

Bonnie Cardinal

Beth Brewer

Maureen

Angie Spencer

Cliff

Jean Richaby

*Genevieve
Gorman*

Carole

M. Brune

McClure

DR. HS TREFRY MEMORIAL CENTRE STAFF
AND ADVISORY COMMITTEE MEMBERS

*Heather
Whitley*

*Melissa
Cupp*

LaChon

Ashley Jura



DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

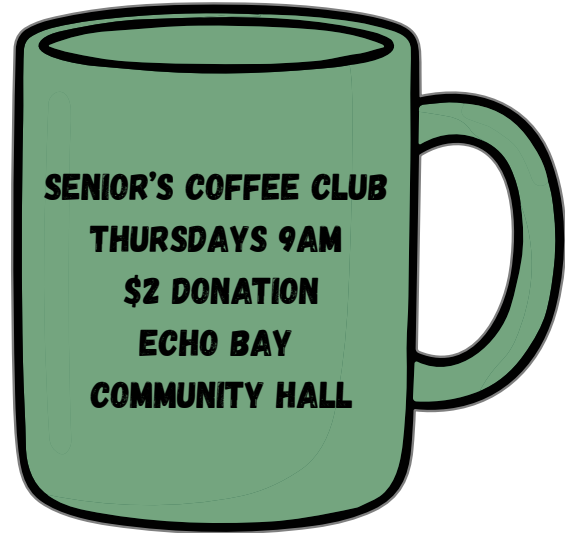
Trefry Centre office will be closed at noon December 24th

Reopening 8:30am January 5th 2026

Meals on Wheels as usual. All programs cancelled.



2025 Parade of Lights
Saturday, December 13th
Theme
MOVIE MAGIC IN THE BAY
Bring the holidays to life with classic films!
6pm Parade Lineup at the Sportsplex
6:15pm Judging
7pm Parade Start
Join us for the Tree Lighting Ceremony at Memorial Park following the parade



Card Party Gordon Lake Hall

Fri Dec 5th

\$10 admission, light lunch served.

Play starts @ 7:30pm



OUTDOOR LIVE NATIVITY

SATURDAY DEC. 13, 2025

6.30 – 7.30 PM

ST BONIFACE CATHOLIC

CHURCH

HILTON BEACH



BRUCE MINES, ON – CHRISTMAS HOEDOWN

DECEMBER 3 @ 7:00 PM – 9:00 PM

BRUCE MINES & DISTRICT HISTORICAL SOCIETY MUSEUM (FORMERLY BRUCE MINES UNITED CHURCH), 18 WILLIAMS ST., BRUCE MINES, ON

PROCEEDS SUPPORT THE BRUCE MINES & DISTRICT HISTORICAL SOCIETY.

TICKETS ARE \$45 EACH (TAX INCLUDED), AND MAY BE PURCHASED USING A CREDIT CARD, BY CALLING THE SCOTT WOODS BAND OFFICE (TOLL FREE) AT 1-

855-726-8896 OR SCOTTWOODS.CA



Christmas Trivia



1. In Charles Dickens' "A Christmas Carol," what was Mr. Scrooge's first name?
2. What Bing Crosby song is the best-selling single ever?
3. In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
4. "Miracle on 34th Street" centers on what real-life department store?
5. In the song "Grandma Got Run Over by a Reindeer," what "incriminating" evidence was found on Grandma's back?
6. How many reindeer are featured in the poem "Twas the Night Before Christmas?"
7. What traditional Christmas decoration is actually a parasitic plant?
8. In "The Muppet Christmas Carol," who played Scrooge? Hint: It wasn't a muppet.
9. What beverage company has been using Santa Claus in its advertising since 1931?
10. According to legend, what holiday goodies were shaped to resemble a shepherd's staff, as a way to remind children of the shepherds who visited baby Jesus?
11. What 2003 film follows a hard-living mall Santa?
12. In the Twelve Days of Christmas, what are there eleven of?
13. Which classic Christmas carol contains the lyric "Strike the harp and join the chorus"?
14. In "The Chipmunk Song," what do the chipmunks want for Christmas besides a plane that loops the loop?
15. Which of Santa's reindeer was the subject of a 1989 movie starring Sam Elliot?
16. Whose recording of "Rudolph the Red-Nosed Reindeer" topped the U.S. charts in 1949?
17. In the song "We Wish You a Merry Christmas," what type of pudding is called for?
18. "Mele Kalikimaka" means "Merry Christmas" in what language?
19. In the 1966 television special "How the Grinch Stole Christmas," what monster movie legend did the voice for the Grinch?
20. In the song "Santa Baby," the singer asks for a deed to what?
21. A booklet printed by Montgomery Ward featured the first appearance of what beloved Christmas character?
22. The celebrated "Christmas Truce" temporarily halted fighting during what war?
23. In 1996, what toy with origins in Sesame Street was a sensation at Christmastime?
24. True or False: Studies show that the average American gains three pounds over the holidays.
25. What word for Christmas or a Christmas carol was borrowed from French?



Good Morning

Looking for people 65+, living alone, who might
enjoy a friendly morning wake-up phone call
and wellness check to start their day.

705-246-0036



Answers



1. Ebenezer
2. White Christmas
3. Hansel and Gretel
4. Macy's
5. Claus marks
6. Eight (no Rudolph!)
7. Mistletoe
8. Michael Caine
9. Coca-Cola
10. Candy canes
11. "Bad Santa"
12. Pipers piping
13. "Deck the Halls"
14. A hula hoop
15. Prancer
16. Gene Autry
17. Figgy pudding
18. Hawaiian
19. Boris Karloff
20. A platinum mine
21. Rudolph the Red-Nosed Reindeer
22. World War I
23. Tickle Me Elmo
24. False. It's closer to one pound.
25. Noel



Seniors 65+ or persons with a disability,
living between Echo Bay and
Desbarats, including St Joseph Island,
all income levels are eligible for

Meals on Wheels

We deliver a hot meal, soup and dessert.

You can choose to have meals delivered
to your home 3 times a week or less.

\$13.80/day

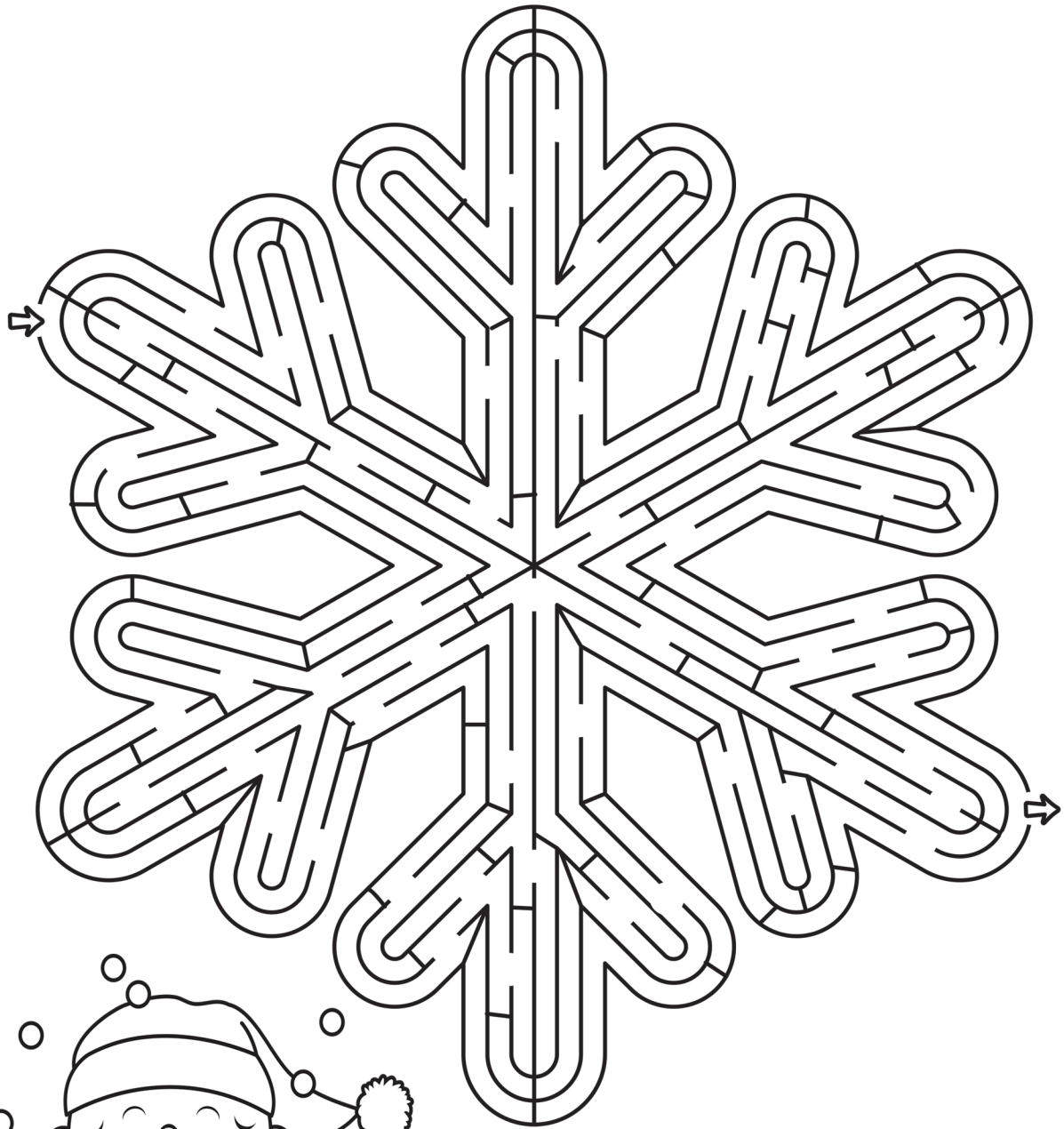
(as low as \$9.60 with sliding scale based on household income)

Call 705-246-0036 or visit
trefrycentre.ca
for more details

1601 C Line Richards Landing ON P0R 1J0



Snowflake Maze



Let it snow,
Let it snow,
Let it snow!



Home Maintenance Program

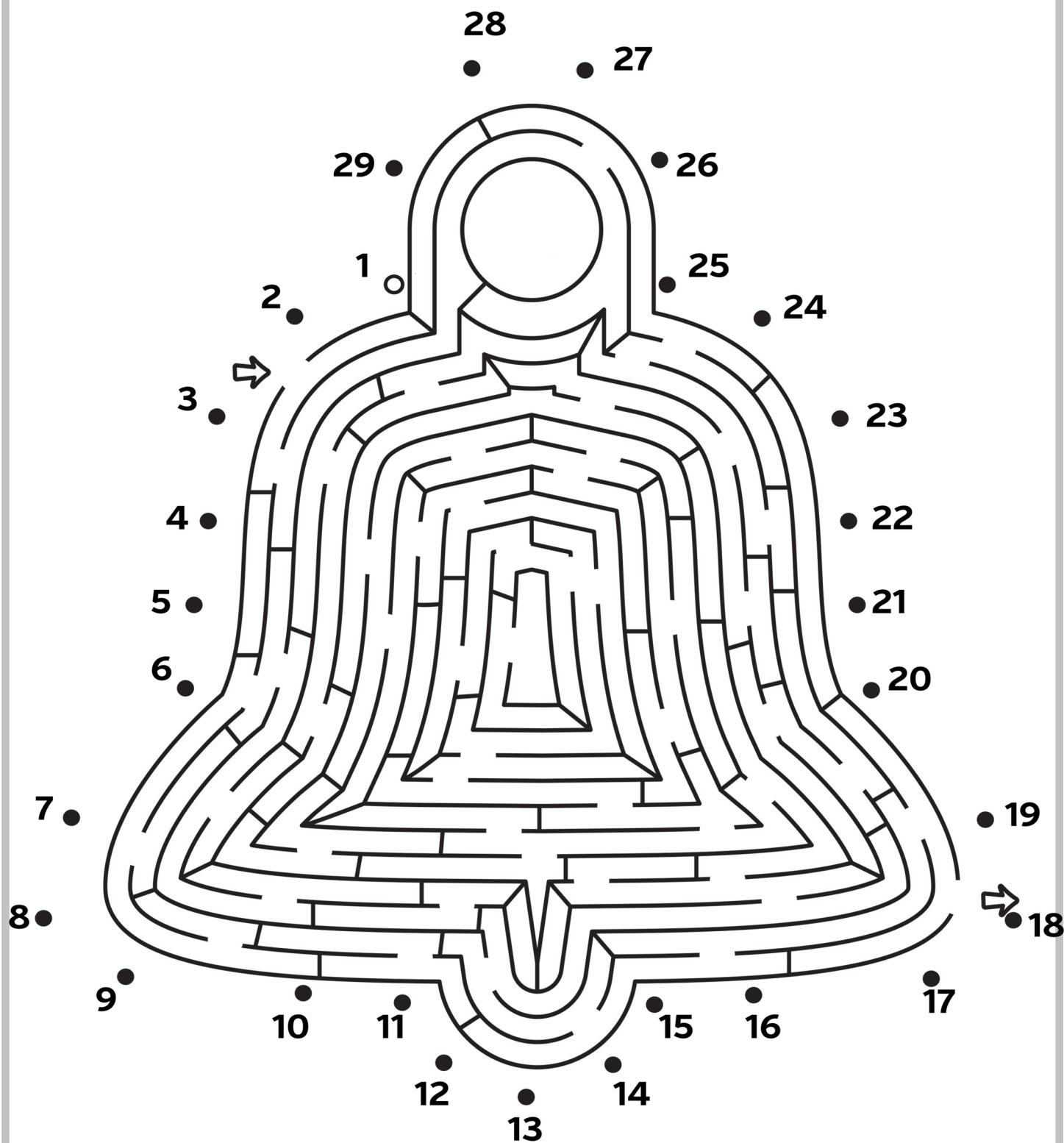
Persons 65+ and persons with a disability can receive a subsidy when hiring help for chores such as yard work, snow removal, and/or house keeping. The subsidy amount is based on the taxable income of the household . Contact us for more information and for available service providers in our area.

705-246-0036



Christmas Bell Maze

Solve the maze and then the dot to dot





\$16

Spots Available!

ADULT DAY OUT

In Echo Bay (Wednesdays)

Includes:

coffee, muffin, lunch, fun games, crafts, social interaction with other clients, as well as our trained staff and caring volunteers

**Call 705-246-0036 for more
information**



Quirky Canada Quiz

Canada is known for many iconic images, like Mounties in bright red uniform jackets riding shining black horses, but the country also has some very unusual claims to... fame. Are these 20 Quirky Canadian Facts true or false?

Question	Answer
1 Canada warehouses more than 50 million pounds of maple sugar to prevent a worldwide shortage.	:
2 There is an annual hunt for Bigfoot in British Columbia, Canada.	:
3 Canada harvests icebergs to manufacture foods and consumer products.	:
4 The largest lobster ever caught in Nova Scotia weighed 12.3 kg	:
5 There are active sand dunes in Canada.	:
6 Canada has more lakes than the rest of the world combined.	:
7 Write a letter to North Pole, Canada HOHOHO, and Santa will write back.	:
8 Hockey is Canada's national sport.	:
9 For safety, vehicle doors are always left unlocked in Churchill, Manitoba.	:
10 Canada entered World War II with the US.	:
11 Canada is the largest country in the world by surface area	:
12 The national animal of Canada is the moose	:
13 Quebec nearly voted to secede in 1995	:
14 Most of the population of Canada lives within 100 miles of the U.S. border	:
15 It is illegal to own guns in Canada	:
16 Canada is led by a President	:
17 Jim Carrey is Canadian	:
18 Montreal is the world's largest French speaking city.	:
19 The east coast of Canada was settled by Vikings around 1,000 A.D.	:
20 People from Nova Scotia are called bluenosers.	:

Please Join Us Saturday December 20th

A CUP OF CHRISTMAS TEA



Old Town Hall Richards Landing

Doors Open @ 11:30am

PSW Program Update @ 11:50am

\$15 per person

All ticket proceeds to the PSW program

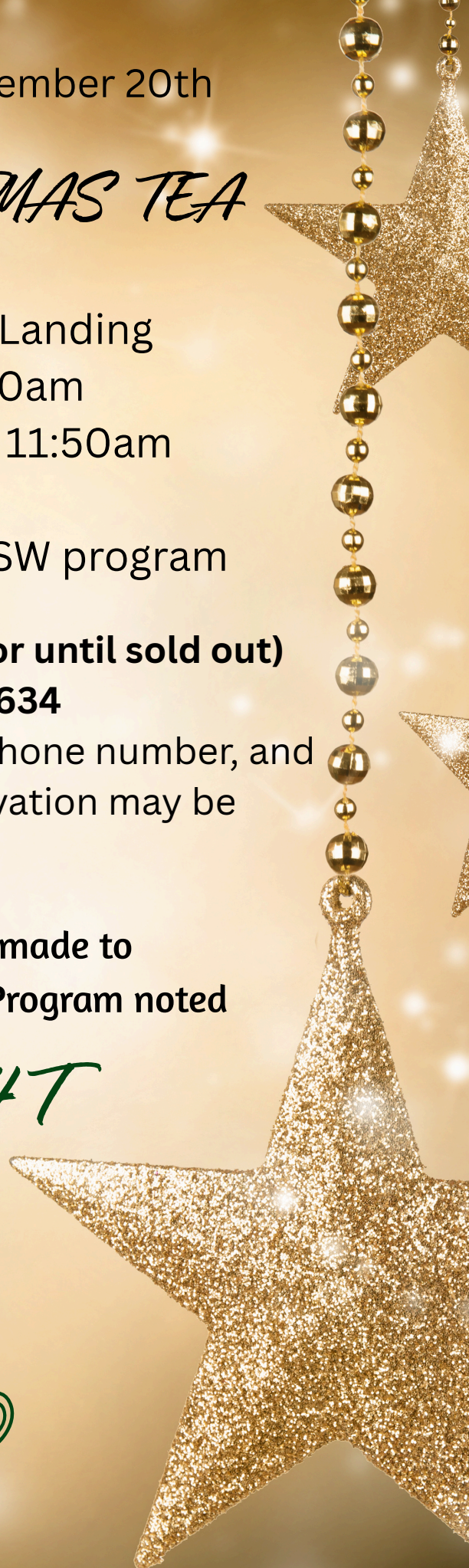
**Reservations by December 12th (or until sold out)
by calling 705-246-2634**

Please leave message with: name, phone number, and
size of party of guests so reservation may be
confirmed.



***Cheques for PSW program made to
"St. Joseph Township" with PSW Program noted**

HOPE 2 CU 4 T



Answer

- 1 True
 - 2 False - Bigfoot is protected by Canadian law.
 - 3 True - Chunks are taken to make products.
 - 4 False - The largest weighed almost twice that: 20.1 kg.
 - 5 True - In northern Manitoba.
 - 6 True
 - 7 True - Letters may be written in any language
 - 8 False - Officially, it's Lacrosse.
 - 9 True - People seek refuge from wandering polar bears in nearby cars.
 - 10 False - Canada entered WWII months earlier than the United States.
 - 11 False - Canada is the second-largest country after Russia.
 - 12 False - It is the beaver.
 - 13 True
 - 14 True
 - 15 False - Canada has one of the highest rates of gun ownership in the world
 - 16 False - Canada's government is led by a Prime Minister.
 - 17 True
 - 18 False - Paris is. But Montreal is second.
 - 19 True
 - 20 True
-

Preventing falls

It can be difficult to know how to prevent a fall from happening. Objects that cause slips, trips, and falls are not always obvious. Professionals such as occupational therapists can provide in-home assessments and advice on fall prevention.

Try using the S.T.O.P method to prevent falls:

Scan: Identify any safety risks including loose rugs, cords, or poor lighting.

Talk: Discuss safety concerns with a health professional. They understand the condition of the person you care for and can offer helpful advice.

Organize: Prevent falls by rearranging furniture, tucking cords away, removing floor mats, and installing handrails and support bars.

Plan: Act now to reduce the risk of future falls. This can include having the person you care for build strength by doing exercises or working on balance. Even a daily walk will help!

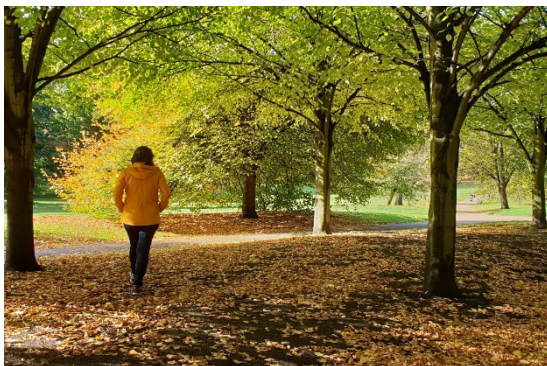


Exercise to improve balance

Loss of balance can cause falls. You can help the person you care for to improve their balance by encouraging them to do daily stretching, walking, and other simple exercises to maintain flexibility and strength. Make this a part of their daily routine.

Monitor medications

Dizziness and loss of balance can sometimes be a side-effect of medications. Ask a doctor, pharmacist or other health professional if the medications taken can affect balance and stability. Common medications such as antidepressants and sleeping pills can sometimes have these side effects.



Make the environment safe

Make sure to secure loose cords and avoid floor mats and decorations that could cause a fall. In the winter months, be sure to have a plan for snow and ice removal. Allow extra time for travelling through rain, snow, and slush.

Available 24/7

1-833-416-2273 (CARE)

[The Ontario Caregiver Helpline is here to help](#)

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.

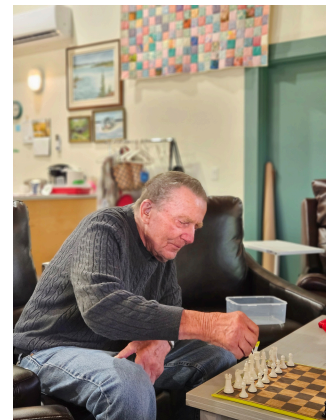


Transportation ; Trefry Centre volunteers provide rides to and from medical appointments, shopping, banking, Trefry programs and other outings. Reduced rates based on household income.

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.

