

WHAT'S UP DOC

August 2025

Serving Seniors

65+

**& Persons with a
Disability
Programs:**

Adult Day Out

Transportation

Meals on Wheels

Diner's Club

Exercise

Friendly Visiting

Home

Maintenance



**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

Ontario



OCSA

Ontario Community
Support Association

Trefry Centre Diner's Club



**Chicken Kebabs
with
Roasted Potatoes
Salad, Dessert,
coffee & tea**

**Tuesday August 26
RC Legion Richards Landing
Doors open 11am
\$16/person**

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

THE WORD SEARCH BATTLE

Cakes and pies

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/cakes-and-pies>

ALMONDCAKE
APPLECAKE
APPLEPIE

BANANACAKE
BUNDTCAKE
CHEESECAKE

COCONUTPIE
COFFEECAKE
CREAMPIE

EGGNOGCAKE
LIMEPIE
PECANPIE

Feeling depressed as a caregiver

There are many demands placed on caregivers. They often put the needs of the person they care for ahead of their own needs. Many caregivers don't get enough sleep and exercise, some feel lonely and isolated and some face money problems. These factors can put caregivers at a high risk of feeling depressed. About 22% of caregivers have a depressive disorder and 70% have some symptoms of depression. Talk to your health care provider if you are frequently feeling depressed.

Treatment options: Treatments for depression may include talk therapy, caregiver support groups and antidepressant medications. Your care provider may refer you to a therapist. Therapy can help you overcome negative thinking patterns and develop positive coping skills. Antidepressant medications also help many people.

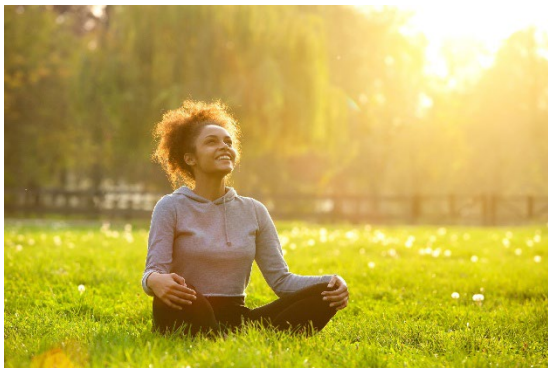
#1 Try to get more sleep

Getting enough sleep is crucial in maintaining your physical and mental health. Look for services like respite in your community so you can take a break, get a good night's sleep while ensuring the person you care for is safe.

#2 Take part in social activities

Having regular time each week to get together with friends and family can boost your mood. Think about joining a caregiver support group in person or online.

#3 Practice self-care



Make time for daily self-care, such as going out with a friend, watching TV, and exercising. Exercising for 30-45 minutes at least 3 times a week can help reduce feelings of depression. Even small amounts of activity are helpful.

#4 Some things take time

Antidepressant medication may help with depression, but it can take time to find the best balance of medication and the appropriate dose.

Need Assistance? [The Ontario Caregiver Helpline is here to help](#)

Maybe it is time to hear about how others manage the complexities of their caregiving. Have you ever thought about connecting with others to learn about their experiences?

[Register for OCO's online support groups here](#)

Township of St. Joseph TRAIL ROUTES

CENTENNIAL GROUNDS TRAILS

OFF OF THE 10TH SIDROAD TRAIL



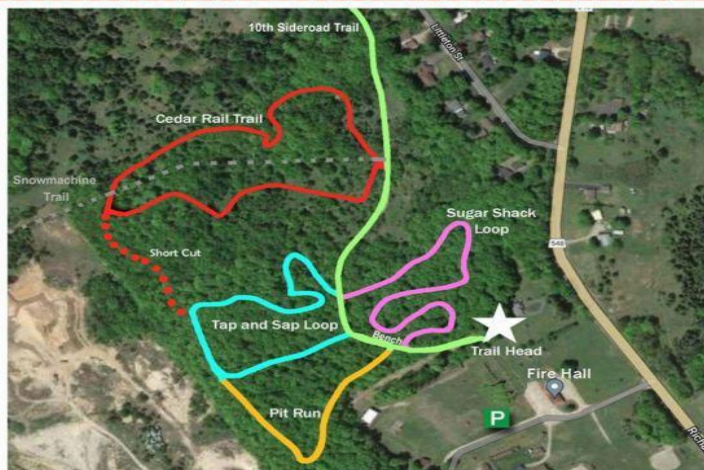
TRAIL ETIQUETTE

- Stay on marked trails
- Leave no trace
- Keep A Distance From Animals
- Pick up your dog's waste
- Think before you sink: use SNOWSHOES ONLY on trails during mild winter weather
- No motorized vehicles on trails

TERRAIN

Moderate with rock, logs, and debris.
Considered outback with a few changes in elevation.

DISTANCE
4.3km combined



Trail Length : 4.3 KM

LEGEND

- 10th SIDEROAD TRAIL
- YOU ARE HERE
- PARKING



SCAN FOR TRAIL MAP

CENTENNIAL GROUNDS TRAIL WWW.STJOSEPHTOWNSHIP.COM

There are two openings for this trail system.

1. 10th Side Rd, Centennial Grounds behind the fire hall.

Parking in the marked areas and the trailhead is off to the right. Look for the signage.

2. Enter the trail from the Women's Institute Park, up the hill at the Twin Rocks housing complex

Respite Care Provider

Kylie Singleton
705-989-6111
*fully insured
*experienced
*flex schedule

HAPPY FEET

ADVANCED FOOTCARE

BASIC - ADVANCED - DIABETIC

Jalicia Thomas
Certified Footcare Nurse
Registered Practical Nurse

Book Appointment:
(705) 248-2747

Echo Bay, Ontario

happyfeetadvancedfootcare@outlook.com

August

CHAIRITY YOGA FUNDRAISER

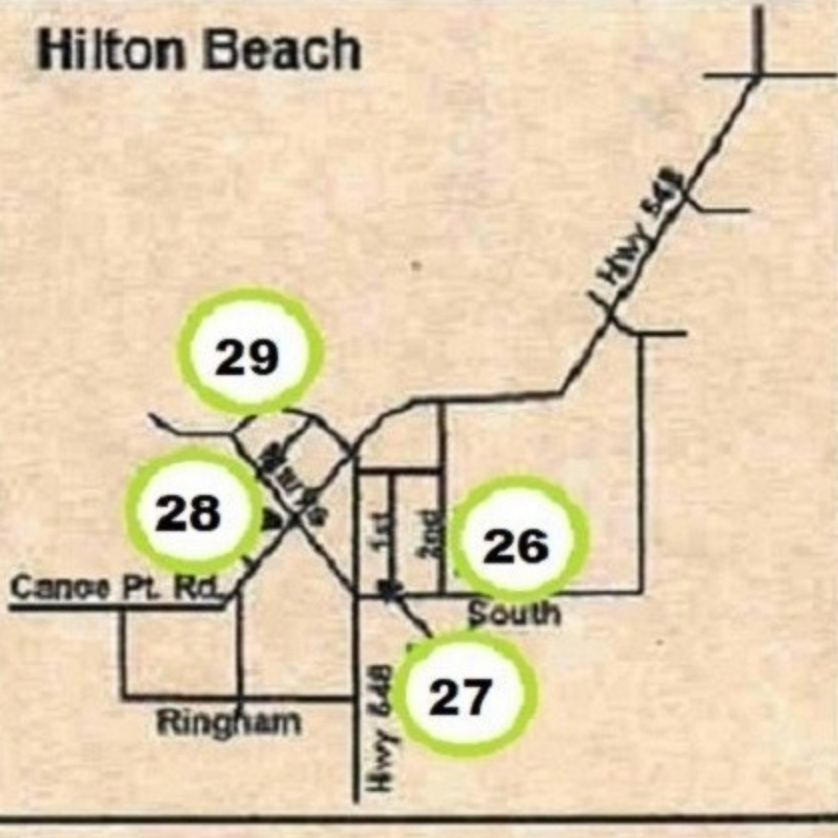
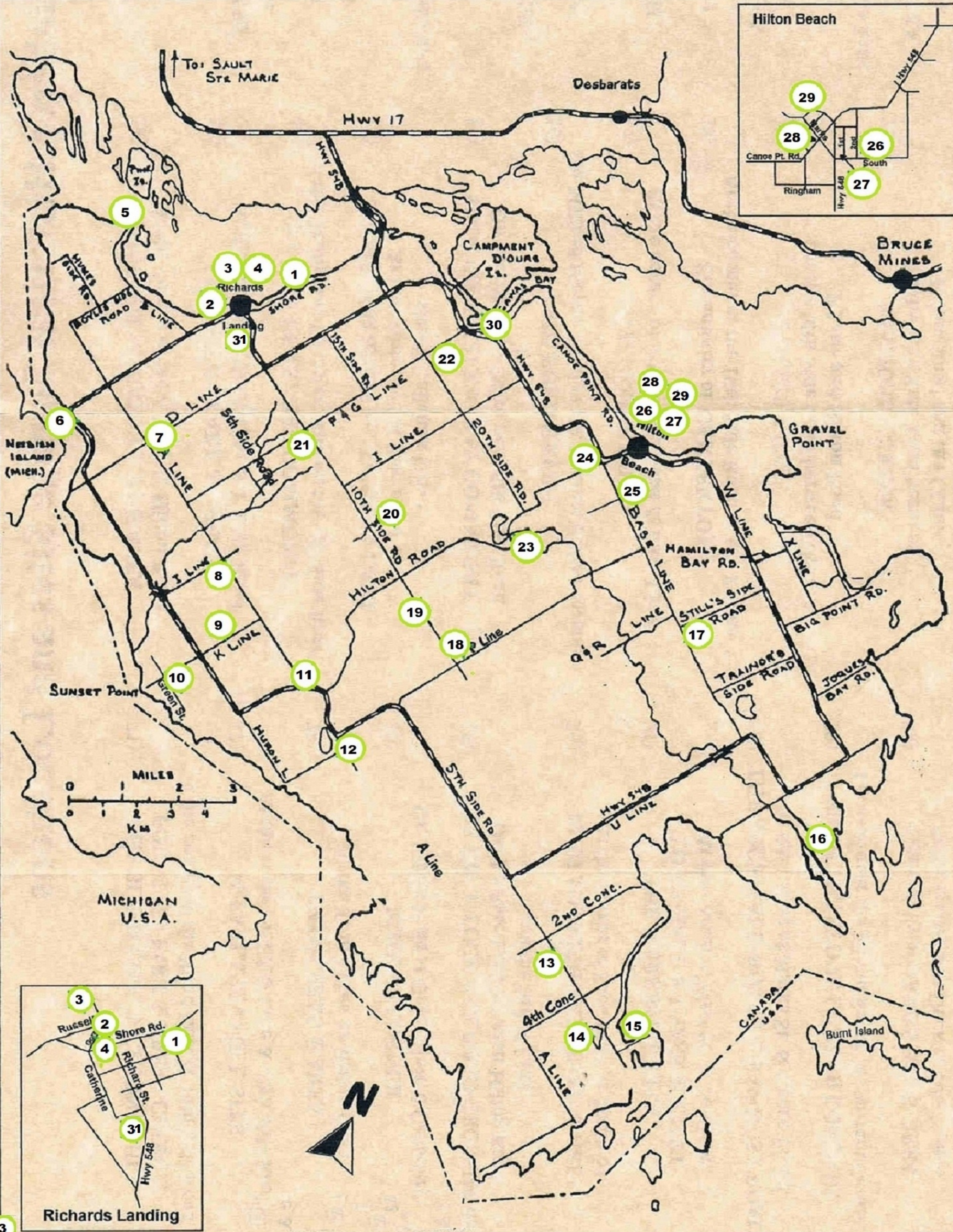
By Donation

All proceeds to **PSW Outreach Program**

Tue-10.30 am Hilton Beach

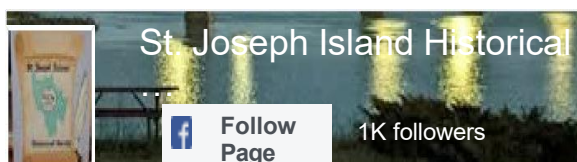
Sat-10.30 am Hilton Beach

Thur-6.30 pm Richards Landing.



Historical Signage Project

(1) SAWMILLS Sites located along Shore Rd in Richards Landing Area. 46° 17.567N 084° 01.756W	(11) JOCELYN SCHOOL S.S. #1 & AREA At the corner of the A line & Hilton Road 46° 11.541N 084° 00.808W	(21) THE BLIND LINE, DICKSON'S MILL, FOUNTAIN PARK & AREA SCHOOLS At the corner of the Blind Line and the 10th Side Road. 46° 15.180N 084° 00.389W
(2) RICHARDS LANDING TOWN CENTRE At corner of Russell St. & Richards St. 46° 17.566N 084° 02.1 ISW	(12) AXWORTHY LAKE & AREA At the corner of the A Line & Otter Lake Road 46° 10.739N 084° 00.069 W	(22) McFARLANE'S MILL, SITE At the corner of F & G Line & the 20th Side Rd. 46° 16.772N 083° 58.125W
(3) JOHN RICHARDS HOMESTEAD 1183 Richards St. Richards Landing 46° 17.601N 084° 02.145W	(13) Site of the TENBY BAY COMMUNITY At the Tenby Bay Cemetery site on the 5th Side Road. 46° 07.348N 083° 55.149W	(23) TWIN LAKES & AREA At the Twin Lakes on the Hilton Rd. 46° 13.771N 083° 56.183W
(4) RICHARDS LANDING CORNER On Gore St. between Richards and Catherine St. 46° 17.537N 084° 02.129W	(14) Site of LOCH RAINS or ADCOCK'S LAKE At the corner of the 5th Side Road & Orrell Callahan Drive 46° 06.240N 083° 54.098W	(24) BISHOP'S CORNER On the Hilton Road at the Grace United Cemetery. 46° 15.133N 083 54.218W
(5) PINE ISLAND FERRY SITE & SURROUNDING AREA Off the B Line at the Pine Island Ferry site. 46° 18.733N 084° 04.716W	(15) Site of the STERLING BAY COMMUNITY On Stirling Bay Drive & the 5th Side Road 46° 05.873N 083° 53.478W	(25) THE NIP & TUCK RAILROAD CROSSING On the Base Line between the Hilton Rd, and the M & N Line. 46° 14.846N 083° 53.934W
(6) SAILOR'S ENCAMPMENT & AREA At the C Line Dock Turnout 46° 15.885N 084° 06.132W	(16) MILFORD HAVEN On Millord haven Rd. at the Custom's Shed turn out. 46° 09.433N 083° 49.833W	(26) JOHN MARKS' HOMESTEAD & AREA At the corner of Second St. & South St 46° 15.278N 083° 53,421 W
(7) OLD FREE METHODIST CHURCH & CHEESE FACTORY At the corner of the A Line & the D Line. 46° 15.373N 084° 04.311 W	(17) STILL'S SIDE ROAD At the corner of Still's Side Rd. & the Base Line. 46° 12.527N 083° 52.418W	(27) THE MARKSVILLE JAIL, TOWN HALL & UPPER MAIN ST. At the corner of First St. & South St. 46° 15.336N 083° 53.462 W
(8) Community of HARMONY & AREA At the corner of the Blane the A Line 46° 13.538N 084° 02.639 W	(18) Community of CARTERTON At the corner of the 10th Side Rd. & the P Line. 46° 11.923N 083° 57.427W	(28) THE ARCHIBALD HOTEL & SAWDUST ROAD At the corner of Marks St. & Canoe Point Rd 46° 15.441N 083° 53.409 W
(9) Community of KENTVALE On the K Line between the A Line & the Huron Line 46° 12.470N 084° 02.071 W	(19) POVERTY HILL On the 10th Side Rd. between the P Line and the Hilton Rd. 46° 13.075N 083° 58.464W	(29) Site of THE STONE LUMBER CO. Located at the East End of The Hilton Beach Marina 46 15.475N 083° 53.310W
(10) DEW DROP INN & K LINE DOCK AREA At the end of the K Line on the shore 46 11.516N 084° 04.164W	(20) BAMFORD'S CREEK On the 10th Side Rd. between the Milton Rd, & the I Line 46 14.187N 083° 59.476W	(30) Community of GAWAS BAY & AREA At the Gawas Bay Dock & Boat Launch 46° 17.249N 083° 56.687W
(31) ST. JOSEPH ISLAND DISTRICT HIGH SCHOOL At the corner of Arthur St. & Catherine St., Richards Landing 46° 28.672N 084° 03.373W		



DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Monday August 4th
Meals on Wheels as usual. All other programs cancelled.



Thessalon
Community Days
July 31 - Aug 4 th

Heritage Park Country Fair & Silent
Mon Aug 4th

Local music, food, baking, tractor show,
children's activities, vendors, historical displays,
and demonstrations of blacksmith skills.

11am-3pm



August
15-17th



Evening concerts, indoor exhibits,
horse shows, tractor displays and
shows and much more.



Saturday, August 16th, 2025

Summerfest Classic

Car & Bike Show

11:00 am – 3:00 pm at Peace Park,
Thessalon, Ontario.

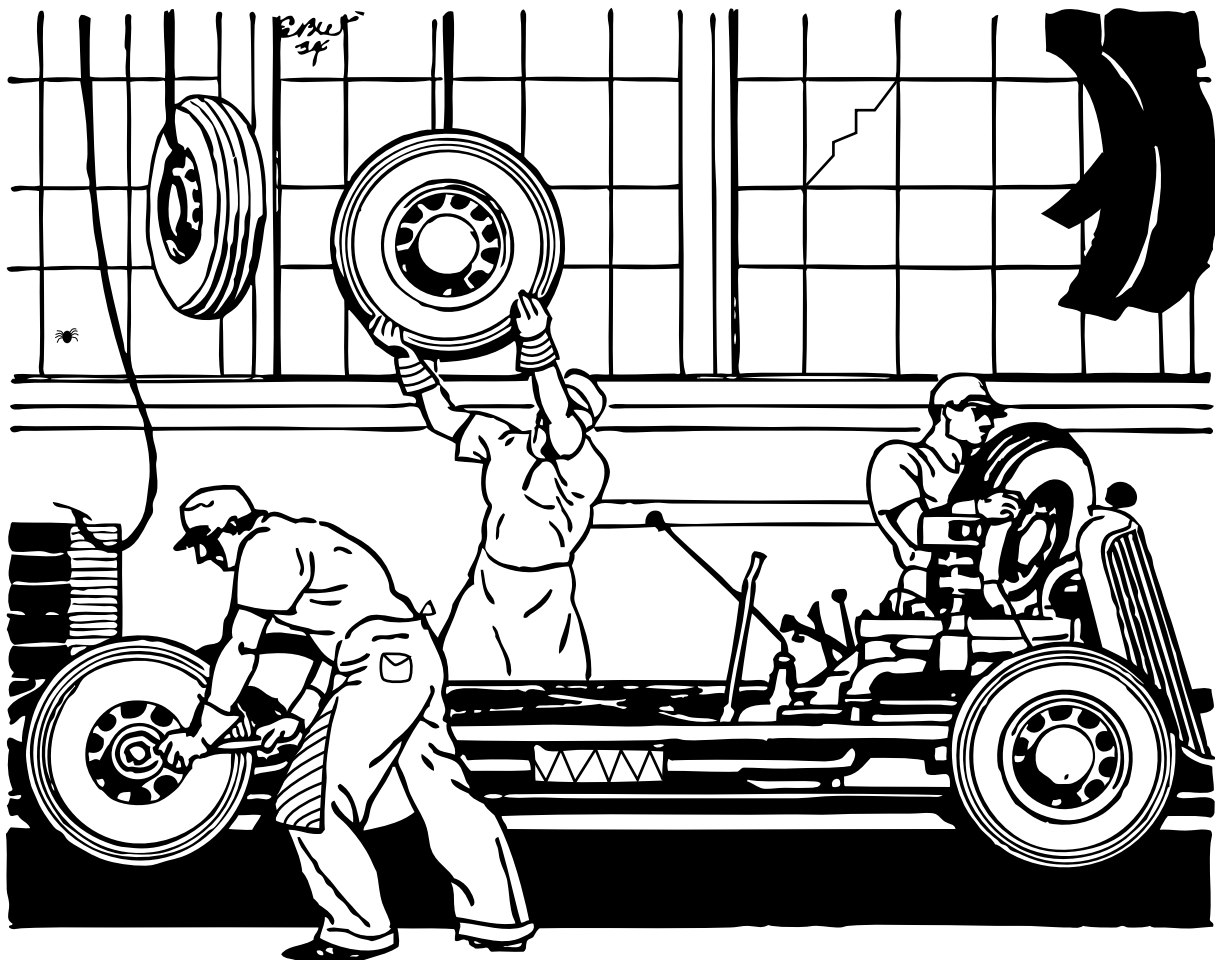
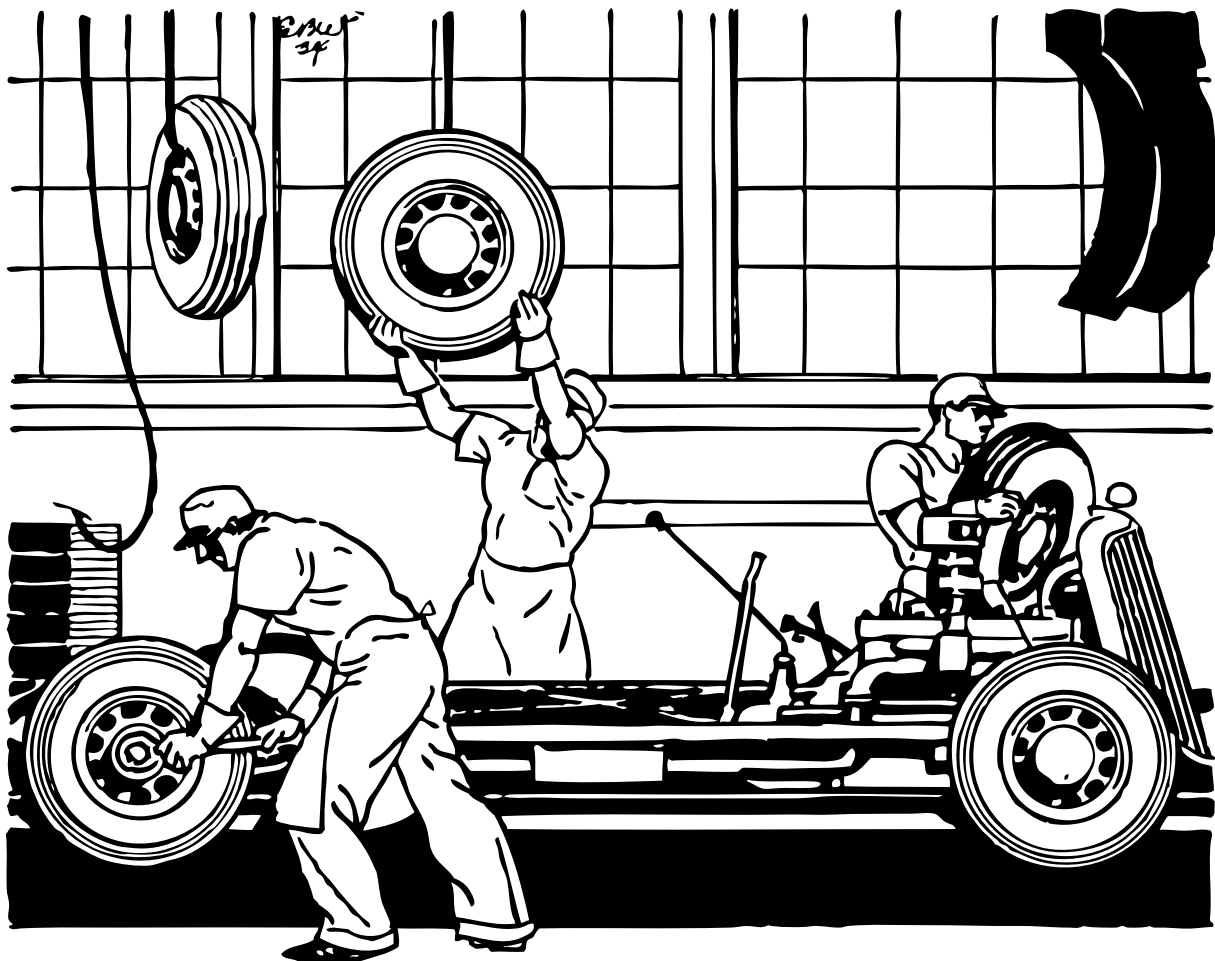


ALGOMA
Fibre
to
Fabric
FESTIVAL

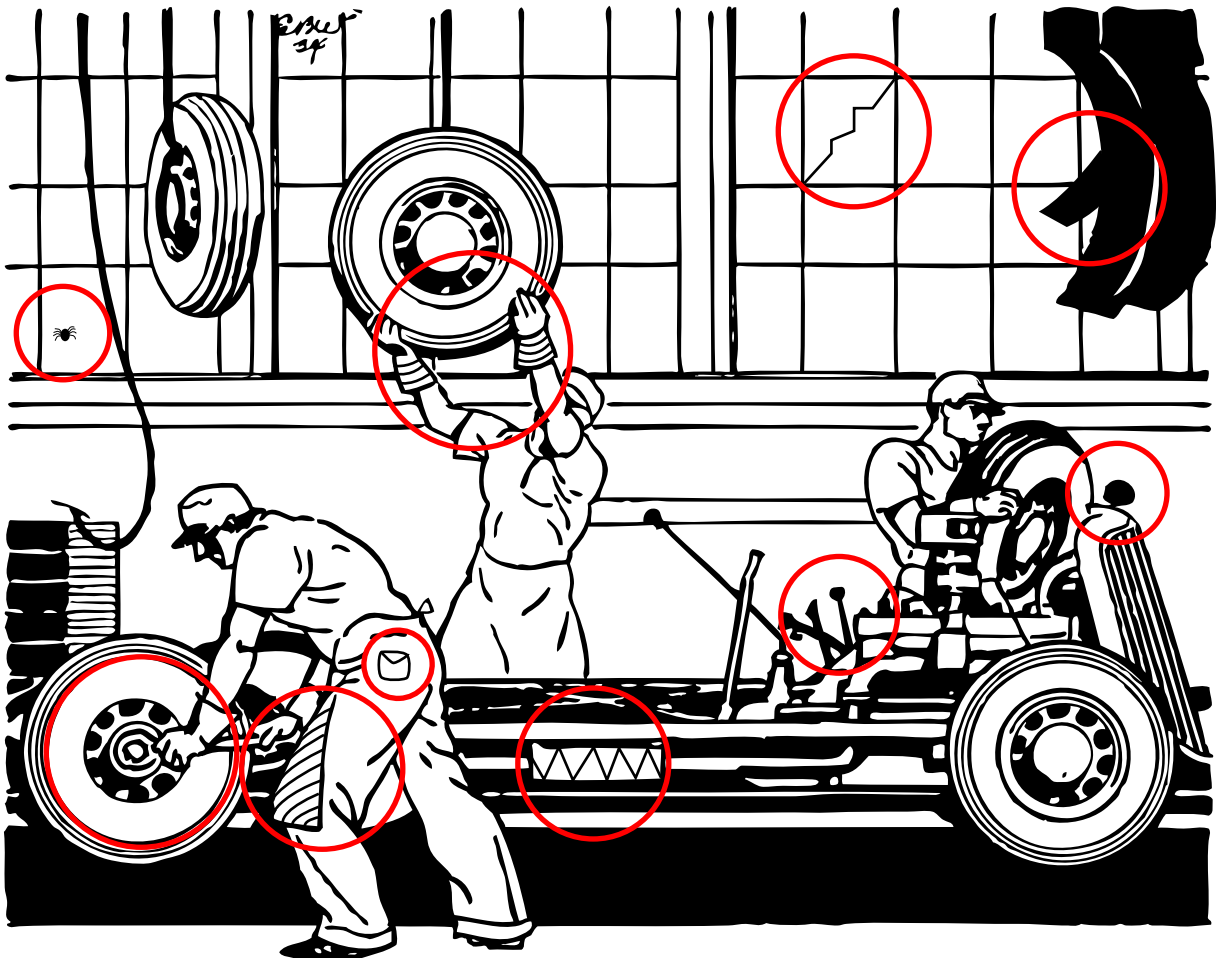
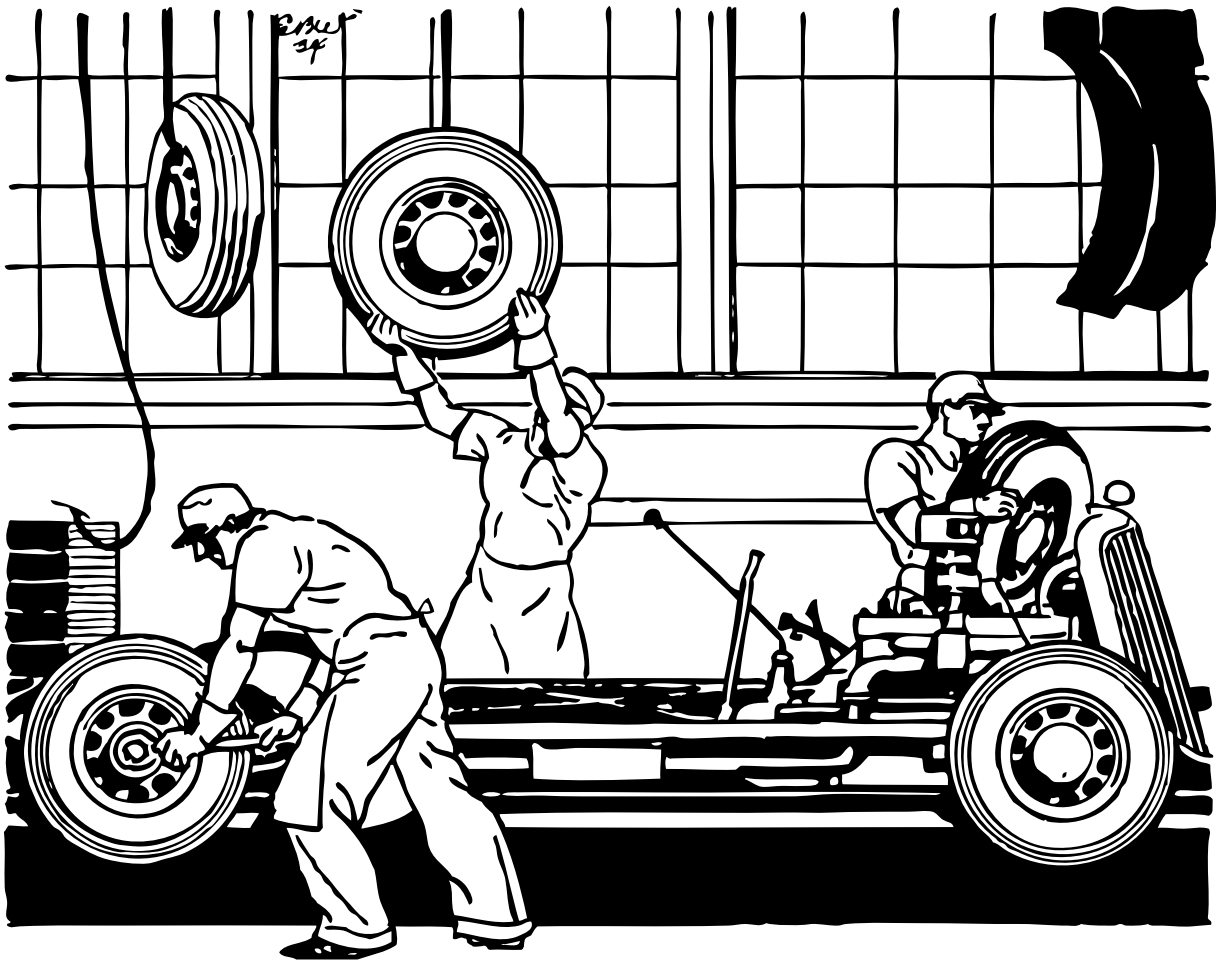
Harvest of Artists
Aug 23rd Centennial Grounds
Richards Landing

August 9th
**Johnson Township
Community Centre in
Desbarats, Ontario.**
Time: 9:00 am to 2:00 pm

Spot The Differences 10 to find!



Spot The Differences 10 to find!





Home Maintenance Program

Persons 65+ and persons with a disability can receive a subsidy when hiring help for chores such as yard work, snow removal, and/or house keeping. The subsidy amount is based on the taxable income of the household . Contact us for more information and for available service providers in our area.

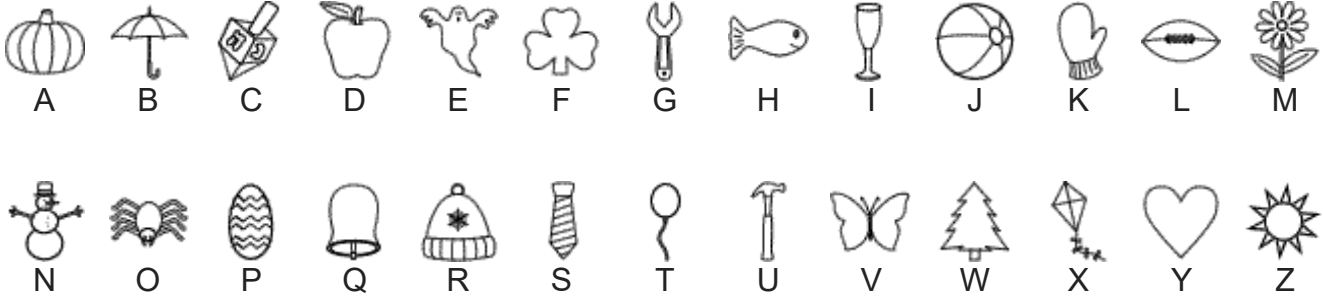
705-246-0036



Word Decoder Puzzle

Instructions: Match the picture in the Word Puzzle with the same picture in the Alphabet Key. On the Word Puzzle, write the letter that appears below the matching picture in the Alphabet Key to solve the word decoder puzzle.

Alphabet Key



Word Decoder Puzzle



Instructions: Unscramble the letters to find the Summer words from the list below.

nett	----
brid	----
obmlo	-----
rowg	----
mraw	----
ndeagr	-----
ohsrt	-----
dprise	-----
estn	----

Salmon Tacos

They're stuffed with creamy dill slaw and avocado



Ingredients:

2 Tbsp. olive oil, plus more for the baking sheet
2 tsp. chipotle chile powder
2 tsp. honey
1 garlic clove, grated
Grated zest and juice of 2 limes, plus wedges for serving
1 1/2 tsp. kosher salt
1/2 tsp. black pepper
1 1/2 lb. center-cut salmon (in one piece), skin removed
1/3 cup plain Greek yogurt
1/4 cup fresh dill
4 scallions, roughly chopped
1 (10-ounce) bag of shredded slaw mix
12 fajita-sized flour tortillas, warmed
Sliced avocado and thinly sliced radishes, for topping

Directions:

1. Preheat the oven to 425°F. Brush a baking sheet with olive oil. Combine the chile powder, honey, garlic, the zest and juice of 1 lime, 1 tablespoon olive oil, 1 teaspoon salt, and 1/4 teaspoon pepper in a small bowl.
2. Place the salmon on the prepared baking sheet and rub both sides with the chile powder mixture.
3. Bake the salmon until the thickest part flakes easily with a fork and the flesh is opaque, 10 to 12 minutes.
4. Meanwhile, combine the yogurt, dill, scallions, and the remaining 1 tablespoon olive oil, 1/2 teaspoon kosher salt, and 1/4 teaspoon pepper in a blender or food processor and process until smooth.
5. Toss the slaw mix with the yogurt dressing in a large bowl.
6. To build the tacos, flake the salmon into large pieces. Add a couple pieces of salmon and some slaw to each tortilla and top with avocado and radishes. Serve with lime wedges.



Algoma Manor & Algoma Villa
Medical Services Department

Community Focused Healthcare

MEDICAL CARE CLINIC

OUR SERVICES:

- episodic care
- prescription refills
- referrals
- forms
- lab and diagnostic orders
- system navigation

BOOK NOW



CONTACT US:

249-889-8812

SPECIALTY CLINICS

minor skin procedures
joint injections
asthma/COPD screening
pap screening
pessary maintenance
bone density screening

135 Dawson St.
Thessalon ON
2nd floor



Trefry Centre Program Info

To register for a program call 705-246-0036
or visit www.trefrycentre.ca or follow us on Facebook



Meals on Wheels; Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Reduced rates may be offered, based on household income.



Transportation ; Trefry Centre volunteers provide rides to and from medical appointments, shopping, banking, Trefry programs and other outings. Reduced rates based on household income.

Adult Day Out

Providing respite for caregivers. A safe, fun environment for loved ones to spend time with our staff & volunteers.

Tues-Bruce Station, Wed- Echo Bay,
& Thurs-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

- * 10am Monday & Thursday with Anne at Bruce Station Hall
- * 10am Friday with Margo at Laird Hall

- * 10am Wed with Margo at Trefry
- * Wed classes are also on Zoom. Call us to get a link for the Zoom class.

Coffee Connections/Tech Support/Internet Cafe

Join us at the centre every Tuesday 9:30am for a social hour, coffee, & muffin. Bring your device and connect to our guest internet. Ask questions and get tech support help from our volunteer.

