

WHAT'S UP DOC

September Issue **2022**

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, Town of Thessalon & 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

Name: _____

Fall Word Search Puzzle

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

- | |
|-----------|
| LEAVES |
| PUMPKINS |
| APPLES |
| ORANGE |
| YELLOW |
| RAKE |
| OCTOBER |
| SEPTEMBER |
| RED |
| AUTUMN |
| SCARECROW |
| FALL |
| HARVEST |
| ACORNS |
| NOVEMBER |
| |

FALL BACKROAD TOUR

Tuesday September 20th

Join us for a fall colour tour from
Richards Landing
to Little Rapids

Stops include:

- * Meadowview Alpaca Farm
- * Gordon Lake Hall for lunch
- * Twin Rivers Farm Sunflower Path & Pumpkin Patch
- * Heritage Park & Museum

Cost is \$30 per person (seniors 65+)

Only 35 seats available

Tickets for sale until Mon Sept 12th (if not sold out by then)

Bus pick up at Trefry Centre, Hwy 17 Carpool & Desbarats Arena

All passengers must be fully vaccinated

Call 705-246-0036 for more information or to buy tickets

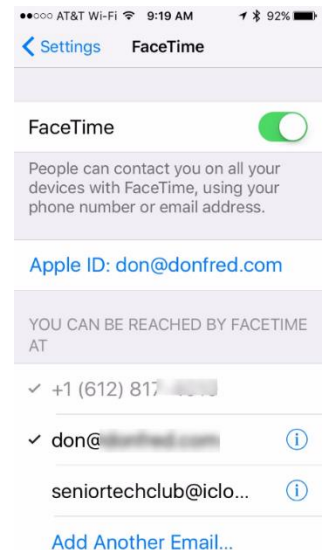
FaceTime on your iPad or iPhone

FaceTime is easy. In a single tap on your phone, you can engage in a video call with friends, family or colleagues. Here are some essential characteristics and tips that you must know:

1. You can only FaceTime with users of Apple products including iPhone, iPad, iPod and Mac computers. If you need to do a video call with a non-Apple device, consider using a Microsoft Skype.
2. FaceTime Calls are best performed on WiFi. They can be done without WiFi but FaceTime calls will use cellular data at the rate of about 3 mb per minute of call. This is significant but manageable.
3. Since IOS 12.1 FaceTime calls can be completed with multiple users. This also requires iPhone 6s and later.
4. FaceTime is easy. The biggest hurdle is just finding a partner for practice ahead of when FaceTime is needed.

IS FACETIME TURNED ON?

There is a single switch that enables FaceTime calls. It is likely already on. But if not, the settings are found at **Settings, FaceTime** to display the following screen:



To make FaceTime calls, check that the FaceTime switch is Green (On). **Other Settings** You can make FaceTime calls to either phone numbers or Email addresses that are registered in your FaceTime settings.

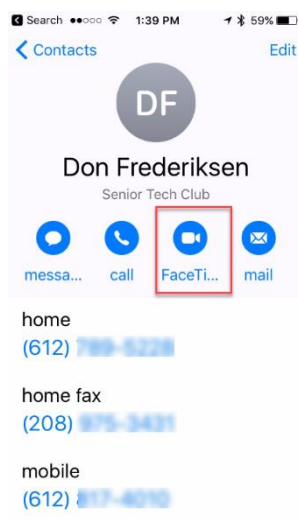
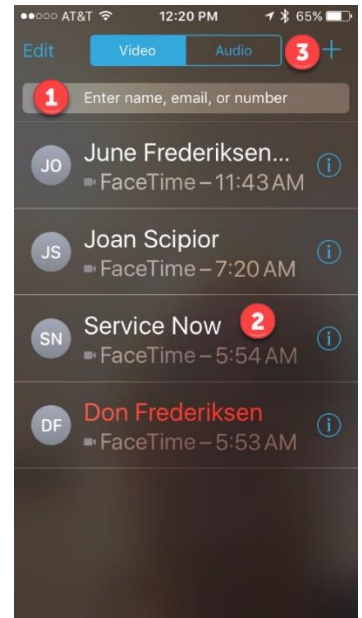
- With an iPhone, your phone number and Apple ID is registered automatically for FaceTime.
- Sign in with your Apple ID to register your Apple ID as a FaceTime address.
- You can add additional email addresses. If you are using your iPad or iPad for FaceTime, you can use any email desired. When you select another email, Apple sends an e-mail to that address to verify the account. Tap **Verify Now** and enter your Apple ID and password to complete the FaceTime setup.

There are multiple ways to make a FaceTime call. Here are the step by step processes for each method:

1. **Regular Audio Call:** Make a regular call first and launch the FaceTime call for the audio call. This is a great way to announce a FaceTime call by asking, “Can we do FaceTime?”

- Tap the FaceTime icon in the active Call Screen to launch the FaceTime call.
- The other person must Accept the FaceTime call before the call can begin.

***Starting with an audio call is a great method for launching a FaceTime video call. It removes the surprise and it also ensures that the receiver isn't dressed in only their skivvies. It is just safe.



2. FaceTime App: Start a FaceTime call directly from the FaceTime app. It is easiest to launch the call from a previous call that was completed.

Launch the FaceTime app from the home screen. You have three options from this screen:

- Type a name, phone number or email address into the search bar and press Search
- Tap a name on the FaceTime call log to start another call.
- Tap the + sign to call up the Contacts App. Select or search for a contact that you wish to call.

3. Launch a FaceTime call from the Contacts Apps.

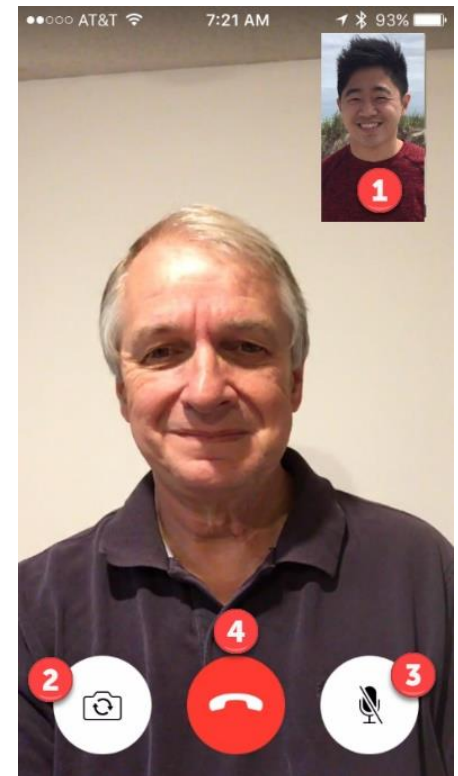
You can launch a FaceTime call to a specific person by looking up that person in your Contacts app.

- Search or browse to find the contact you wish to FaceTime.
- Tap the FaceTime icon

DURING THE CALL

The following controls are available during the FaceTime call:

- Use the picture in picture to see what the other person is seeing. Move the phone so that the other person is getting a full view. **Tip:** If there are multiple people on your side of the call, consider putting the phone in landscape position.
- Most FaceTime calls will use the front facing camera. You can switch to the rear facing camera to show your call the room or to interview other people.
- Mute the FaceTime call audio.
- End the call.





Autumn Jokes

Q: How do fall leaves get from place to place?
A: With autumn-mobiles.

Q: Why did the scarecrow win the Nobel Prize?
A: Because he was out-standing in his field.

Q: What is a scarecrow's favorite fruit?
A: Straw-berries!

Q: What did the hat say to the scarf?
A: "You Go Around While I Go Ahead!"

Q: How do you fix a broken pumpkin?
A: With a pumpkin patch.

Q: Who helps the little pumpkins cross the street to school?
A: The Crossing Gourd.



FALL
is
Here



"From the Sublime to the Ridiculous" featuring Vernon Bailey with John McClenaghan

Hosted by the Sowerby Hall Heritage Events Committee

NEW DATE: Wednesday, September 14, 2022 at 7:30 p.m.
at the Historic Cordukes/Weber 12-Sided Barn
1410 Basswood Lake Road, Sowerby



Free will offering. Donations over \$20.00 can be receipted.

Various poets and song writers will be featured in the evening's program, including an array of Robert Services poetry.

All donations donated to the North Shore Health Network Auxiliary - Thessalon Site

Hidden Pictures®

Piggy Pumpkin Patch

By Mike DeSantis

Can you find these hidden objects?



bell



spatula



pail



mushroom



button



artist's brush



crescent moon



pencil



fish



banana



wishbone



nail



musical note



drinking straw



shoe



baseball cap



In this big picture, find the bell, spatula, pail, mushroom, artist's brush, button, banana, pencil, wishbone, fish, crescent moon, baseball cap, nail, drinking straw, musical note, and shoe.

BONUS!

Can you also find the ruler, mitten, comb, sock, and candle?

Highlights

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Creamy Wild Rice Soup

Creamy base

- 1 cup unsweetened almond milk
- ½ cup raw cashews
- ¼ cup [cooked cannellini beans](#), drained and rinsed
- 2 tablespoons [white miso paste](#)
- 2 teaspoons Dijon mustard

Soup

- 2 tablespoons [extra-virgin olive oil](#)
- 1 bunch scallions, white and light green parts, chopped
- 1 celery stalk, chopped
- 1 large carrot, chopped
- 8 ounces cremini mushrooms, sliced
- 1 teaspoon sea salt
- 4 garlic cloves, minced
- 2 tablespoons minced rosemary
- 1 bunch of thyme, bundled
- 1¼ cups [cooked cannellini beans](#), drained and rinsed
- ½ teaspoon freshly ground black pepper, more for serving
- 4 cups water
- 1 cup cooked wild rice
- 1 to 2 tablespoons fresh lemon juice
- 4 cups chopped kale
- Chopped parsley for garnish, optional
- Pinches of red pepper flakes, optional



Instructions

1. Make the creamy base: Place the almond milk, cashews, white beans, miso paste, and Dijon mustard in a blender and process until smooth. Set aside.
2. Make the soup: Heat the olive oil in a medium-large Dutch oven or large pot over medium heat. Add the scallions, celery, carrot, mushrooms, and salt and stir. Cook, stirring occasionally, until the mushrooms are tender, 8 to 10 minutes.
3. Add the garlic, rosemary, thyme, cannellini beans, pepper, and water and stir. Cover and simmer for 20 minutes
4. Remove the thyme bundle and stir in the cashew mixture, rice, 1 tablespoon lemon juice, and kale. Simmer over low heat until the kale is wilted, about 5 minutes. Season to taste and serve with more lemon juice, parsley and pinches of red pepper flakes, if desired.

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

The Trefry Centre will be closed Monday September 5th
Meals on Wheels are still being delivered.



Trefry Centre Welcome

Meet our new Program Manager
Susanne Musso Rains who started on
Monday August 22nd. Susie has been busy
becoming familiar with our programs and
greeting clients who are attending in
person programs here at the centre.

Coffee Connections ***Now every Tuesday 9:30-10:30am.**

Enjoy one of Wendy's muffins with coffee or tea.

Social hour to meet up with friends, all for a \$2 donation.

NEW Our Internet Cafe will be open during Coffee
Connections. Bring in your iPad, or borrow one of ours, for
some senior friendly lessons on how to use them.

This is part of the New Horizons Seniors Grant program.

Reminder

As we head indoors for fall, please remember that we all need
to be diligent with our self screening. Please **do not** attend
any in person programs if you have any symptoms. Please let
us know ASAP if you need to cancel due to feeling unwell.

**Please remember that proof of vaccination and masks are still
required for all in-person programs and to enter the Trefry Centre.**

SEPTEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	Richards Landing Adult Day Out every Thurs. 9:30am -3pm	Bruce Station Adult Day Out every Tues. 9:30am -3pm	^A Echo Bay Adult Day Out every Wed. 9:30am -3pm	1 Exercise 10am Bruce Station	2 Hen's & Stitches 10-12	3 Harvest Festival Jocelyn 12-5pm
4	5 Centre Closed meals still delivered	6 Coffee Connections & Internet Cafe 9:30am	7 Exercise 10am Centre & on Zoom	8 Exercise 10am Bruce Station	9 Hen's & Stitches 10-12	10 Bruce Mines Fall Fair
11 Bruce Mines Fall Fair	12 Exercise 10am Bruce Station	13 Coffee Connections & Internet Cafe 9:30am	14 Exercise 10am Centre & on Zoom Vernon Bailey & John McClenaghan Sowerby 7:30pm	15 Exercise 10am Bruce Station	16 Hen's & Stitches 10-12	17 Sylvan Circle Tour 9-5pm
18	19 Exercise 10am Bruce Station	20 Coffee Connections & Internet Cafe 9:30am Fall Backroad Bus Tour 9am	21 Exercise 10am Centre & on Zoom	22 Exercise 10am Bruce Station	23 Hen's & Stitches 10-12	24 ATV Poker Run Johnson Twp 8:30am Gordon Lightfoot Tribute Legion RL 7pm
25	26 Exercise 10am Bruce Station	27 Coffee Connections & Internet Cafe 9:30am	28 Exercise 10am Centre & on Zoom	29	30	31

Trefry Centre Program Info



Meals on Wheels

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

Monday-Wednesday-Friday at NOON

Exercise Classes In-Person

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

10am Wed with Margo at Trefry

Wed classes are also on Zoom.



Hen's & Stitches

Bring your knitting, crochet or needle point and work on it in a social setting.

Friday's 10am-12pm



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

New Horizons Seniors Grant

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

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