

WHAT'S UP DOC

MAY 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

Word Ladder #12

Word Ladder: Town - City

Instructions: In word ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step!

Questions	Hint
<u>LEFT</u>	-
=====	<u>British elevator</u>
=====	<u>The 'vie' in "c'est la vie"</u>
=====	<u>Fishing wire</u>
=====	<u>Parking penalty</u>
=====	<u>Locate</u>
=====	<u>Look after and provide for oneself</u>
=====	<u>Fix holey socks</u>
=====	<u>Intellect</u>
=====	<u>The back of an animals' body</u>
<u>HAND</u>	-

Notice

Office closed Victoria Day, May 18th

ECHO BAY FOR SALE
SALE SATURDAY MAY 2, 2026
8 AM- 2 PM
MAPS AT SPORTPLEX \$2.00



AlgomaTrad
 Winter/spring concert series at the AlgomaTrad Centre, 1249 F&G Line, St. Joseph Island, featuring **Abigail Lapell**, Friday, May 8th at 7:30 pm.

OUTDOOR & GUN SHOW

SUNDAY MAY 3, 2026 9 AM-3 PM
DESBARATS ARENA - JOHNSON COMMUNITY CENTRE



DESBARATS FOR SALE

SALE SAT MAY 9TH
8 AM- 1 PM
MAPS AT THE COMMUNITY CENTRE \$2

May 9

Fourth annual World Migratory Bird Day at Fort St. Joseph.
 The Central Algoma Land Trust will be present in the ruins area for the day to help point out birds.




Yard & Bake Sale
SAT MAY 9TH
9AM - 2PM
 All Tribes Christian Camp, 1065 Hilton Rd
 St. Joseph Island
 Donations will be accepted from Apr 29 - May 6

INDOOR WALKING GROUP

EVERY MON-FRI 9-12



LEGION RICHARDS LANDING

FREE EVERYONE WELCOME

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



St. Joseph Island Lions Club

ALL YOU CAN EAT Monthly Breakfast
EVERY 4TH SUNDAY OF THE MONTH

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



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





YOGA ON THE MOVE
with Kerry



Release stress and increase flexibility through our weekly yoga class.

**6 week session \$20
or \$10/session walk-in**

**SAVE
75%**



Tickets



**Thursday evenings 7-8pm
April 23rd-May 28th
@ Trefry Centre
1601 C Line Richards Landing
(bring a yoga mat & blanket)**

SAVE THE DATE! HEALTHY AGING WELLNESS EVENT



JUNE 17TH, 2026

12:00PM-3:00PM

THESSALON MEMORIAL ARENA

The 4th Annual Wellness Event, brought to you by the Town of Thessalon, will provide information and education on local agencies, opportunities for social, recreational and medical needs. Lunch Provided, details to follow.



Call Us
705-842-2217



Email
Lue@thessalon.ca

Visit Our Website
www.thessalon.ca





Watch & Share: **NOT ALONE** ACE's New Scam Prevention Videos for Seniors



Scams targeting older adults are increasing—and too often, seniors face them alone, feeling embarrassed or unsure where to turn.

ACE is sharing our new educational video series, **NOT ALONE: Senior Scam Stories**, created to help change that.

This series brings together **real stories from seniors** and **practical legal information** to help people recognize scams, take action, and support others in their communities.

To learn more about this project visit the ACE website:

<https://www.ancelaw.ca/not-alone-senior-scam-stories/>

Mother's Day Fruit Trifle

This Beautiful and delicious Fruit Trifle includes layers of vanilla pudding, fresh whipped cream, fruit, and soft angel food cake. It's one of the easiest desserts to make, with the biggest "WOW" factor!

Prep Time 30 minutes mins Cook Time 10 minutes mins Total Time 40 minutes mins

Course: Dessert Servings: 10 Calories: 333kcal Author: Lauren Allen

Ingredients

- 1 bundt pan angel food cake homemade or store-bought
- 5 - 6 cups fresh fruit*
- 2 cups heavy whipping cream
- 1/2 cup powdered sugar
- 2 teaspoons vanilla extract

Vanilla pudding:

- 2 2/3 cups whole milk, divided
- 1/2 cup granulated sugar
- 1/4 cup cornstarch
- 1/4 teaspoon salt
- 2 teaspoons vanilla extract
- 1 large egg

Pudding:

In a medium saucepan over medium heat, bring 2 cups of the milk to a boil.

While the milk is heating, combine sugar, cornstarch, and salt in a large mixing bowl. Gradually whisk in the remaining 2/3 cup milk, stirring until no clumps remain. Add the egg and whisk until smooth.

Once the milk is boiling, slowly add it to the sugar mixture, stirring constantly.

Return the entire mixture back to the saucepan, stirring constantly until it comes to a simmer. Cook for one more minute, until thickened. Remove from heat and stir in the vanilla extract.

(If the pudding has any lumps you can strain it through a fine mesh strainer.) Transfer pudding to a heat proof bowl and cover with plastic wrap, pressing it directly on the surface of the pudding. Refrigerate until chilled completely. Store covered in the fridge.

Cream: Add the cream to a large mixing bowl. Beat with electric mixers on high speed for a few seconds. Add powdered sugar and vanilla and continue beating until stiff peaks.

Assembly: Cut or tear the angel food cake into chunks. Prepare fruit by washing and slicing as needed. Add a layer of cake pieces to the bottom of the trifle. Scoop several spoonfuls of pudding on top. Add a variety of the fruit, then a few spoonfuls of whipped cream. Repeat process until the trifle is filled. (I don't bother making "perfect" layers).

Refrigerate until ready to serve, or for up to 2-3 days (the fruit in the trifle will taste best day-of).



4.99 from 69 votes

Word Search Hard

HERBS & SPICES



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

Basil

Chives

Cinnamon

Cloves

Coriander

Cumin

Dill

Fennel

Garlic

Lemongrass

Thyme

Oregano

Rosemary

Parsley

Sage

Tumeric

Vanilla

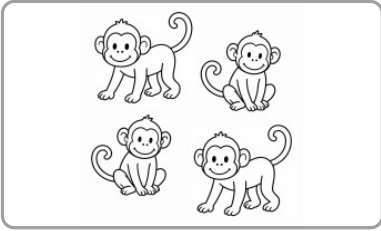
Wasabi

Chilli

Saffron

1

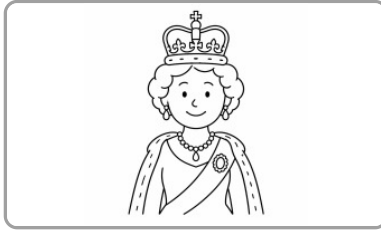
QUESTION



Name the Band

2

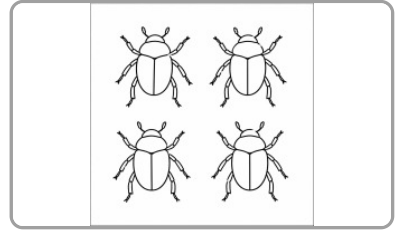
QUESTION



Name the Band

3

QUESTION



Name the Band

4

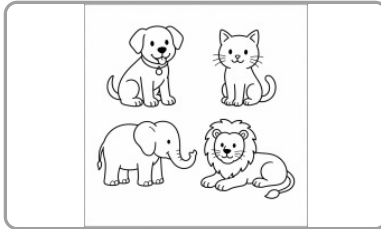
QUESTION



Name the Band

5

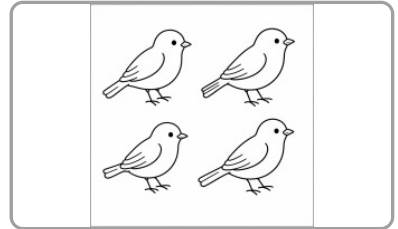
QUESTION



Name the Band

6

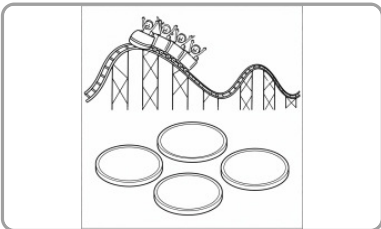
QUESTION



Name the Band

7

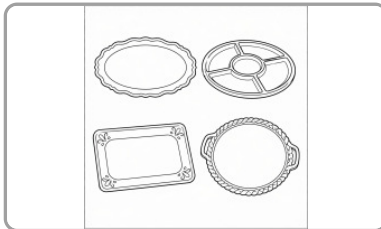
QUESTION



Name the Band

8

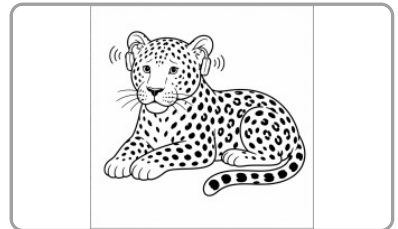
QUESTION



Name the Band

9

QUESTION



Name the Band

1

ANSWER

**The
Monkees**

2

ANSWER

Queen

3

ANSWER

**The
Beatles**

4

ANSWER

**The
Four
Tops**

5

ANSWER

**The
Animals**

6

ANSWER

**The
Byrds**

7

ANSWER

**The
Coasters**

8

ANSWER

**The
Platters**

9

ANSWER

**Def
Leppard**

10

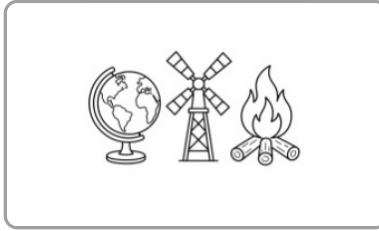
QUESTION



Name the Band

11

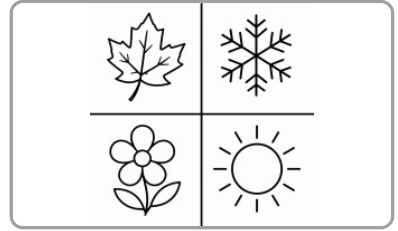
QUESTION



Name the Band

12

QUESTION



Name the Band

13

QUESTION



Name the Band

14

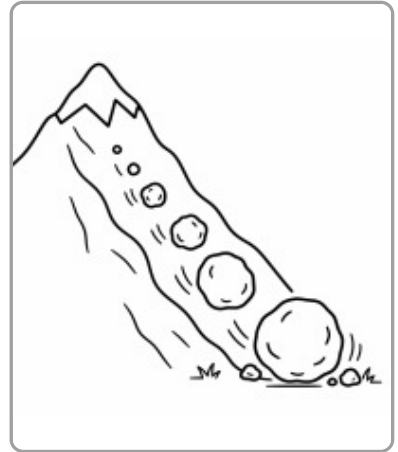
QUESTION



Name the Band

15

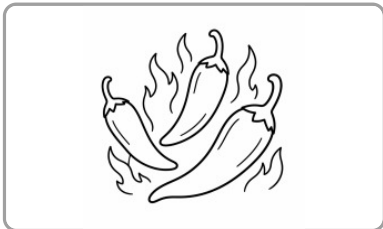
QUESTION



Name the Band

16

QUESTION



Name the Band

17

QUESTION



Name the Band

18

QUESTION



Name the Band

10

ANSWER

**The
Doors**

11

ANSWER

**Earth,
Wind
& Fire**

12

ANSWER

**The Four
Seasons**

13

ANSWER

**The
Mamas
and the
Papaps**

14

ANSWER

**The
Police**

15

ANSWER

**The
Rolling
Stones**

16

ANSWER

**The Red
Hot Chili
Peppers**

17

ANSWER

**The
Temptations**

18

ANSWER

Cream



Upcoming Programming

Promoting healthy living, arts, and culture through programs including: ukulele lessons, guided art workshops and yoga sessions.

Dr. HS Trefry Memorial Centre



1601 C Line Road
Richards Landing
705-246-0036

www.trefrycentre.ca

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada 



JOIN US FOR A CUP OF "SPRING TEA"
SATURDAY. MAY. 23

DOORS OPEN AT THE TOWN HALL
IN RICHARDS LANDING AT 11:30

\$15.00 FOR TEA, LUNCH AND DESSERT

ALL PROCEEDS GO TO OUR MUCH NEEDED
PSW PROGRAM

RESERVATIONS ARE REQUIRED AND CAN BE MADE BY MAY 10
BY CALLING 705-246-2634. ,

KINDLY LEAVE YOUR NAME, NUMBER OF GUESTS IN YOUR
GROUP AND YOUR PHONE NUMBER FOR CONFIRMATION

CASH WILL BE ACCEPTED AT THE DOOR AND ANY
ADDITIONAL DONATIONS THAT ARE MADE BY CHEQUE
CAN BE MADE TO ST. JOSEPH TOWNSHIP WITH
'PSW. PROGRAM' NOTED IN THE LEFT HAND CORNER

HOPE 2 C U 4 T
PAM AND THE TEA TEAM



Medical Device Loan Program

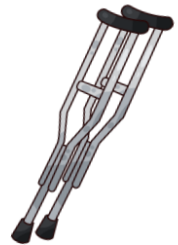


If you need something, let us know.

*If you've borrowed something,
please return it when no longer
needed. Others may be waiting.*



Available to people living in our area.
Call 705-246-0036 for details.



Do You Carrot All for Me?

Do you carrot all for me?
My heart beets for you,
With your turnip nose
And your radish face,
You are a peach.
If we cantaloupe,
Lettuce marry:
Weed make a swell pear.

Funny Young Fellow

A funny young fellow named Perkins
Was terribly fond of small gherkins.
One day after tea
He ate ninety-three
And pickled his internal workings.



**BARTER IN
BRUCE MINES**

TOWN WIDE YARD SALE & BUSINESS SPECIALS

★ HOST YOUR OWN SALE OR COME TO SHOP! ★

SATURDAY, MAY 9TH, 2026
8:00 AM – 2:00 PM
THROUGHOUT BRUCE MINES
(MAPS AVAILABLE AT BRUCE MINES COMMUNITY HALL)



*St. Joseph Island
Horticultural Society*

**PLANT
SALE**

St. Joseph Township Public Library
Parking Lot -Richards Landing-

Saturday May 23rd 8 am to 1 pm
Annuals, Perennials and Native Plants
To donate plants contact sjihorticulturalsociety@gmail.com
or 705-246-7308 (No early Birds please)

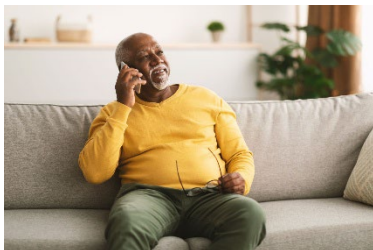
How do you feel about leaving someone home without you?



Is it safe for them to stay alone?

Many caregivers feel guilty about leaving the person they care for alone, even for a short time. However, it's often not possible to be there 24/7. The important thing is to plan for their safety when you're away.

Just asking if they're okay being alone might not be enough. They might say yes to avoid feeling like a burden, even if they're not comfortable. Consider their abilities and habits to make the best decision.



Consider phone use

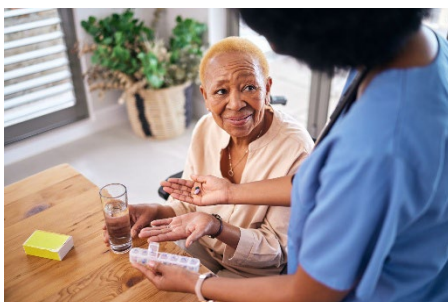
Can they call for help if needed?
Make sure they have a phone and that they know how to use it.

Consider basic necessities

Can they manage their basic needs like getting food, water, and using the bathroom?

Consider their habits

If they have seizures, self-harm tendencies, or are prone to wandering, it is not safe to leave them alone.



Don't forget medications

Is the person you care for able to remember to take their medications if you are not there? Some simple changes like an alarm alert, a written reminder, or a pill case may help with this.

Need Assistance?

The Ontario Caregiver Helpline is here to help

Call 1-833-416-2273

Trefry Centre Program Info

**NEW
MENU**

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



Friendly Calls: A trained volunteer phones each week to chat with seniors who are living alone and are socially isolated.