



AGING WELL

OUR PROGRAMS

The Dr. H.S. Trefry Memorial Centre



Home Maintenance

Subsidy help for those needing help with house cleaning, snow removal and yard work. Subsidy is based on income. Call us for more information.

Transportation (getting you where you're going)

Transportation to and from medical appointments and more for those aged 65+ or temporarily or permanently disabled.

A Day Out

This program provides respite for a spouse or caregiver, but is also utilized by some who are just looking for a day away! A great time is had by all. Starts with Coffee Connections, 9AM at the DTMC on Thursdays, which is open to everyone! Also available in Bruce Mines.

Meals on Wheels (delivery service)

Home-style meals. Available to anyone recovering from illness or in need of a meal. Some of the best food around at a low cost to the user. Options include meal only or a meal, with soup and a dessert. Diabetic option available. Subsidy is based on income.

In-Home Visiting (telephone and in-person)

Give or get a call or a visit to maintain connections in your community and check on each other's health and safety!

Potluck and Diner's Club (let's get together!)

Events you don't want to miss! Potluck and Diner's Club happen monthly and are filled with laughter, good food...and you might even learn something at Diner's! Come hang out with friends!

Call the DTMC for more information at **705-246-0036** or stop by our office located in Richards Landing. DTMC is a division of The Corporation of The Township of St. Joseph. Serving residents from Echo Bay to Bruce Mines border and all of St. Joseph Island.

Supported by:



Special Interest Activities

Check out these special interest and service programs! There is something for everyone including exercise, bridge, Hens and Stitches, quilting, hall rental and much more. We are also pleased to host LifeLabs and Landing Feet First!