

WHAT'S UP DOC

January and February 2026



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

Diner's Club

Tuesday February 24th

RC Legion Richards Landing

Doors open at 11am

Tickets must be purchased
in advance

www.trefrycentre.ca

\$16 / person

*****Invite someone who has never attended before and you both
get entered into our Plus 1 draw for February.***

Menu:

Salisbury steak with mushroom gravy,
mashed potatoes, green beans & biscuit
Chocolate strawberry cake, coffee, tea



**Photo presentation by local bird
enthusiast Ron Dorscht.**

Contest Alert!



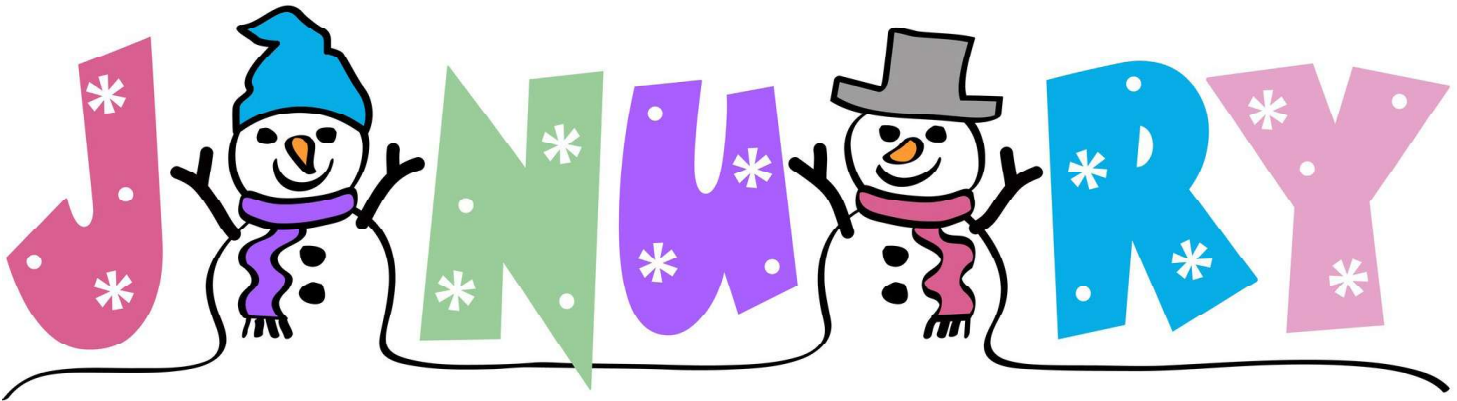
**FEBRUARY IS
PLUS 1 MONTH**

HOW TO ENTER: Bring 1 new person, who has never attended before, to a Trefry Centre event, and earn 1 entry into our contest.

Eligible events include: Exercise, Coffee Connections, Diner's Club (tickets must be purchased in advance), Hens & Stitches & Ukulele.

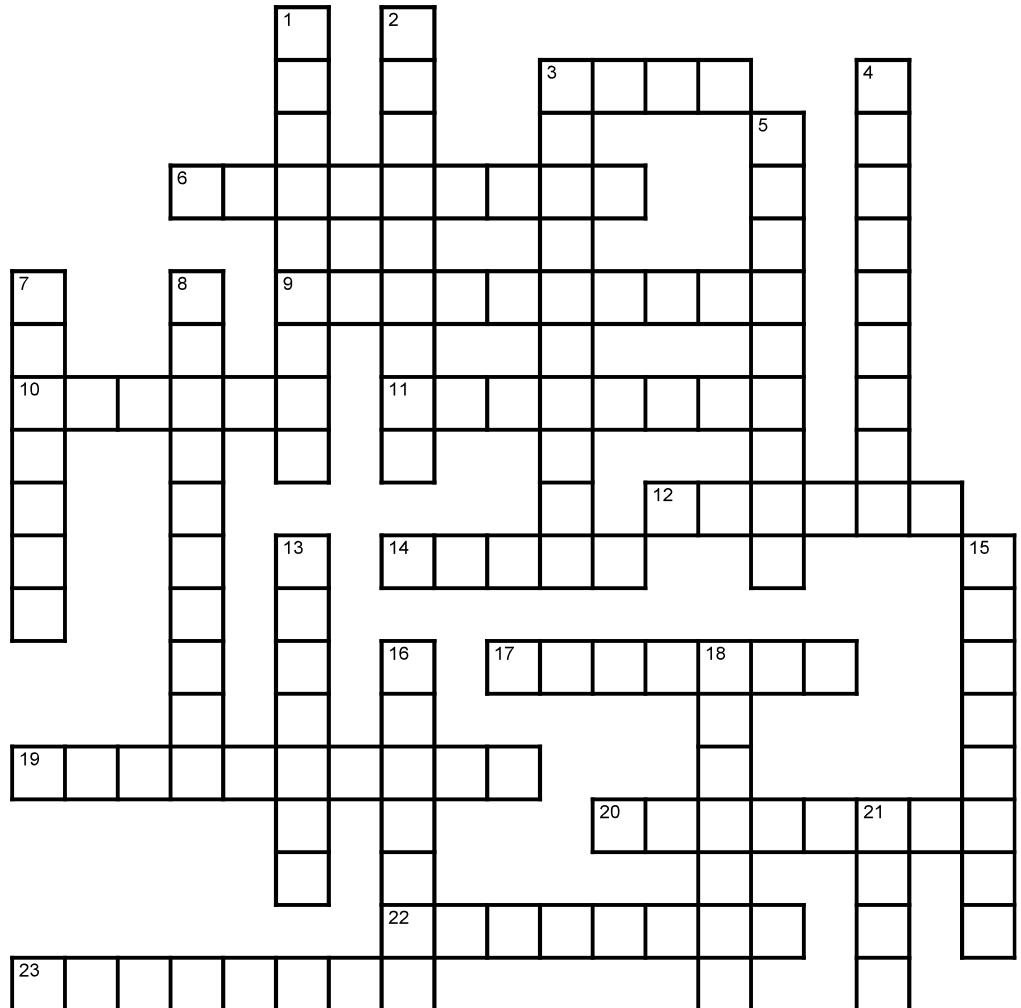
**Ballots will be collected all month.
Random draw held at Diner's Club luncheon
Tuesday, February 24th 2026.**

Name: _____ Date: _____



ACROSS

3. Wintry precipitation common in January
6. January's birth flower
9. Restlessness from staying indoors
10. Season in full swing during January
11. Zodiac sign for late January birthdays
12. January's birthstone
14. Icy coating on January mornings
17. Frosty figure built after fresh snowfall
19. Wintertime activity on frozen ponds
20. Comforting chocolate drink for cold days
22. Christian feast day on January 6th
23. Cozy coverings for chilly nights



DOWN

1. Zodiac sign for early January birthdays
2. Arctic mammal taking January swims
3. Unique ice crystals falling from winter skies
4. Cozy spot for gathering on cold evenings
5. Popular destination for winter sports enthusiasts
7. January 1st celebration

8. Winter plunge for warm relaxation
13. First month of the new year
15. Severe January snowstorm
16. Frozen water droplets hanging from roofs
18. Hand warmers for snowy days
21. Typical January weather condition

Aquarius	Hot Springs
Blankets	Ice Skating
Blizzard	Icicles
Cabin Fever	January
Capricorn	Mittens
Carnation	New Year
Cold	Polar Bear
Epiphany	Ski Resort
Fireplace	Snow
Frost	Snowflakes
Garnet	Snowman
Hot Cocoa	Winter

WE ARE IN NEED OF

VOLUNTEER DRIVERS



Can you spare time to
drive someone in your
area to appointments or
scheduled outings?

Contact Cheryl MacKay
Trefry Centre 705-246-0036
transportation@trefrycentre.ca

**Urgent
need in
Bruce
Mines area**

***Monthly
reimbursement
@ .72 /km**

***Meet and help
people within
your community**

***Join our team of
amazing
volunteers**





\$16

Spots Available!

ADULT DAY OUT

Bruce Station (Tuesdays)

Echo Bay (Wednesdays)

Richards Landing (Thursdays)

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**



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



Dark Chocolate Cherry Protein Bars



- 1/4 cup chickpea flour
 - 1/4 cup flaxseed meal
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon cinnamon
 - 3/4 cup unsweetened applesauce
 - 1/4 cup maple syrup
 - 1/2 cup chunky peanut butter
 - 2 large eggs
 - 2 tablespoons coconut oil
 - 1 teaspoon pure vanilla extract
 - 1 and 1/2 cups gluten-free rolled oats
 - 3/4 cups dried cherries
 - 3.5 ounces of dark chocolate (70 percent or higher, chopped and divided (I used 85 percent Lindt dark chocolate which can be really bitter on its own but works perfect here))
1. Preheat oven to 350 degrees F.
 2. In a small bowl, whisk together the chickpea flour, flax, baking soda and cinnamon. In a large bowl, beat the peanut butter, maple syrup, applesauce, eggs, coconut oil and vanilla.
 3. Stir the flour mixture into the peanut butter mixture. Stir in the oats, cherries and half of the chopped dark chocolate.
 4. Spread the mixture in an 8×8 baking pan coated with cooking spray. Bake for 23-25 minutes until a fork comes out clean. Allow the bars to cool completely in the pan before cutting.
 5. In a small microwave-safe bowl, melt the rest of the chocolate for approximately 1 minute in the microwave. Using a fork, drizzle the chocolate over the bars.
 6. Refrigerate until the chocolate is set or dig in if you don't mind melted chocolate on your hands. And, really, who minds that?

NORTH SHORE COMMUNITY SUPPORT SERVICES
YOU SPOKE, WE LISTENED
MONTHLY
Shopping Trips

Allie Hoek - Community Housing Outreach Worker

Tuesday
Feb 3rd
2026



\$20 Per Person

Call, Text or Message to book your spot: 705-297-9198

Pickup locations at: Blind River, MFN, Iron Bridge, Thessalon,
Bruce Mines, etc.

Stopping this month at:

Great Northern Road Square - Value Village, Metro, Dollarama,
Princess Auto, etc

Wellington Square Mall - Food Basics, Giant Tiger, Dollar Tree, etc.
Tuesday is Senior Day at many locations!

NEW REQUIREMENTS FOR DRIVERS 75 PLUS

Canada is implementing **Canada driving license rule changes senior** starting in 2026. These changes aim to improve road safety by ensuring that seniors maintain the physical, cognitive, and visual abilities necessary for driving. The rules are not designed to arbitrarily remove licenses but to support seniors in continuing to drive safely.



Key Updates Canada Driving License Rule Changes Senior

Under the **Canada 2025 senior drivers law changes**, drivers aged 75–79 will need to renew their licenses every two years, while those 80 and older must renew annually. The updates include:

Health & Vision Checks: New, stricter vision tests are required, covering visual acuity, peripheral vision, and contrast sensitivity. Cognitive abilities are also assessed.

Required Tests: Seniors must complete updated health questionnaires, potentially undergo cognitive assessments, and have their vision checked during renewal.

Doctor's Report: A health report from a physician is essential, with further assessments if results indicate potential driving risks.

These changes fall under **Canada senior driver license changes**, emphasizing proactive health measures rather than punitive license removal.

Care, Designed Around You

Private Nursing, Personal Companionship & Restorative Care



Services Offered

- Private, one-on-one nursing & caregiving
- Personal companionship & social engagement
- Travel, appointments, and event support
- Discreet, flexible, restorative care tailored to your needs

Call or text
705-971-6136

Sally Benoit, RPN

Private Nurse

St. Joseph Island

sbenoit25privatenurse@gmail.com

VALENTINE'S DAY WORD SCRAMBLE

LOAHCCETO

LWRSEFO

OELV

YNACD

URFYREAB

TVIAELENN

TSHAER

DCIPU

DRFEIN

ELDUCD

SISK

SREOS

EWESRTSEHA

GHU

WROAR

WLEYJRE

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Our Goal

- To provide advanced care planning that is individualized and fluid.
- To improve patient and caregiver experiences by addressing their goals, needs and concerns.
- To provide treatment and support to patients from a holistic lens.
- To strengthen community involvement in providing person-centered care.
- To foster transitions, pathways and accessibility.
- Provide bereavement support to family and friends.

We offer
specialized care to
individuals of all
ages that are
diagnosed with a
life limiting illness.

Our Services

Our team works in collaboration with patients, their families, friends and community organizations to meet the individual needs of a patient diagnosed with a life limiting illness. Our goal is to provide advanced care planning that is individualized and fluid. We provide pain and symptoms management as well. Our team is comprised of interdisciplinary healthcare professionals that are available to help support you and your family throughout this process.

Early Introduction

Palliative Care is often only initiated when a person is considered to be end of life and as a result some individuals never get to receive palliative care. Our program aims to reach people at the early stages of their illness to ensure all wishes are met.

Referral Process

Forms available on our website

- external referral
- self-referral

Scan this code to bring you directly to our palliative care website and referral forms.



Scan Me!



CONTACT US

Huron Shores Family Health Team
Website: huronshoresfamilyhealthteam.com

Blind River Site:

527 Causley Street, P.O. Box 1450
Blind River, Ontario
P0R 1B0

Phone: 705-356-1666
Fax: 705-356-2403

Thessalon Site:

333 River Street, P.O. Box 538
Thessalon, Ontario
P0R 1L0

Phone: 705-842-2905
Fax: 705-842-0038

Bruce Mines Site:

9242 Highway 17 East, P.O. Box 398
Bruce Mines, Ontario
P0R 1C0

Phone: 705-785-3495
Fax: 705-785-3672

Richards Landing Site:

1186 Richards Street, P.O. Box 236
Richards Landing, Ontario
P0R 1J0

Phone: 705-246-2477
Fax: 705-246-0487

Our strength is
caring. Our focus is
you.



PALLIATIVE CARE PROGRAM

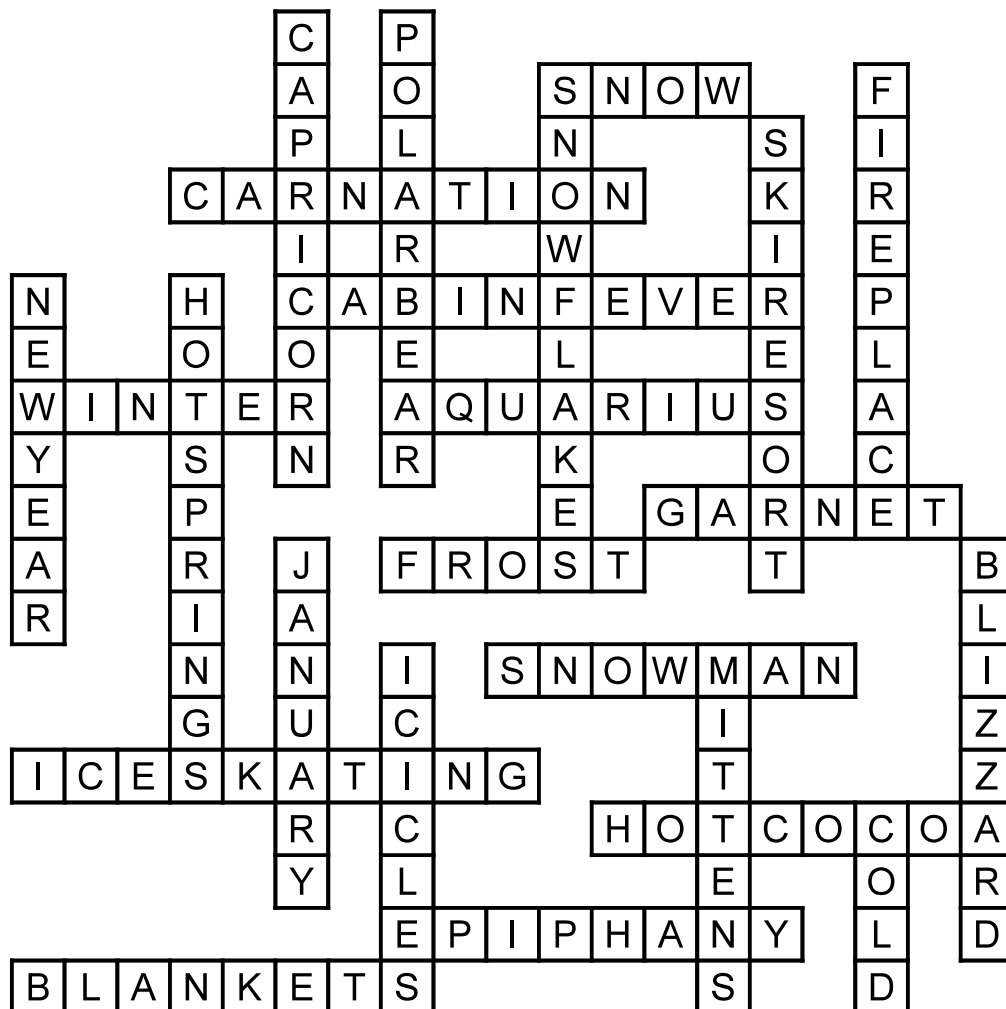
HURON SHORES FAMILY
HEALTH TEAM



JANUARY

Crossword

SOLUTION



Find more crossword puzzles for kids:

<https://www.puzzles-to-print.com/crossword-puzzles-for-kids/index.shtml>

DISCOVER OUR PROGRAMS & SERVICES



COPD PROGRAM

Supports individuals with chronic obstructive pulmonary disease by helping manage their symptoms and enhancing their overall quality of life.

OFFERS:

- Spirometry testing
- Education
- Counselling
- Access to exercise programs



HEALTHY AGING PROGRAM

Focuses on optimizing the overall quality of life for adults through prevention and management of age-related health issues.

OFFERS:

- Health screening with referrals and resources
- Fall prevention programs
- Public education opportunities



MENTAL HEALTH PROGRAMS

Diverse therapeutic group programs designed to strengthen psychological resilience and support mental health recovery.

OFFERS:

- Cognitive Behaviour Therapy (CBT)
- Grief Group
- Trauma Group
- Baby Support Group

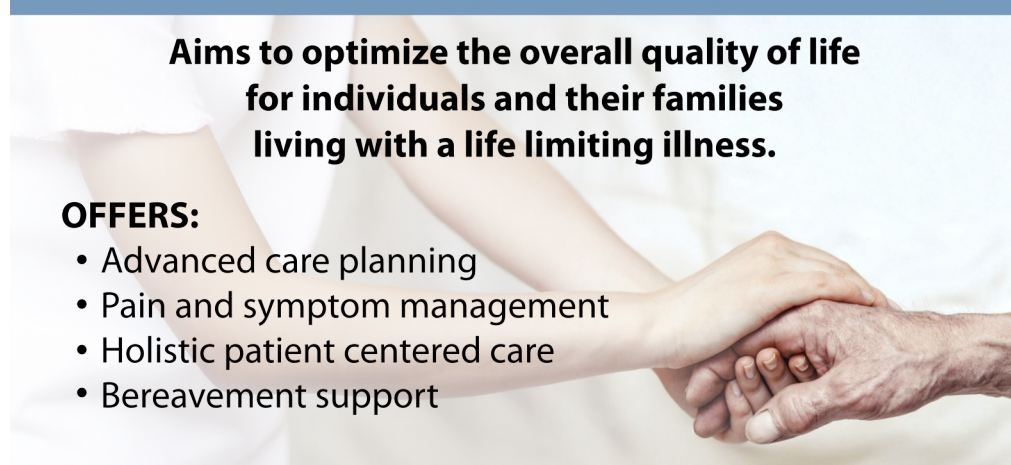


PALLIATIVE CARE PROGRAM

Aims to optimize the overall quality of life for individuals and their families living with a life limiting illness.

OFFERS:

- Advanced care planning
- Pain and symptom management
- Holistic patient centered care
- Bereavement support



PHYSIOTHERAPY

Provides support to individuals with chronic disease through self-management, and disease prevention to enhance overall function.

OFFERS:

- One-on-one assessment, support, and ongoing management
- Education on a healthy active lifestyle tailored to you
- Osteoporosis management



SMOKING CESSATION

Empowers patients through education and support on the importance of quitting smoking, using the Ottawa Model for Smoking Cessation.

OFFERS:

- One-on-one support
- FREE nicotine replacement therapy



WELL BABY PROGRAM

Provides routine assessments of children's growth and development and helps to support parents and caregivers.

OFFERS:

- Newborn physical exam
- Regular checkups and physical exams
- Developmental monitoring
- Parent/caregiver support and education
- Administration of publicly funded immunizations/vaccinations



WOMEN'S HEALTH CLINIC

Aims to improve women's health and well-being through preventative care, acute management, and educational services.

OFFERS:

- Pregnancy and postnatal care
- Cervical cancer screening
- Medical abortions, contraceptives
- Diagnosis and treatment of STIs
- Menopause symptom management



FIND YOUR FLOW

MONDAYS & THURSDAYS



MONDAYS - TREFRY CENTRE

MAT YOGA 9:30 AM * 1 hour

CHAIR YOGA 11:00 AM * 30 minutes

THURSDAY - HILTON BEACH

WATERFRONT CENTRE

same times as above

ALL CLASSES BEGIN THE WEEK OF JANUARY 5

FEES: chair yoga \$5/class OR \$50 for 12 weeks

mat yoga \$15 (advance) \$20 drop-in

email: yogaonthemovewithkerry@gmail.com

FB: Yoga on the Move with Kerry



DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

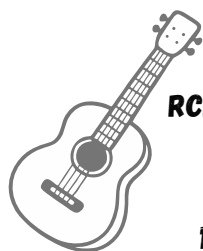


Trefry Centre office closed for Family Day Mon. Feb. 16th
Meals on Wheels as usual.



ALGOMATRAD PRESENTS:

**ROBBIE BURNS CELEBRATION,
FRIDAY, JANUARY 30,
7:30PM,
ALGOMATRAD CENTRE**



JAM DAY

**RCL BR 374 IN RICHARDS LANDING
STARTING FEB 1ST
3-7 PM
1ST SUNDAY OF EVERY MONTH**



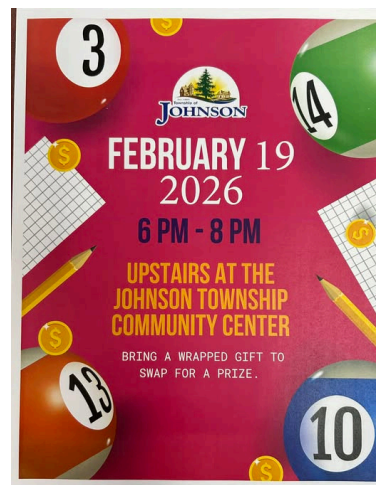
**JANUARY 31
ROYAL CANADIAN
LEGION BRANCH 374
FOR TICKETS TEXT TO
705-246-1441**



**SENIOR'S COFFEE CLUB
THURSDAYS 9AM
\$2 DONATION
ECHO BAY
COMMUNITY HALL**



**THE ROYAL CANADIAN LEGION BRANCH 374, RICHARDS
LANDING OFFERS INDOOR WALKING
WEDNESDAYS AND FRIDAYS - 9:00 AM TO NOON.
EVERYONE IS WELCOME.**



**65+ SENIORS SOCIAL
3RD TUESDAY EVERY MONTH
1-3 PM
THESSALON MARINA
HARBOUR VIEW BUILDING
TEA, COFFEE, GAMES,**

**50+ GAME CLUB - HELD EVERY
MONDAY (EXCEPT STATUTORY
HOLIDAYS) FROM 1:00-3:00 P.M. AT
THE BRUCE MINES COMMUNITY HALL**



Trefry Centre Program Info



Meals on Wheels: Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Available for everyone 65+ (not just for low income or house bound seniors)



Transportation: Volunteer drivers provide rides for medical appointments, Trefry Centre programs, shopping or banking.



Adult Day Out: Providing respite for caregivers. A safe, fun environment for loved ones to spend time with our caring staff & amazing volunteers.
Tuesdays-Bruce Station, Wednesdays- Echo Bay,
Thursdays-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:

Mon & Thurs- Anne @ Bruce Station Hall
Wed @ Trefry Centre- Margo Fri @ Laird Hall- Margo
All classes are from 10-11am . Free of charge.



Coffee Connections: Join us for coffee, muffin and social @ Trefry Centre Tuesdays 9:30-10:30am.

Diner's Club: Luncheon on last Tuesday, every other month at the RC Legion Richards Landing \$16