

WHAT'S UP DOC

October 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



Ontario 

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

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



Coats for Cold



Collecting donations of Coats

Drop off locations

Hilton Beach General Store
Harmony St. Marks United Church R.L.
Dr. Harold Trefry Memorial Centre

For those in need of warm clothing come to
Harmony St. Marks Church Hall (side door)
and check out the selection



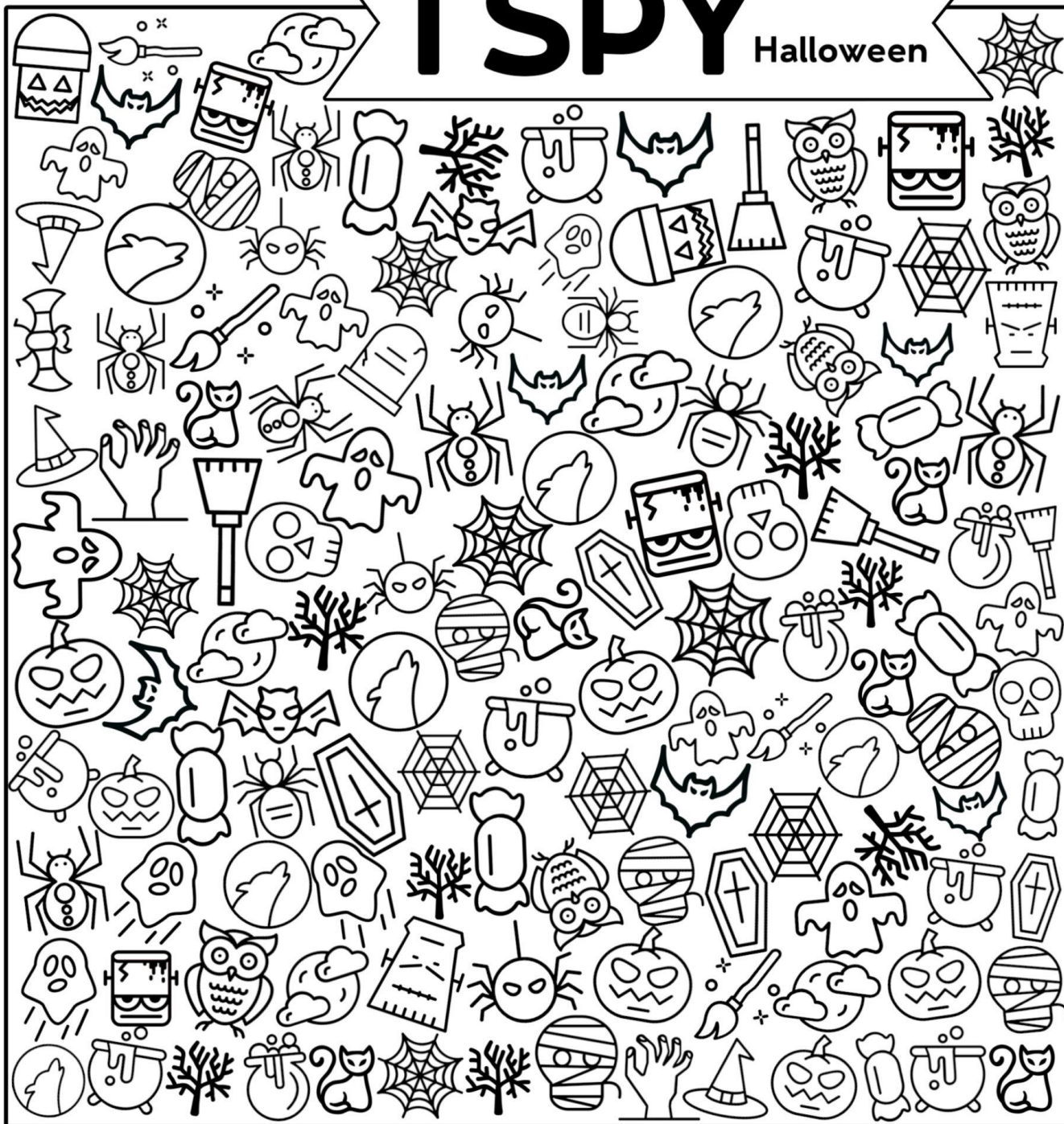
Wednesday Nov. 2, 9, 16 & 23 – (1 pm to 3 pm)
Saturday Nov. 5, 12, 19 & 26 – (10 am to 12 pm)

Sponsored by the Outreach Committee of Grace and
Harmony St. Marks United Churches

Contact is Lorrena Bookman 246-2103



I SPY Halloween



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|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 2 | 4 | 5 | 7 | 4 | 6 | 5 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 | 4 |
| 3 | 2 | 4 | 6 | 2 | 7 | 3 | 9 | 6 | 3 |

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

The Trefry Centre will be closed Monday October 10th
Meals on Wheels are still being delivered.



Looking for bridge
players to come out on
Monday's 1-3pm.

Beginners welcome!

Call for more info 705-246-0036

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 is still required for all in-person programs and to enter the Trefry Centre.

Thanksgiving

WORD SEARCH



CHILDREN

DINNER

FAMILY

GATHERING

GRATEFUL

HOLIDAY

HOME

JOYFUL

MEMORIES

OCCASION

PARENTS

RELATIVES

SEASON

VISITING

THANKFUL

Thanksgiving

WORD SEARCH



CHILDREN

DINNER

FAMILY

GATHERING

GRATEFUL

HOLIDAY

HOME

JOYFUL

MEMORIES

OCCASION

PARENTS

RELATIVES

SEASON

VISITING

THANKFUL

IT'S BOO-GIE TIME

Halloween Celebration

Friday October 28th 1:00 to 3:00pm



Music by Just the Two of Us

Frank Musso and Susan Kovacs Weigel

Dress-up or dress down, dust off your dancing shoes or sit back and relax!

Come out and have some fun!

\$10 dollars per person

Drinks and Snacks will be provided

Door Prizes



Please confirm attendance and pay at the Dr. HS Trefry Memorial Centre by Friday October 21st.

*proof of vaccination required

*space is limited to 40 people



What do skeletons order at a restaurant? Spare ribs.

What do you get when you cross a vampire and a snowman? Frostbite.

Why didn't the skeleton go to the scary movie? He didn't have the guts.

How can you tell when a vampire has been in a bakery? All the jelly has been sucked out of the doughnuts.

Why don't mummies have friends? Because they're too wrapped up in themselves.

How do vampires get around on Halloween? On blood vessels.

Why did the ghost go into the bar? For the Boos.

RED LENTIL & PUMPKIN SOUP

INGREDIENTS

- 1 yellow onion
- 2 cloves garlic
- 1 tsp grated fresh ginger
- 1 Tbsp olive oil
- 1 Tbsp curry powder
- 1 15oz. can pumpkin purée
- 1 cup dry red lentils
- 6 cups vegetable broth
- 1/2 tsp salt



INSTRUCTIONS

1. Dice the onion, mince the garlic, and grate the ginger. Add the onion, garlic, and ginger to a large pot with the olive oil and sauté over medium heat until the onions are soft (about 5 minutes).
2. Add the curry powder and continue to sauté for about a minute more.
3. Next, add the pumpkin purée, lentils, and vegetable broth. Stir to combine.
4. Place a lid on the pot and bring the soup up to a boil over medium-high heat. Once boiling, turn the heat down to medium-low. Simmer the soup, stirring occasionally, for 20 minutes.
5. Finally, taste the soup and add salt to taste (about 1/2 tsp). Serve hot with bread for dipping!

HOW TO MAKE CURRIED RED LENTIL AND PUMPKIN SOUP – STEP BY STEP PHOTOS

Dice one yellow onion, mince two cloves of garlic, and grate about 1 teaspoon of fresh ginger (I use a small-holed cheese grater). Add the onion, garlic, ginger, and 1 tablespoon of olive oil to a large pot and sauté over medium heat until the onions are soft and translucent.

Add one tablespoon curry powder to the sautéed vegetables and continue to sauté for one minute more.

Next add 1 cup uncooked red lentils, 1 15oz. can of pumpkin purée (NOT pumpkin pie filling), and 6 cups vegetable broth. Stir to combine the ingredients.

Place a lid on the pot, turn the heat up to medium-high, and bring the soup up to a boil. When it reaches a boil, turn the heat down to medium-low and let the soup simmer for 20 minutes. After 20 minutes the lentils should be broken down and tender, resulting in a thickened soup.

Give the soup a taste and then add salt. Salt is what is really going to make the flavors pop, so don't skip it! The amount of salt you'll need will ultimately depend on the salt content of the broth you used, but I added about a ½ teaspoon of salt.

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- POSTED ON SEPTEMBER 29, 2021 IN [BEAN & GRAIN RECIPES](#), [DAIRY FREE RECIPES](#), [EGG FREE RECIPES](#), [FALL RECIPES](#), [GLOBALLY INSPIRED RECIPES](#), [GLUTEN FREE RECIPES](#), [INDIAN INSPIRED RECIPES](#), [LENTIL RECIPES](#), [QUICK RECIPES](#), [RECIPES](#), [RECIPES UNDER \\$5](#), [SOUP RECIPES](#), [SOY FREE RECIPES](#), [UNDER \\$1 PER SERVING](#), [VEGAN RECIPES](#), [VEGETARIAN RECIPES](#), [VEGETARIAN SOUP RECIPES](#)

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Recipe Rating Recipe Rating



Comment *

Name *

--

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Website

e.

Post Comment

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174 COMMENTS ON “CURRIED RED LENTIL AND PUMPKIN SOUP”

[« Older Comments](#)

1. **LEMONS** — 09.24.22 @ 8:14 PM [REPLY](#)

Gosh, I basically live on this stuff as soon as the summer weather cools off. The recipe as written is a little bland for my taste, so I highly recommend using this as a base, and experimenting from there – more cumin and cayenne is always a nice addition, and a little lemon juice or apple cider vinegar at the end to kick it up. Some coconut milk (esp coconut milk powder!) is always great as well. Lately I’ve purchased a jar of red curry paste, and just use a couple tbsp of that instead of curry powder. Frozen spinach? Some peas? Whatever you like best, you can hardly go wrong!

2. **STEF** — 05.22.22 @ 10:29 PM [REPLY](#)

Inexpensive, healthy, and flavorful. I added my own flare with a squeeze of lemon, a cinnamon stick, a bay leaf, chili flakes, and a splash of plant-based milk. (I took inspiration from the Spicy Coconut and Pumpkin Soup recipe.) I also only used 4 cups of broth instead of 6. It just preferred to use a round quart and to have it a bit thicker.

3. **AMOURDEVIN** — 03.12.22 @ 2:47 AM [REPLY](#)

I diced sweet potatoes and simmered them in the broth until soft before adding the lentils (I can’t get canned pumpkin where I live) and ended up using almost three tablespoons of curry powder to end up with the flavour intensity I wanted (my curry powder is less than a month old, but is quite mild I guess). I finished the soup with a bit of coconut milk to increase the creaminess as well, on recommendation from other comments which really helped round out the mouthfeel and added some complexity to the flavour. Super-quick and easy with tasty results.

4. **ASHLEY IN NASHVILLE** — 02.05.22 @ 9:49 AM [REPLY](#)

So, so good – and so easy! I added a dollop of yogurt, a few chopped herbs, squeeze of lemon juice, and drizzle of olive oil on top of each bowl of soup, and served with toasted pitas brushed with more olive oil and sprinkled with za’atar. What a dinner!

[« Older Comments](#)

[« PREVIOUS POST](#) **CLASSIC HOMEMADE MEATLOAF**

NEXT POST » SLOW COOKER BUFFALO CHICKEN

HI! I’M BETH



As a food lover and a number cruncher I've decided that cooking on a budget shouldn't mean canned beans and ramen noodles night after night. Join me for delicious recipes designed for small budgets. **MORE »**

>>FIRST TIME VISITING? [Start Here!](#)<<



**MEAL PLANS
by BUDGET BYTES**

**LET ME PLAN YOUR
MENU THIS WEEK!**

LEARN MORE »







Sign up for our newsletter and you'll get new content delivered by email weekly, helpful tips, PLUS my **FREE 14 Day Pantry Meal Plan!**

EAT MORE, SPEND LESS.

YES PLEASE!









SMALL BUDGET? NO PROBLEM! Cooking on a budget shouldn't mean canned beans and ramen noodles night after night. Welcome to the world of delicious recipes designed for small budgets.

INFORMATION

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Staff Profile: Susanne Musso Rains

Manager of seniors and persons with disabilities

Hello! My name is Susanne Musso Rains. I am the new manager of seniors and persons with disabilities at the Dr. Harold S Trefry Memorial Centre. I have worked in long-term care for 19 years as a recreation therapist. I feel very fortunate to be part of a wonderful resource to this community! Here is some information to get to know me better: Enjoy 😊

Favourite Book: Still Alice by Lisa Genova and Tuesdays with Morrie by Mitch Albom

Favourite kind of ice cream: maple walnut

What do I do on my commute to work? I listen to a pod cast called Hypochondriactor. It is funny, and I have learned some interesting facts as well.

Favourite Hockey Team: GO HOUNDS GO!

How do I take my coffee? I take my coffee with only milk

What would be the first thing you'd do if you won the lottery? I would go to the grocery store or gas station and buy people's food and gas! I think that would be so much fun!

What is one of the best Concerts I have ever attended? Dolly Parton at the GFL Arena, she is so talented and sounds amazing!!

What is the last TV show you binge-watched? I am currently watching The Big Bang Theory; it is funny and great writing!

What is the best Vacation I have ever taken? It was Italy in 2019. I got to see where my dad was born and the little apartment he lived in until he was 8 years old.

I hope you have enjoyed our first installment of The Staff Profile section of your newsletter! We want to get to know you, so we want you to get to know us!

Amazing at Any Age

Victoria seniors go skydiving in Campbell River by Gord Kurbis



When many hear the term "retirement home" they often think of seniors spending their days playing bingo or shuffleboard, but one independent living facility in Victoria is changing that perception.

"We're not your typical senior's home, in that we're really pushing boundaries so that we can fight ageism," said

Kimberly MacNeill wellness manager of Tapestry at Victoria Harbour.

"We want our residents to live their lives to the fullest no matter what that means," she said.

On Monday, three residents and three staff members from Tapestry travelled to Campbell River, B.C., to hurl themselves out of an aircraft at 10,000 feet over the Campbell River Skydive Centre.

Senior Angie Chan was the first to sign up when the option arose.

"I am now at the point where I'm doing everything on my bucket list," Chan said.

"A representative from The Skydive Centre calmed us down when they came to talk to us last week and answered all our questions," she said. "It really felt safe and fun and no need to be worried or scared for that matter." Chan explains

Following her tandem skydive and safe landing on the ground, Chan said "I was scared s***less," with a smile on her face.

"They're ecstatic, they're having the best time and I'm so glad that we can have the employee engagement that we have at Tapestry. It's something that we really value," said the wellness manager.

Chan told her family of her plans to plummet out of an airplane, even writing "Hi Kids" on her hands to display during her plunge.

"My son didn't say anything. My daughter-in-law said, 'No way,'" Chan says.

Resident Phyll Knowles was a little more secretive.

"Surprise! I just like to do things without comments from the peanut gallery," Knowles joked.

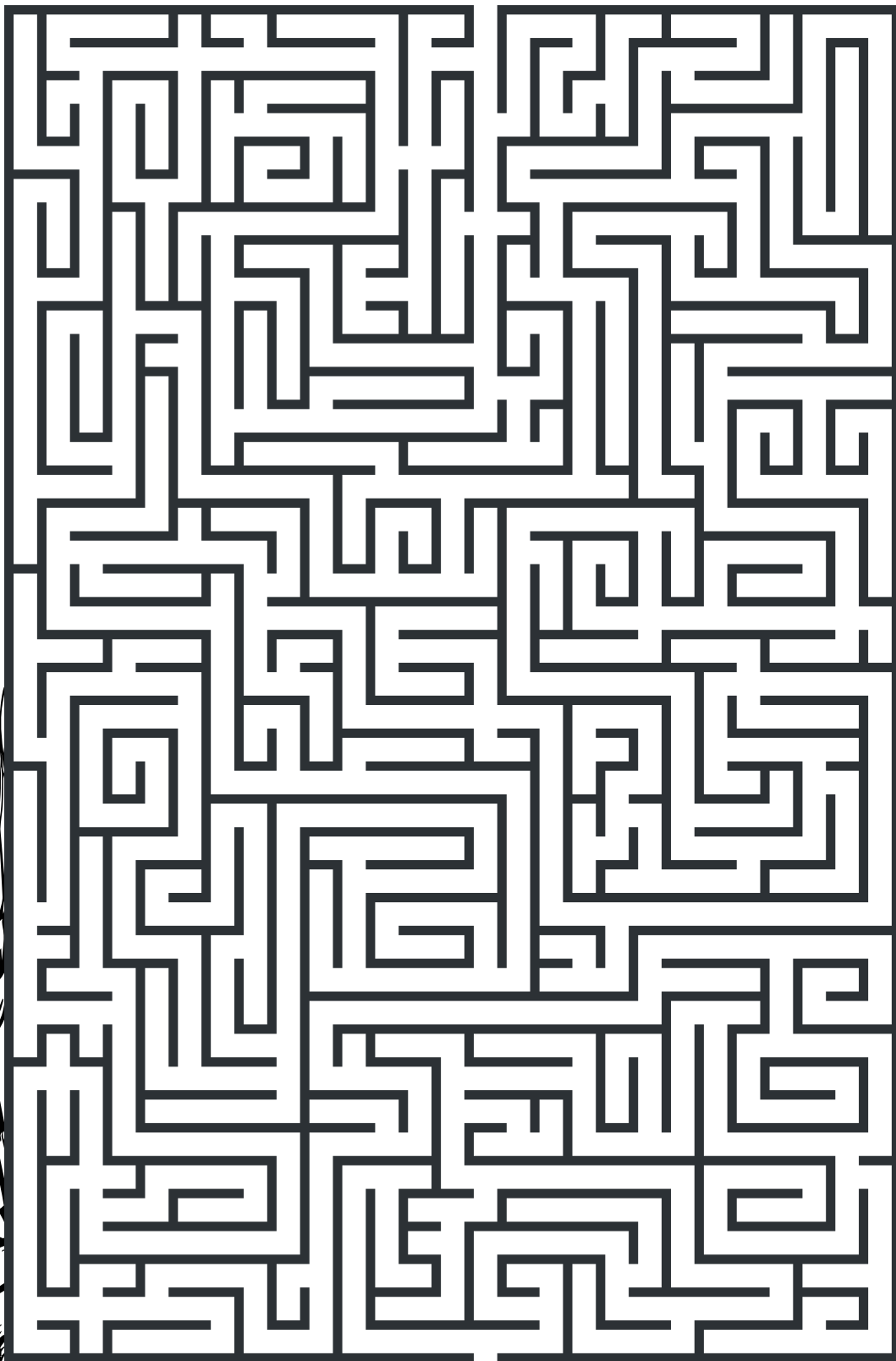
Other recent activities taken on by the residents include kayaking through Victoria's Inner Harbour and climbing up the Malahat Skywalk. Future plans call for winter kayaking and skiing on Mount Washington.



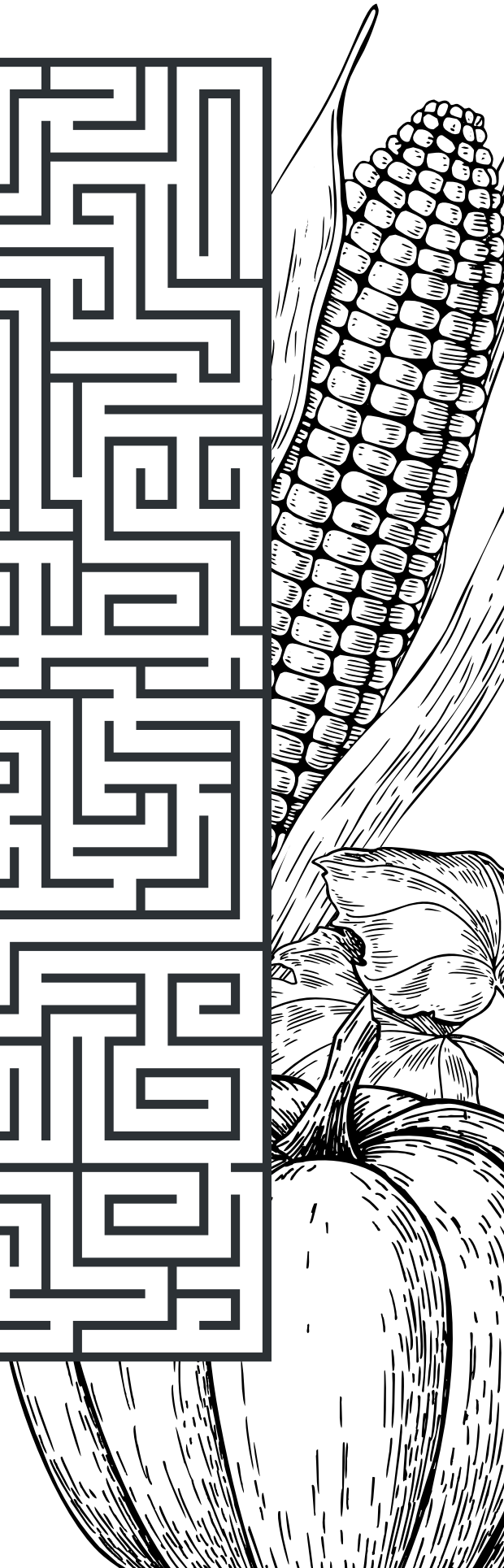
John's Crazy Socks: John and Mark are the father-son team out to change the world through socks. John Cronin is a young man with Down syndrome who teamed with his father, Mark to bootstrap their way to a multi-million-dollar social enterprise with a mission to spread happiness. They built John's Crazy Socks into the World's Largest Sock Store. More than half

their colleagues have a differing ability and every day, John and Mark work to show what people with differing abilities can accomplish.





Finish





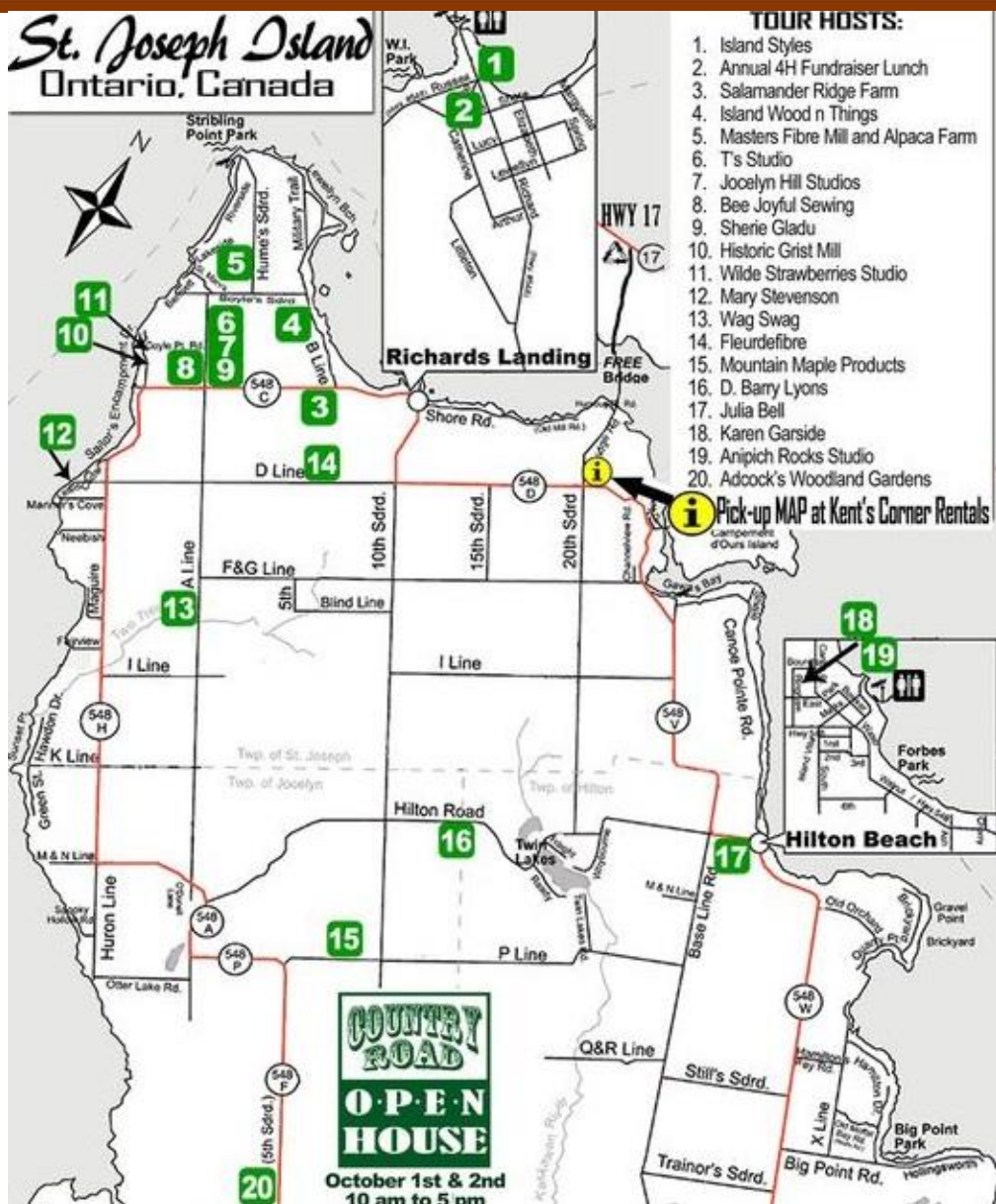
Enjoy our self-guided Agri-tourism event
visit farms, rural studios, village shops,
order a picnic lunch,
and take in several demonstrations including
a historic grist mill on a working, Century Farm.

Pick up your map at Kent's Corner Rentals
For Complete information find us at
www.sjicroh.wixsite.com or our
Facebook page.



Country Road Open House

Please mark your calendars
as we welcome you to the 2022 edition
of our annual self guided tour! Oct. 1st & 2nd
10am - 5pm.





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OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	Carpet Bowling at Legion 1-3pm each Monday \$2	Bruce Station Adult Day Out every Tues. 9:30am -3pm	Echo Bay Adult Day Out every Wed. 9:30am -3pm	Richards Landing Adult Day Out every Thurs. 9:30am -3pm		1 Country Road Open House Tour 10-5
2 Country Road Open House Tour 10-5	3 Exercise 10am Bruce Station	4 Coffee Connections & Internet Cafe 9:30am	5 Exercise 10am Centre & on Zoom	6 Exercise 10am Bruce Station	7 Hen's & Stitches 10-12	8 Fall Prediction Walk RL Centennial Grounds 9am
9	10 Centre Closed meals still delivered	11 Coffee Connections & Internet Cafe 9:30am	12 Exercise 10am Centre & on Zoom	13 Exercise 10am Bruce Station	14 Hen's & Stitches 10-12	15
16	17 Exercise 10am Bruce Station	18 Coffee Connections & Internet Cafe 9:30am	19 Exercise 10am Centre & on Zoom	20 Exercise 10am Bruce Station	21 Hen's & Stitches 10-12	22
23	24 Exercise 10am Bruce Station	25 Coffee Connections & Internet Cafe 9:30am	26 Exercise 10am Centre & on Zoom	27	28 Hen's & Stitches 10-12 Halloween Party Live music & fun 1-3pm	29
30	31 Exercise 10am Bruce Station					

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