

WHAT'S UP DOC

October 2026

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

manager@trefrycentre.ca

Trefry Centre 705-246-0036

Ontario 

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

NATIONAL SENIORS DAY

OCT. 1, 2026

1:30-2:30



ARTHRITIS SOCIETY CANADA

Huron Shores FHT - Blind River Site Boardroom,
527 Causley Street, Blind River, ON.

Bruce Station Hall, 109 Station Rd, Bruce Station, ON.

Huron Shores FHT - Thessalon Site Boardroom,
333 River Street, Thessalon, ON.

Township of St. Joseph, Council Chambers,
1669 Arthur Street, Richards Landing, ON.

Join us for a free public presentation by the Arthritis Society Canada, in Blind River, Bruce Mines, Richards Landing, or Thessalon, to learn about arthritis and why physical activity is important.
For more info, contact Robin at 705-356-1666 ext 283

WE LEND A HAND

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The Forgotten Story of Ontario Farmerettes



Friday October 2nd @ 3pm
RCL #374 Richards Landing



SERVICE COMES IN MANY FORMS

EXECUTIVE PRODUCERS FELIPE GIAJ-LEVRA and CHARLIE EGLESTON HISTORICAL PRODUCER BONNIE SITTER SOUND DESIGNER ZACHARY SLATER
CINEMATOGRAPHERS BRAD SPENCER PEDRO MONTEIRO TAREK HARROUK MAANAS PRAVEEN KUMAR CAMERON STRASSBURGER COREY SLAGER
STEFAN HANNIGAN JONNY EMMANUEL FELIPE GIAJ-LEVRA and EDUARDO ANGARITA MUÑOZ GRAPHIC DESIGNERS FAUSTO KAWADA and BRAD SPENCER
ARCHIVAL PRODUCER JUAN ANDRÉS BELLO EDITOR EDUARDO MAURER DIRECTED and PRODUCED BY COLIN FIELD

PRESENTED BY  **ALBIREO**
FILMS

WWW.WELENDAHAND.CA



supported through the City of London's Community Arts Investment Program



Spot the Difference - Halloween

Left Original, Right Modified

Spot the Differences
10 to find!



Pumpkin Sugar Cookies

Ingredients

- 3 cups (360g) all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp ground cloves
- ½ tsp salt
- 1 cup (226g) unsalted butter room temperature
- ¾ cup (149g) granulated sugar
- ¾ cup (160g) brown sugar
- ⅓ cup (76g) pumpkin puree paper towel method - see note below

Instructions

This recipe requires the dough to chill in the fridge for 30 minutes before baking. It helps make the cookies chewy!

To remove excess moisture from pumpkin puree, place the pumpkin puree in a few paper towels on a plate. Fold the paper towels over the puree, so it's completely enclosed. The excess moisture will soak into the paper towels within a few minutes.

In a small mixing bowl combine the flour, baking soda, cinnamon, nutmeg, ginger, cloves and salt. Set aside.

3 cups (360g) all-purpose flour, 1 tsp baking soda, 1 tsp ground cinnamon, ½ tsp ground nutmeg, ½ tsp ground ginger, ½ tsp ground cloves, ½ tsp salt

In a mixing bowl, beat the butter, sugar, and brown sugar with an electric mixer for 1-2 minutes.

1 cup (226g) unsalted butter, ¾ cup (149g) granulated sugar, ¾ cup (160g) brown sugar

Add in the pumpkin, beat again to combine.

⅓ cup (76g) pumpkin puree

Gradually add in the dry ingredients, mixing on low or by hand with a spatula until combined. The dough will be thick.

Use a cookie scoop to form balls. Roll between your hands. My dough balls were about 3 tbsp, which is large. Place the dough balls on a silicone or parchment paper lined baking sheet and **refrigerate for 30 minutes**.

Pre-heat the oven to 350°F. Place ¼ cup sugar in a bowl for rolling the cookies.

Roll each ball in the sugar. Place the cookies 2 inches apart on a silicone lined baking sheet - I fit about 8 cookies per sheet. Bake for 15-19 minutes or until the edges have a faint golden color. Keep the remaining dough balls in the fridge while baking in batches.

Allow the cookies to cool on the baking sheet for 15 minutes, then move to a cooling rack to cool completely.

Pumpkin Sugar Cookies



3 cups all-purpose flour
1 tsp baking soda
1 tsp cinnamon
½ tsp nutmeg
½ tsp ground ginger
½ tsp ground cloves
½ tsp salt
1 cup unsalted butter
¾ cup granulated sugar
¾ cup brown sugar
⅓ cup pumpkin puree



Care Partner SUPPORT GROUP

St. Joseph Island

First Wednesday of Each Month

1:30 - 3:00PM

Royal Canadian Legion

1534 10th Sideroad, Richards Landing

The Alzheimer Society's daytime support group offers a safe, supportive space where care partners of persons living with dementia do not have to navigate their journeys alone. Meetings consist of sharing experiences, exchanging practical tips, offering and receiving encouragement, as well as learning effective caregiving strategies in an open, inclusive environment. Meetings may also involve discussion of tools to help manage stress, grief and the emotional impact of caregiving.

Our program offers a support group for care partners, alongside a welcoming recreation therapy program for persons living with dementia.

Upcoming Meeting Dates:

Wednesday, September 2, 2026

Wednesday, October 7, 2026

Wednesday, November 4, 2026

Wednesday, December 2, 2026

For More Information Call (705) 942-2195

Trefry Centre

Diner's Club

Tuesday October 27th

RC Legion Richards Landing

Doors open 11am

\$16/person

tickets online @ www.trefrycentre.ca
or at Trefry Centre office



MENU

Caesar Salad

Lasagna

Herb Biscuits

Gen's Pumpkin Cheesecake

Presenter -Raquel Lindsay of ISLAND DENTAL HYGIENE

Notice

Trefry Centre office will be closed Monday October 12.
Meals on Wheels delivered as usual.



Pumpkins & Potions Festival Bruce Mines

Haunted walk, witch dance, vendor
show and more.



October 16
6pm



16 Oct 2026
Community Dance -
AlgomaTrad Centre,
Richards Landing, ON.
7-9 pm



Witches & Warlock
Dance
Mystic Market
Sat Oct 31
HB Community Hall
12-4pm



Monthly Social

Staying Connected
Thessalon Marina, Harbour View Building
3rd Tuesday every month
@ 1:00pm - 3:00pm

- Free tea, coffee and snacks.
- Opportunities for cards (euchre, crowns, crib, etc.) board games, socialize, or just sit and enjoy the view of Lake Huron amongst friends.
- Learn about services in your community.
- Stay connected and engaged. All those 55+ are welcome to attend.

The Salon
#DanceinTHESSALON
For more information contact Lue at 705-842-2217 or lue@thessalon.ca

ALGOMA MANOR CHARITABLE ASSOCIATION

3rd COMMUNITY
FALL
FAIR

October 4th, 2026

TIME: 9AM - 3PM
LOCATION: ALGOMA MANOR NURSING HOME

VOTE

Municipal
Election Day
Monday
October 26th

THANKSGIVING

WORD SCRAMBLE



1. ACUCIONPOR _____

2. PRIETSU _____

3. BEELCARTE _____

4. TOSAR YKRUTE _____

5. GIIMRPL _____

6. PPNUMKI IPE _____

7. YLIFAM ENNRID _____

8. DIHYLAO _____

9. VGAYR _____

10. TUAMUN VESAE _____

11. PKPMUNI HTPA _____

12. VISFEESTITI _____

13. TGLAREFU _____

14. DCAORENBR _____

15. OCKO LAL YDA _____

16. HTATOBLLCE _____

17. HRTEAVS _____

18. SFEAT _____

19. PELAP RCDIE _____

20. BGSSNLEI _____

21. NDRNEI BNSU _____

22. VGIE KHNA _____

23. HBEWNISO _____

24. GSNTFUIF _____

Answers

CORNUCOPIA
PIECRUST
CELEBRATE
ROAST TURKEY
PILGRIM
PUMPKIN PIE
FAMILY DINNER
HOLIDAY
GRAVY
AUTUMN LEAVES
PUMPKIN PATCH
FESTIVITIES
GRATEFUL
CORNBREAD
COOK ALL DAY
TABLECLOTH
HARVEST
FEAST
APPLE CIDER
BLESSING
DINNER BUNS
GIVE THANKS
WISHBONE
STUFFING

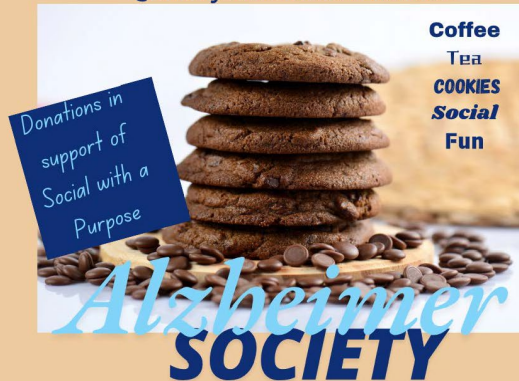
FLU CLINIC

Hosted by Rexall Pharmacy
October 28
Starting 9.30 am
at
Dr HS Trefry Memorial Centre

Please call to book an appointment
705-246-0036



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



Coffee
Tea
COOKIES
Social
Fun

ST-JOSEPH ISLAND TAI CHI CLASSES 9AM @ TREFRY CENTER



Session 1	Session 2
Sept 19, 26th	Oct 31st
Oct 17, 24th	Nov 7, 14, 21st

60\$/Session
Contact: Torrin @ (705) 562-3606

Wool Felting Workshop
Make a Decorative Wool Bowl!
Fun & Easy Project!
No experience needed!
Step-by-step instruction
Several colour choices to personalize your bowl!

\$40
Includes all supplies and a light dinner!

Thessalon Marina
Wednesday, October 7
4:30 - 8:30 pm

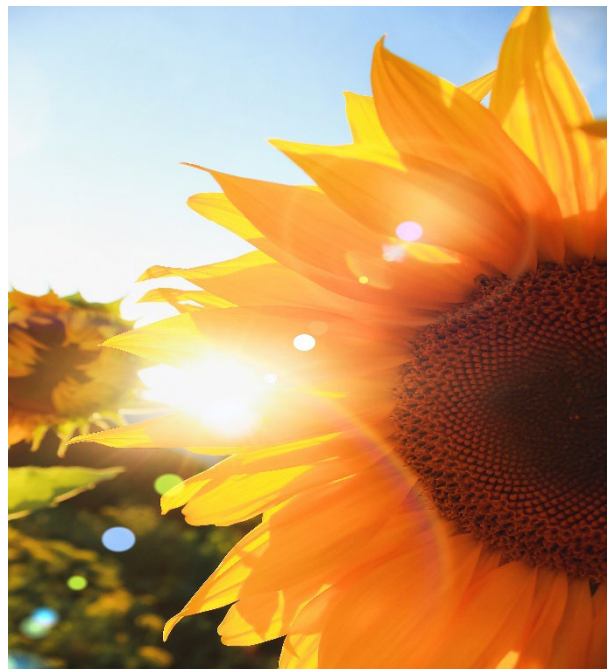
Register with Lue at the Thessalon Town Office:
705-842-2217

What should I be thankful for?
Now where do I begin?
Of course the greatest gift of all
My family and my friends.

But it's also all the little things
That touch my life each day
That I sometimes take for granted
Letting life get in the way.

Like my comfy bed that keeps me warm
As I sleep away the night
And that lovely glowing, smiling sun
That wakes me with her light.

Just lying there and taking time
To hear the world as she awakes.
The peaceful sounds of early morn
That nature starts to make.



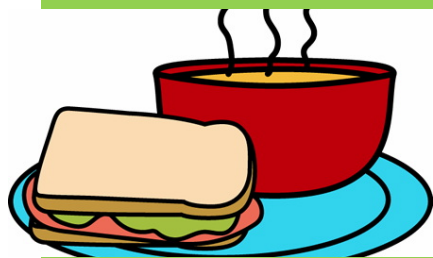
Patricia A Fleming. "What Should I Be Thankful For?." Family Friend Poems, November 1, 2022.

<https://www.familyfriendpoems.com/poem/what-should-i-be-thankful->

SOUP 'N SANDWICH

Thursday Socials

Starting Thurs Oct 22nd



11:30am to 1:30pm
St Ambrose Church Hall

**286 Water
Street,
Thessalon**

**COME - Meet up with your
Friends, Co-workers...**

**Chat and Enjoy Social
Time**

****Or call for Take-Out**

**Choice of Soup and Sandwich
coffee/tea/water**

For only \$12/person
home baked goodies Available

Call Sylvia 705-971-3948

**\$12/
person**

**Proceeds
for the
Accessibility
Fund**

THE WORD SEARCH BATTLE

Fall

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/fall>

ACORN
APPLES
AUTUMN
BONFIRE
CROP
CULLING

EQUINOX
FALL
FRUITAGE
GARDEN
GARNERING
GLEANNING

HARVEST
INGATHERING
INTAKE
LEAVES
PICKING
PUMPKIN

REAPING
SEASON
STORING
SUMMER
YIELDING



MONDAYS and THURSDAYS

Classes start October 1st

Trefry Centre, Richards Landing

MONDAYS

**Mat Yoga
9:30 AM**

**Chair Yoga
11:00 AM**

**NEW
LOCATION**

Jocelyn Community Hall

THURSDAYS

Warm up with Weights 9:00 AM FREE

**Mat Yoga
9:30 AM**

**Chair Yoga
11:00 AM**

Rates: Chair yoga \$5/class or \$50 for full session

Mat yoga \$15 prepaid to email OR \$20 drop in

for more info or to pre-register:

yogaonthemovewithkerry@gmail.com

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, Richards Landing 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 @ Bar River Hall- Margo**

All classes are from 10-11am . Free of charge.

****NEW LOCATION****



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.

705-246-0036 manager@trefrycentre.ca www.trefrycentre.ca