

# WHAT'S UP DOC

May Issue

2023

Programs Serving: Macdonald, Meredith & Aberdeen Add'l, Laird, Tarbutt, Village of Hilton Beach, Township of Hilton, Jocelyn, St. Joseph, Plummer Add'l, Town of Bruce Mines, Thessalon, and part of Huron Shores

Serving Seniors 65+  
& Persons with a  
Disability

## Programs:

Adult Day Out  
Transportation  
Meals on Wheels  
Diner's Club  
Exercise  
Friendly Visiting  
Home Maintenance



OCSA **30**  
Ontario Community  
Support Association 1992-2022

Ontario



Trefry Centre 705-246-0036  
manager@trefrycentre.ca

**May! Welcome to the calendar, it is so nice to see you.**

**We hope you brought some sun cause April, made us a little blue.**

**What is that you say? May brings a celebration every day.**

**Oh! This should be fun! Let us get the low down on the run!**

**On the first of May, you can rhyme with Mother Goose**

**On the Second of May, take care of your feet and let them loose.**

**Garden meditation on the third day of May, if you dare**

**On May 6<sup>th</sup> you can stand in your garden completely bare!**

**Star Wars fans say, "May the 4<sup>th</sup> be with you!"**

**Cino de Mayo, sombreros with a margarita or two!**

**On the eighth the Trefry Centre's final session begins at the YMCA**

**There is still one week for you to sign up and come out and play!**

**The 12<sup>th</sup> of May is Music Friday in the Trefry Centre Hall**

**Five dollars a person is sure to be a ball!**

**May the seventh is laughter day, which should be all the time.**

**Celebrate Mother's on the 14<sup>th</sup>, in her honour write your own rhyme.**

**On May 18<sup>th</sup> you can shout I LOVE REESE'S day!**

**Eat some chocolate on a park bench and watch the children play!**

**Pepperoni, mushrooms, and olives please**

**On the 19<sup>th</sup> it is pizza day with extra cheese**

**May the 20<sup>th</sup> all the dogs that need a home, love this date.**

**Rescue a dog day, and they will be your first mate!**

**The king and Queen are coronated on May 6<sup>th</sup>, but why not sparkle every day?**

**Keep your Tiara on the 24<sup>th</sup> of May!**

**Need to get out and away?**

**May 26<sup>th</sup> is Road trip day!!**

**And finally, after all this fun, May will end with so many memories in our memory file.**

**So, on May 31<sup>st</sup> look back at all these silly celebrations and smile.**

Seniors 65+ or persons with a disability  
all income levels are eligible for

# *Meals on Wheels*

Hot meals, cooked fresh & delivered to  
your door every Mon, Wed & Fri at noon.

**\$10.70/DAY FOR SOUP, MEAL AND DESSERT**  
**(AS LOW AS \$7.50 WITH SLIDING SCALE BASED ON HOUSEHOLD INCOME)**

4 week rotating menu with  
diabetic dessert option

**CALL 705-246-0036 OR VISIT**  
**TREFRYCENTRE.CA FOR DETAILS**



**Dr HS Trefry Memorial Centre**  
1601 C Line Richards Landing ON POR 1J0



**OCSA**  
Ontario Community  
Support Association

# MEALS ON WHEELS

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>MONDAY</b> Chicken Noodle Soup Poultry Sandwich Mashed Potatoes Gravy Carrots  <i>Sugar Free Pumpkin Sheet Cake</i>  Alternate(s) 1) Chicken Fingers 3) Roasted Potatoes 2) Plain Poultry with Gravy	<b>MONDAY</b> Pea Soup Glazed Meat Loaf Scalloped Potatoes Peas  <i>Sugar Free Carrot Cake</i>  Alternate(s) 1) Chicken Fingers 2) Roasted Potatoes	<b>MONDAY</b> Loaded Potato Soup Chicken Stew (Dumpling Topping) Herbed Rice Creamed Corn  <i>Chocolate Chip Oatmeal Cookies</i> <i>Diabetic - Molasses Cookies</i>  Alternate(s) 1) Chicken Fingers	<b>MONDAY</b> Beet Soup Pork Chops and Applesauce Scalloped Potato Vegetable Medley  <i>Apple Cinnamon Swirl Cake</i> <i>Diabetics - Cinnamon Applesauce</i>  Alternate(s) 1) Chicken Fingers 2) Roasted Potatoes
<b>WEDNESDAY</b> Cream of Mushroom Soup Spaghetti with Meatsauce Dinner Roll Coleslaw  <i>Chocolate Banana Snow (for all)</i>  Alternate(s) 1) Chicken Fingers	<b>WEDNESDAY</b> Tomato Rice Soup Mayo/Parm/Chicken Breast Roasted Potatoes Carrots  <i>Apple Crisp</i> <i>Diabetic - Baked Apples</i>  Alternate(s) 1) Chicken Fingers 2) Unseasoned Chicken Breast	<b>WEDNESDAY</b> Onion Soup with Croutons Cottage Pie Green Beans Dinner Rolls  <i>Cherry Cheesecake</i> <i>Diabetic - Cheesecake</i>  Alternate(s) 1) Chicken Fingers 2) Cottage Pie with roasted potato	<b>WEDNESDAY</b> Chicken Rice Soup Chili Cheese Herb Biscuit Yellow Waxed Beans  <i>Raisin Date Squares</i> <i>Diabetics - Oatmeal Raisin Cookies</i>  Alternate(s) 1) Chicken Fingers
<b>FRIDAY</b> Pumpkin and Split Pea Sausage Roasted Macaroni and Cheese Broccoli  <i>Bread Pudding</i> <i>Diabetic - Whipped Pudding</i>  Alternate(s) 1) Chicken Fingers	<b>FRIDAY</b> Broccoli Cheddar Soup Lasagna Dinner Roll Coleslaw  <i>Pineapple Dump Cake</i> <i>Diabetic - Fruit</i>  Alternate(s) 1) Chicken Fingers	<b>FRIDAY</b> White Bean and Sausage Soup Sliced Ham with Glaze Mashed Potatoes Gravy Peas  <i>Diabetic - Chocolate Pudding</i> <i>Chocolate Mayo Cake</i> Alternate(s) 1) Chicken Fingers 2) Roasted Potatoes	<b>FRIDAY</b> Carrot Basil Soup Battered Haddock Roasted Potatoes Coleslaw  <i>Lemon Snow</i> <i>Diabetic - Fruit</i>  Alternate(s) 1) Chicken Fingers

# Raspberry-Rhubarb Slab Pie

## Ingredients

- 3-1/4 cups all-purpose flour
- 1 teaspoon salt
- 1 cup butter
- 3/4 cup plus 1 to 2 tablespoons 2% milk
- 1 large egg yolk, room temperature
- 2 cups sugar
- 1/3 cup cornstarch
- 5 cups fresh or frozen unsweetened raspberries, thawed and drained.
- 3 cups sliced fresh or frozen rhubarb, thawed and drained.



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- **vanilla icing:**

- 1-1/4 cups confectioners' sugar
  - 1/2 teaspoon vanilla extract
  - 5 to 6 teaspoons 2% milk
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## Directions

In a large bowl, combine flour and salt; cut in butter until crumbly. Whisk 3/4 cup milk and egg yolk; gradually add to flour mixture, tossing with a fork until dough forms a ball. Add additional milk, 1 tablespoon at a time, if necessary.

Divide dough into 2 portions so that 1 is slightly larger than the other; cover each and refrigerate 1 hour or until easy to handle.

Preheat oven to 375°. Roll out a larger portion of dough between 2 large sheets of lightly floured waxed paper into an 18x13-in. rectangle. Transfer to an ungreased 15x10x1-in. baking pan. Press onto the bottom and up sides of pan; trim crust to edges of pan.

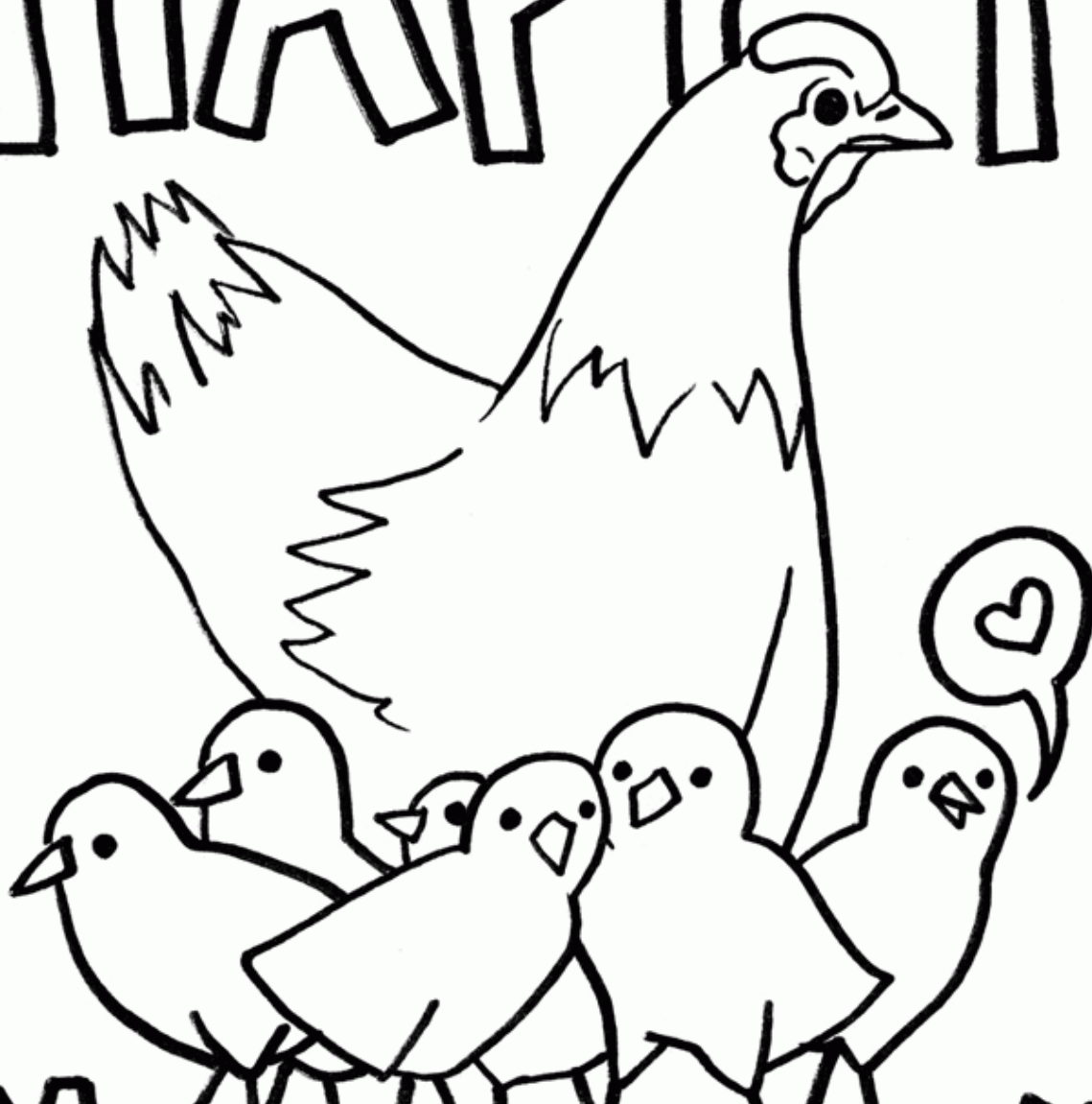
In a large bowl, combine sugar and cornstarch. Add raspberries and rhubarb; toss to coat. Spoon into crust.

Roll out remaining dough, place over filling. Fold bottom crust over edge of top crust; seal with a fork. Prick top with a fork.

Bake until golden brown, 45-55 minutes. Cool completely on a wire rack.

For icing, combine confectioners' sugar, vanilla and enough milk to achieve a drizzling consistency, drizzle over pie. Cut pie into squares.

# HAPPY



# MOTHER'S DAY!

ThoraThinks.com

# Identify a scam or Fraud

## Information by the Government of Ontario

Scams are dishonest schemes that attempt to get people to hand over money or give financial and personal information. Scammers often use basic information they have gathered about you to trick you into giving more financial and personal information. A **phishing scam** is when someone does this by pretending to be an individual or company you know.

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### Types of scams

**Hyperlinks** - you are asked to select a hyperlink that takes you to a website that gathers personal details about you such as interests and recent online activity.

**Text (SMS)** - you receive a text message from a scammer that asks for your financial and personal information through text messaging or to click a link that takes you to a website to try to collect your financial and personal information (such as your full name, date of birth, banking/credit card information).

**Telephone** - you receive a phone call from a scammer enticing you to give them financial and personal information. In many cases, these scammers have a sense of urgency or tell you that you need to act immediately.

**Email** - you receive an email from a scammer impersonating a known institution or business with a hyperlink or downloadable document that is designed to collect your financial and personal information.

**Social media** - you receive messages on social media platforms pretending to be customer support asking you to share financial and personal information.

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**Signs of a scam:** Help protect yourself from a scam by looking out for these common signs:

- **Pressure to make a quick decision** either overnight or on the spot and are threatened if you don't comply.
- **Requests to keep matters confidential** and not share the details with local authorities or family and relatives.
- **Urgent messages** demanding you contact the sender immediately.
- **Being asked to provide money in unusual formats** such as gift cards, bit coin and prepaid credit cards.
- **An email from an unknown sender with a link or attachment.**
- **Email or phone requests for financial information** (for example, credit card number, bank account information and personal identification number (PIN)).

- **Email or phone requests for personal information** (for example, Social Insurance Number (SIN), date of birth and security answers).

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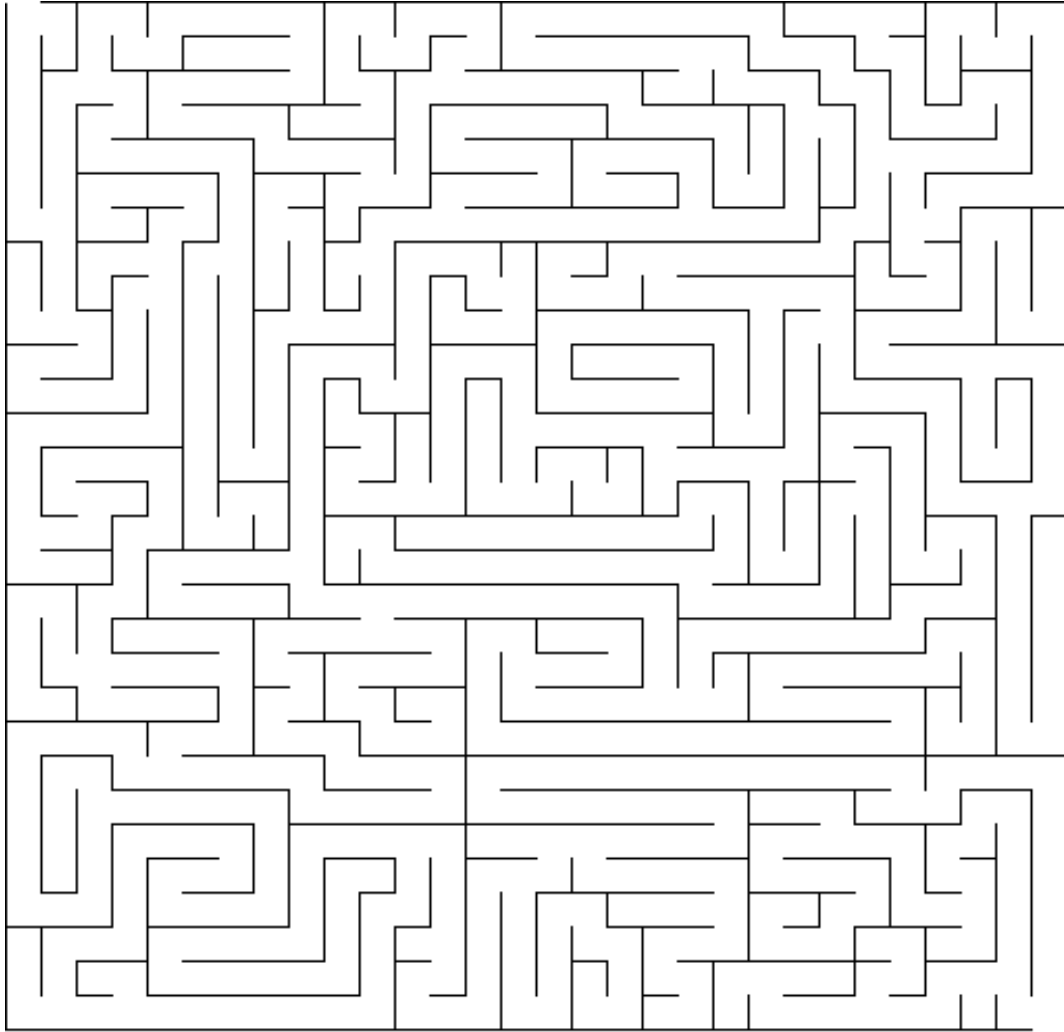
**Protect yourself from getting scammed:** Here are some tips and hints to protect yourself from a potential phishing scam:

- Ignore emails from unknown senders and block the sender from sending additional suspicious emails.
- If you receive a message from an unknown sender, don't open any attachments or follow any links to third-party websites.
- Beware of upfront fees.
- Look for the secure symbol. Legitimate websites that ask you to enter confidential information are generally encrypted to protect your details. You can identify secure websites by either:
  - 'https:' rather than 'http:' at the start of the internet address
  - a closed padlock or unbroken key icon at the bottom right corner of your browser window
- Avoid sending sensitive information over email and text message.
- Never provide your personal, credit card or online account details if you receive a call claiming to be from your bank or any other organisation. Instead, ask for their name and contact number and check with the organisation in question before calling back.





**Instructions:** Trace the path through the maze. Help get the rose to Mom for Mother's Day.



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Finish

# CASS 50<sup>th</sup> Reunion Weekend - Come on Home Huskies!

Friday, June 30 - Sunday, July 2, 2023

## Friday June 30, 2023 6-9pm at CASS

- Alumni Co-Ed Night Sign up in pairs at [carolhun@gmail.com](mailto:carolhun@gmail.com) with your year of graduation and house (Ace, King, Knight or Panther)
  - Events: Tug-of-war, Bladderball, Indoor Baseball, Crokinole, Spoons, Bucket Brigade, Chinese Table Tennis

## Saturday July 1 9 am

- Swamp Run 9am CASS: sign up at [carolhun@gmail.com](mailto:carolhun@gmail.com) Check-in at the front doors.
- Alumni Golf Tournament 9 am-3 pm at Silver Creek Golf Course: pre-registration at [getagrip97@hotmail.com](mailto:getagrip97@hotmail.com) and e-transfer to confirm entry. 4 person teams, \$75.00 each

## Alumni Afternoon 12-5pm at CASS

- **"Find Your Friends"** in the designated 'Decade Rooms'. **OLDIES** 1972-82, **BOLDIES** 1983-93, **ZOOMERS** 1994-2004, **BLOOMERS** 2005-2023. See yearbooks and other memorabilia
- FIND staff members in the courtyard or library along with a trivia contest and refreshments
- Alumni Artisan Expo: Alumni Artwork and Literary displays in the courtyard. Contact Carol Neave at [gcneave@live.ca](mailto:gcneave@live.ca) to participate
- Intramural "Play Time": Goal Shooting, Frisbee Throw, Cup Stacking, Table Tennis, Baseball Darts (maybe even Wollip). House points for participation!
- School tours every 20 minutes
- Mr. Frolick's Reunion song debut (including Souvenir Take Home Lyrics)
- Alumni Business Card bulletin board display: bring your card or early email [gcneave@live.ca](mailto:gcneave@live.ca)
- Reunion Photo Booth for family, and friends. Take crazy pics to show your Husky pride.

## CASS Alumni Music Through the Decades Dance 5pm-midnight at Desbarats Arena

- Music, cash bar, food available for purchase
  - The 'Big Reveal'... who dumped the water from the catwalk on VP Mr. Lewis?
  - Reunion Intramural house team WINNER announced
  - Mr. Frolick's CASS reunion song. Who will sing it best?
  - Husky Pride Photo Booth

## Sunday July 2 9am – 12 noon at CASS

- Kensington Point 5k Run/walk: 9am check-in at the front doors
- Non-denominational church service: 11am in the CASS Cafeteria. Topic to be debated by four CASS pastors "Was Jesus an Ace, King, Knight, or Panther?"

PLEASE pass this email on to at least five of your CASS GRAD friends who will then pass it along to 5 more CASS GRADS until it goes around the WORLD. Our terrific CASS Grads are everywhere.

**We hope to see you back at CASS!**



@CASS\_50TH\_REUNION



CASS 50TH ANNIVERSARY REUNION!



## **Centennial Tea and Tell**

The Council and Staff of the Village of Hilton Beach invite you to attend a **Centennial Tea and Tell** in honour of the Village's 100th Birthday.

**Join us to celebrate 100 years!**

- Date:** Sunday May 7th, 2023  
**Time:** 2 p.m. to 4 p.m.  
**Location:** Hilton Beach Community Hall  
3050 Hilton Road, Hilton Beach

*Please feel free to bring stories, photos, recipes, artefacts or other historical items of interest for compilation in a Centennial history project. Thank you!*

**RSVP by May 1st to Village of Hilton Beach Events**  
(705) 246-2242 / [events@hiltonbeach.com](mailto:events@hiltonbeach.com)

**Tea, coffee and sweets by Mad Jacks Café**



# Notice

The Trefry Centre no longer requires covid 19 vaccination, but strongly recommends all staff, volunteers, and clients keep up with boosters, hand washing, and stay home if unwell.

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**Office Closure:** The Trefry Centre will be closed

Monday May 22nd for Victoria Day.

Meals on Wheels will be delivered as usual.

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## Music Friday

Friday May 12th Celebrating Mothers

Music by Just the Two of Us

\$5/person 1:30-3



New Exercise Class @ Laird Hall  
with Margo every Tuesday 10-11am

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## YMCA Swim & Gym

Next Session: May 8th, 15th, 29th and June 5th

Limited spots available. Includes: transportation, day pass,  
snack and social.

Bus stops in Thessalon, Bruce Mines, Desbarats, SJI Turnoff,  
Echo Bay \$50 per person.

# 5 Ways to Celebrate Coronation Day

No matter where you live, there is something fun about watching a royal ceremony. The fashion! The tradition! It's hard to not be intrigued, even if you don't reside in the UK. Coronation is scheduled for May 6, 2023.

Here are a few ideas to inspire your celebrations!

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**Host a Watch Party** - While King Charles' coronation is supposed to be shorter than the ones before, you will still be able to watch the ceremony live. Check your local listings to see when it begins and what channel will be giving coverage. Watch the coronation with your residents!

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**Serve a Royal-Inspired Meal** - Work with your dining team to serve traditional English fare for breakfast, lunch, or dinner on the day of the coronation.

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**Have an English Royalty Happy Hour** - Here's a list of supposed favorite drinks of the royal family:

1. Gin and Dubonnet - Queen Elizabeth II
2. Martini - Prince Charles
3. Bloody Mary - Prince Philip
4. Champagne - Various members of the royal family
5. Earl Grey Tea - Queen Elizabeth II and other family members

Pick a few to highlight and serve at a special happy hour. Swap out the ingredients to create nonalcoholic mocktails as needed!

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**Invite a Special Entertainer** - Celebrate the coronation with a special entertainer. Look for local entertainers that impersonate the Royal family members or other famous Brits like Elton John or Julie Andrews.

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**Play Royal Family Bingo** - Golden Carers have you covered with this one!

[Print out your bingo cards here.](#)

# Word Search



## FIRST NAMES OF THE ROYAL FAMILY

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

Andrew

Charles

Eugenie

Katherine

Peter

Anne

Charlotte

George

Louis

Philip

Beatrice

Edward

Harry

Louise

Sarah

Camilla

Elizabeth

James

Meghan

Zara

# Word Search

## FIRST NAMES OF THE ROYAL FAMILY



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

Andrew

Charles

Eugenie

Katherine

Peter

Anne

Charlotte

George

Louis

Philip

Beatrice

Edward

Harry

Louise

Sarah

Camilla

Elizabeth

James

Meghan

Zara

# EXERCISES WITH MARGO



STARTING MAY 2<sup>ND</sup>

LAIRD HALL

EXERCISES WITH MARGO

TUESDAY MORNINGS

10AM-11AM

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**Dr. HS Trefry Memorial Centre: Serving Seniors and persons with disabilities for almost 29 years!**

Become a member of the Dr. Harold S Trefry Memorial Centre. Once you have joined you have so many programs at your disposal. Diners, Exercise classes, Tuesday Coffee Connections, Meals on Wheels, Adult Day Out Program, and other special events.

To join call 705 246 0036 and one of our staff will have a short intake conversation with you! This is to get to know you and to help us know what programs suit you best!

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Do you know someone who is feeling isolated or lonely? Some of our lovely volunteers have come forward to do friendly visits. They can visit in person or call on the phone. Call the Trefry Centre to sign up for a friendly visitor. 705 246 0036.



# MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Exercise 10am Bruce Station	2 Coffee Connections 9:30am Exercise 10am Laird Hall	3 <sup>A</sup> Exercise 10am Centre & on Zoom	4 Exercise 10am Bruce Station	5 Hen's & Stitches 10-12	6 <b>Echo Bay 4 Sale</b> 8am maps @ Sportsplex
7 <b>Outdoor &amp; Gun Show</b> Desbarats Arena 9am-1pm	8 <b>9:30am Free breakfast &amp; OPP presentation on scams</b> <b>St. Georges Church EB</b>	9 Coffee Connections 9:30am Exercise 10am Laird Hall	10 Exercise 10am Centre & on Zoom	11 Exercise 10am Bruce Station	12 Hen's & Stitches 10-12 <b>Music Friday</b> TF Centre 1:30-3pm	13
14 <b>Mother's Day</b>	15 Exercise 10am Bruce Station	16 Coffee Connections 9:30am Exercise 10am Laird Hall	17 Exercise 10am Centre & on Zoom	18 Exercise 10am Bruce Station	19 Hen's & Stitches 10-12	20
21	22 <b>Victoria Day office closed</b>	23 Coffee Connections 9:30am Exercise 10am Laird Hall	24 Exercise 10am Centre & on Zoom	25 Exercise 10am Bruce Station	26 Hen's & Stitches 10-12	27
28 <b>SJI Lions Pancake Breakfast 10-1pm HB Hall</b>	29 Exercise 10am Bruce Station <b>Carpet Bowling at Legion 1-3pm each Monday \$2</b>	30 Coffee Connections 9:30am <b>Bruce Station Adult Day Out every Tues. 9:30am -3pm</b>	31 Exercise 10am Centre & on Zoom <b>Echo Bay Adult Day Out every Wed. 9:30am -3pm</b>	<b>Richards Landing Adult Day Out every Thurs. 9:30am -3pm</b>	<b>Floor Curling Laird Hall every Fri 1-3pm</b>	

# Trefry Centre Program Info

## Adult Day Out

A fun filled day of activities to sharpen the mind and enliven the spirit! Providing respite for caregivers.

**Tues-Bruce Station, Wed- Echo Bay, Thurs-Trefry Centre**

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## Exercise Classes

**10am Mon & Thurs with Anne  
at Bruce Station Hall**

**10am Tues with Margo Laird Hall  
10am Wed with Margo at Trefry**

Wed classes are also on Zoom.

Call us to register or to get a link for the Zoom class.

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## Toonie Tuesday Coffee Connections

**Every Tuesday 9:30-10:30am @ Trefry Centre**

Meet up with friends for a social hour with coffee & muffin for \$2

Visit our Internet Cafe **Tuesday's at 9:30** Bring your iPad for a senior friendly tech lesson, or use one of ours to connect.

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## Meals on Wheels

Meal, soup, dessert or any combination available delivered HOT to your door!

**Monday-Wednesday-Friday at NOON**