

# WHAT'S UP DOC



**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, 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



**Ontario** 

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

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

# Word Search

## ST. PATRICK'S DAY



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

Clover

Limericks

Stepdance

Ireland

Shillelagh

Leprechaun

Rainbow

Green

Galway

Blarney

Snakes

Party

Irish

Celtic

Riverdance

Emerald

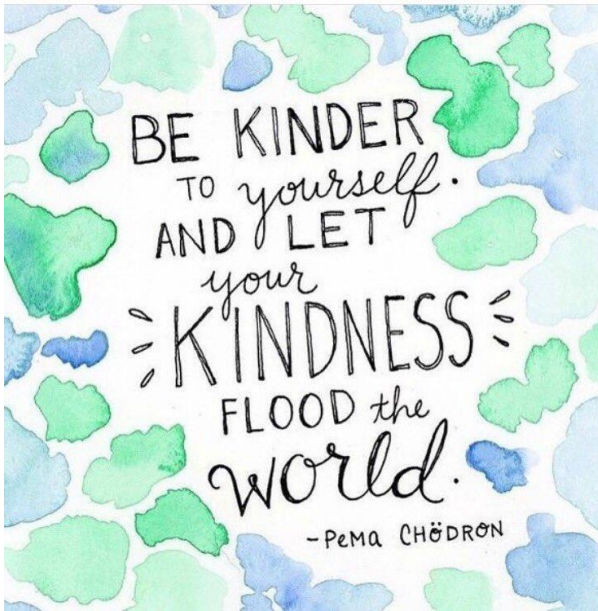
Patrick

Shamrock

Pot Of Gold

Legend

## Manager Moment: March 2023



### DAILY JOURNAL PROMPTS FOR

+ self-reflection +

- List 3 things you love about yourself.
- How do you **really** feel right now?
- What makes you feel **confident**?
- What goals do you want to achieve this month?
- What are you doing to **reach** those goals?
- What does **happiness** mean to you?
- Recall a memory where you felt the happiest.

P | C  
PLAN CHICLY

You worked hard to be the person you are today,

Your sunny days shone bright and you felt like living forever,

The stormy days blew you over to your dismay,

And getting up you thought "never!"

But you persevered and one step at a time,

You got through day one, then day two

Dusted off the tears, dirt, and crime,

With support of others, you carried on through,

Here you are today, your past self impressed,

Finding joy, kindness, and happiness,

There are days you still feel stressed,

But after all the days before, can feel you are blessed.

**YOU ARE ALL KINDS OF AMAZING**

# INCOME TAX CLINIC

**Trefry Memorial Centre**

1601 C Line Road  
Richard's Landing

**Friday, March 24, 2023**

**1:00PM - 2:30PM**



## PLEASE BRING WITH YOU:

- T4'S AND/OR T5'S
- CHARITY / MEDICAL RECEIPTS
- RENT RECEIPTS
- MONTHLY BUS PASS RECEIPTS
- ANY OTHER DOCUMENTS YOU WOULD LIKE TO CLAIM



United Way  
Sault Ste. Marie &  
Algoma District



Canada Revenue  
Agency

Agence du revenu  
du Canada





# Maple-Ginger-Roasted Vegetables with Pecans

## Ingredients

- 1 1/2 cups pecans
- 4 medium carrots (3/4 pound), peeled and sliced 1/4 inch thick on the bias
- 2 large parsnips (1 pound), peeled and sliced 1/4 inch thick on the bias
- 1 medium head cauliflower (2 1/2 pounds), cut into 1-inch florets
- 1 small butternut squash (2 pounds)—peeled, seeded and cut into 1-inch dice
- 1 pound brussels sprouts, halved
- 1/2 cup extra-virgin olive oil
- 1/4 teaspoon freshly grated nutmeg
- Kosher salt and freshly ground black pepper
- 2 tablespoons minced fresh ginger
- 1/3 cup pure maple syrup



## Directions

1. Preheat the oven to 425°. Spread the pecans in a pie plate and toast until fragrant, about 6 minutes. Let cool.
2. In a large bowl, toss the carrots, parsnips, cauliflower, squash and brussels sprouts with the olive oil and nutmeg and season generously with salt and black pepper. Spread the vegetables on 2 large rimmed baking sheets and roast for 30 minutes, until the vegetables begin to brown.
3. Scatter the pecans and ginger over the vegetables and drizzle with the maple syrup; toss well.
4. Continue to roast the vegetables for 25 minutes longer, until they are tender and golden. Scrape the vegetables into a bowl and serve hot or at room temperature.



## DISTRICT 'E'

INVITES YOU TO ENTER THE 5th ANNUAL SENIORS 55+ LITERARY  
COMPETITION – OPENS FEBRUARY 14, 2023

LIKE TO WRITE??? **EXERCISE YOUR IMAGINATION !!!**

WRITE A POEM, ESSAY, SHORT STORY, MEMOIR

ELECTRONIC SUBMISSIONS ONLY – NO HARD COPIES ACCEPTED  
**COMPETITION DEADLINE - SUNDAY, APRIL 30, 2023**

1. Open to all Ontario resident seniors **aged 55+**
2. Must complete and attach official registration form
3. Must be **original, written by the contestant** and be **unpublished**
4. Must be submitted in English or French
5. Must not exceed the line or word limits specified
6. Must be **ELECTRONIC SUBMISSION**. Name on application/entry form and title page only.
7. Contestants may submit only one entry in any / each category
8. **Submission must include a cover page stating the title, author's name and entry line/word count**
9. Biographies that are submitted must include written consent from the subject, if living.

Entry forms are available upon request at <[DistrictEseniorsliterary@gmail.com](mailto:DistrictEseniorsliterary@gmail.com)>

Submissions must be received at [DistrictEseniorsliterary@gmail.com](mailto:DistrictEseniorsliterary@gmail.com)

by **APRIL 30, 2023** and clearly marked **SENIORS LITERARY COMPETITION**

**PRIZES WILL BE AWARDED TO WINNERS IN EACH CATEGORY AT A DATE TO BE ADVISED**

POETRY — maximum 32 lines

SHORT STORY - word count maximum 4,000

ESSAY — word count maximum 1,000

MEMOIR — includes biographies, autobiographies, and travel writing — word count max. 5000

# Maple-Buttermilk Pudding Cake

This sweet and gooey pudding cake with crisp candied edges, a Maine favorite borrowed from neighboring Quebec, is known as *pouding aux chômeurs*—the unemployed guy's pudding. Hayward doesn't know how this dessert got its name, but the lavish use of maple syrup (a Maine staple) probably helped make it popular.

## Ingredients

- 1 1/3 cups dark amber maple syrup
- 1 stick plus 3 tablespoons (5 1/2 ounces) unsalted butter, at room temperature
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- Pinch of mace
- 1 large egg
- 1 large egg yolk
- 1/3 cup buttermilk
- 2 teaspoons pure vanilla extract
- 2/3 cup sugar



## Directions

1. Preheat the oven to 350°. Lightly butter an 8-inch square glass or ceramic baking dish. Line the bottom of the dish with a piece of parchment paper and butter the paper. In a medium saucepan, boil the maple syrup over moderate heat until reduced to 1 cup, about 6 minutes. Remove the syrup from the heat, whisk in 3 tablespoons of the butter, then pour into the prepared baking dish.
2. In a small bowl, whisk the flour with the baking powder, salt and mace. In another small bowl, whisk the whole egg and egg yolk with the buttermilk and vanilla. In a large bowl, beat the remaining stick of butter with the sugar at medium speed until light and fluffy, about 2 minutes. At low speed, beat in the dry ingredients in 2 batches, alternating with the liquid ingredients; beat until the batter is smooth.
3. Evenly dollop heaping tablespoons of the batter on top of the maple syrup. Bake the pudding for 35 minutes, or until the top is nicely browned and a toothpick inserted in the center comes out clean. Let stand for 10 minutes before serving.

**Serve With** Unsweetened whipped heavy cream or crème fraîche.



# Word Search



## INTERNATIONAL WOMEN'S DAY

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

**Feminism**

**Advocate**

**Reform**

**Positive**

**Gender**

**Influence**

**Suffrage**

**Liberation**

**Social**

**Valued**

**Activist**

**Equality**

**Support**

**Rights**

**Reflect**

**Brave**

**Celebrate**

**Society**

**Courage**

**Action**



**St. Patrick's Day**  
at the  
**Dr. HS Trefry Memorial Centre**



**Friday March 17<sup>th</sup> 2023**

**Music by Nostalgia**

**Green drinks and light dessert**

**\$5.00 per person**

**1:00pm to 3:00pm**

**Clients are to bring a family member to join them in the Celebration of St. Patrick's Day**

**Call to RSVP and pay at the door.**

**705 246 0036**



Two step vaccination policy still in effect

DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice



Join us for  
Learn to Play Day  
(Dominoes)

Tues March 21st 1-3pm @ Trefry Centre

Floor Curling  
and Social

Fri March 24th 1-3pm  
@ Laird Hall

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**New Exercise Class @ Laird Hall  
with Margo every Wed 2-3pm**

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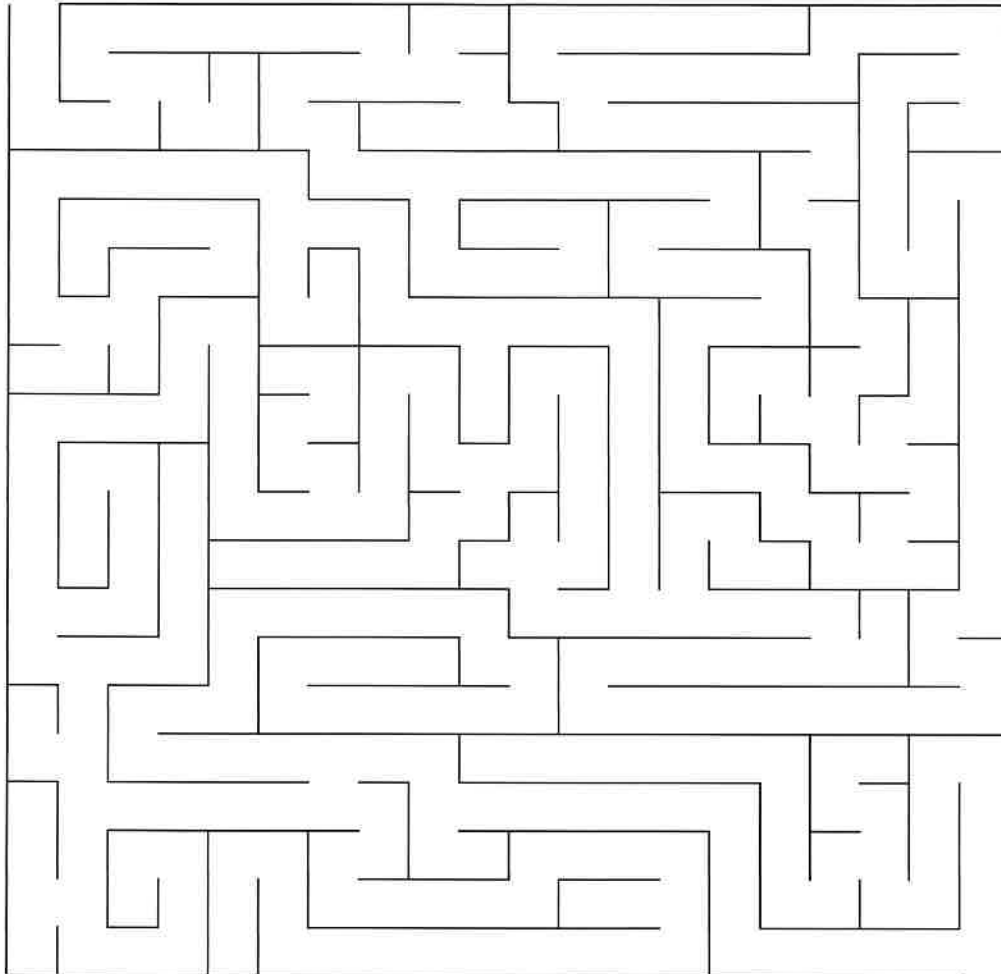
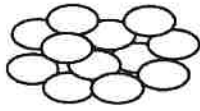
YMCA Swim & Gym

**Next Session: April 3rd, 17th, 24th and May 1st**

Already half full, so give us a call if you're interested.

Includes: transportation, day pass, snack and social. Aquafit & Joints in Motion classes available. Bus stops in Thessalon, Bruce Mines, Desbarats, SJI Turnoff. \$50 per person.

**Instructions:** Trace the path through the maze. Help get the gold coins back to the pot of gold.



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**Finish**



# MARCH 2023



	SUN	MON	TUE	WED	THU	FRI	SAT
		<b>Carpet Bowling at Legion 1-3pm each Monday \$2</b>	<b>Bruce Station Adult Day Out every Tues. 9:30am -3pm</b>	<b>1 ^ Echo Bay Adult Day Out every Wed. 9:30am -3pm</b>	<b>2 Richards Landing Adult Day Out every Thurs. 9:30am -3pm</b>	<b>3 Hen's &amp; Stitches 10-12</b>	<b>4 Gordon Lake Hall Games Night 7:30pm</b>
<b>5</b>		<b>6 Exercise</b> 10am Bruce Station	<b>7 \$2 Coffee Connections &amp; Internet Cafe 9:30am</b>	<b>8 Exercise</b> 10am Centre & on Zoom	<b>9 Exercise</b> 10am Bruce Station	<b>10 Hen's &amp; Stitches 10-12</b>	<b>11 Seedy Saturday CASS 10 am - 3 pm</b>
<b>12</b>		<b>13 Exercise</b> 10am Bruce Station	<b>14 \$2 Coffee Connections &amp; Internet Cafe 9:30am</b>	<b>15 Exercise</b> 10am Centre & on Zoom	<b>16 Exercise</b> 10am Bruce Station	<b>17 Hen's &amp; Stitches 10-12</b>	<b>18 Irish Stew Supper Jocelyn Hall Pre-order by March 14</b>
<b>19</b>		<b>20 Exercise</b> 10am Bruce Station	<b>21 Coffee Connections 9:30am</b>	<b>22 Exercise</b> 10am Centre & on Zoom	<b>23 Exercise</b> 10am Bruce Station	<b>24 Hen's &amp; Stitches 10-12</b>	<b>25</b>
			<b>Learn to Play Dominoes 1-3pm</b>			<b>United Way Tax Clinic Trefry Centre 1-2.30 pm</b>	
<b>26</b>		<b>27 Exercise</b> 10am Bruce Station	<b>28 Coffee Connections 9:30am</b>			<b>Curling Laird Hall 1-3 pm</b>	
			<b>United Way Tax Clinic Echo Bay Community Hall 9 - 10. 30 am</b>			<b>Algoma Trad Dinner/Concert/Dance Hilton Beach 6 pm</b>	



# 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**

**2pm Wed with Margo Laird Hall**

Wed classes are also on Zoom.



Floor Curling & Social

**Friday's 1-3pm**

**Laird Hall**

**starting March 24th**

Learn to Play Day

Come out and learn how  
to play dominoes.

**Tuesday March 21st**

**1-3pm**



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**