



NOVEMBER 2021

WHAT'S UP DOC



Seniors 65+ & Persons with a Disability Programs:

ADULT DAY OUT
TRANSPORTATION
FRIENDLY VISITING
TELEPHONE
REASSURANCE
MEALS ON WHEELS
HOME MAINTENANCE
DINER'S CLUB & POTLUCK
EXERCISE CLASSES



Serving nine municipalities: Macdonald, Meredith & Aberdeen Additional, Laird Township, Tarbutt Township, Johnson Township, Village of Hilton Beach, Township of Hilton, Township of Jocelyn, Township of St. Joseph & part of Plummer Additional Township

Also serving Transportation and Day Out programs in
Town of Bruce Mines, Town of Thessalon and part of Huron Shores.

Dr. Harold S. Trefry Memorial Centre

1601 C line, P.O. Box 158, Richards Landing, Ontario P0R 1J0

Email: manager@trefrycentre.ca

Website: www.stjosephstownship.com/departments/seniorservices

Health Lines for Program Information and Referrals: www.northeasthealthline.ca

Facebook Page: [Dr. Harold S. Trefry Memorial Centre](https://www.facebook.com/DrHaroldSTrefryMemorialCentre/)

<https://www.facebook.com/DrHaroldSTrefryMemorialCentre/>

Tel: 705.246.0036

Fax: 705.246.0249



Need help with vaccine receipts or downloading the new QR code to your phone?

Need assistance with email, photos, games, or apps on your tablet?

Tech Support Available @ the Trefry Centre




Monday's 1-3pm

Some hi-tech humour for you:

Texting acronyms can stump even the best parents: Mom: Your great-aunt just passed away. LOL. Son: Why is that funny? Mom: It's not funny, David! What do you mean? Son: Mom, LOL means Laughing Out Loud. Mom: I thought it meant Lots of Love. I have to call everyone back. ~ Daughter: I got an A in Chemistry. Mom: WTF! Daughter: Mom, what do you think WTF means? Mom: Well That's Fantastic. ~ Mom: What do IDK, LY & TTYL mean? Son: I don't know, love you, talk to you later. Mom: OK, I will ask your sister.

As we waited for a bus in the frosty weather, the woman next to me mentioned that she makes a lot of mistakes when texting in the cold. I nodded knowingly. "It's the early signs of typothemia."

Jimmy Fallon asked his viewers to tweet #IGotBusted and share  the most embarrassing times they got caught. "I was Facebooking in church, and the usher passed by and whispered, 'You better be texting Jesus.'"

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

Bridge is back!



Have fun, stay active,
make friends. Call to sign
up 705-246-0036.

Mondays & Fridays
1-4PM at Trefry
Centre

Coffee Connections on Toonie Tuesday

Bring your \$2 donation &
join us for coffee, muffin,
& social at the Trefry
Centre.

Starting Tuesday
November 16th
9:30-10:30am



Proof of vaccination required for all in-person
programs and to enter the Trefry Centre.

Remembrance Day

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

BATTLE
CEREMONY
ELEVENTH
FIELD
FLANDERS
HONOUR
NOVEMBER

PEACE
POPPY
REMEMBER
REMEMBRANCE
SILENCE
SOLDIER
VETERAN

Slow Cooker Butternut Pear Soup

PREP TIME:

5 mins

COOK TIME:

8 hrs

TOTAL TIME:

8 hrs 5 mins

COURSE: Dinner, Lunch, Soup

CUISINE: American

This Slow Cooker Butternut Pear soup with a hint of ginger is vegan and dairy-free and so simple to make. Great as a starter or serve it as a meal with a salad or a sandwich.



YIELD: 6 servings



4.63 from 24 votes

Ingredients

- 2 lbs butternut squash (halved, seeds removed (1 medium))
- 2 small ripe pears (peeled, cored and diced)
- 2 large shallot (quartered)
- 1 tablespoon fresh grated ginger
- 2 1/4 cup chicken or vegetable broth (or 1-1/2 tbsp Better Bouillon w/water)
- 1/2 cup coconut milk (plus more optional for garnish)
- pinch nutmeg
- 1/4 teaspoon kosher salt

Instructions

1. Place the squash, pears, shallots, ginger and broth in the slow cooker.
2. Cook on low for 8 hours or high 4 hours, until soft and cooked through, a knife should easily be inserted.
3. Remove squash from skin and discard the peel.
4. Stir in coconut milk and nutmeg.
5. Blend in a blender or using an immersion blender until smooth.
6. Season with 1/4 teaspoon salt and black pepper and garnish with more coconut milk, if desired.

Serving: 1 1/4 cups, Calories: 132kcal, Carbohydrates: 25.5g, Protein: 3g, Fat: 3g, Saturated Fat: 2.5g, Sodium: 275mg, Fiber: 6g, Sugar: 10g

Blue Smart Points: 2 Green Smart Points: 2 Purple Smart Points: 2

Printed from Skinnytaste: <https://www.skinnytaste.com/slow-cooker-butternut-pear-soup/>

How to Use Dictation vs Keyboard on Your Device

Many of us can't type well on the small keyboards of our devices. It is simply a fact of life. But you can still message, email, search and make notes effectively using the dictate feature of your device. There is a simple three step process to be effective.

1. Press the Dictate icon on the keyboard.
2. Talk. Say the punctuation you wish to include.
3. Press Done or the microphone icon.

A fourth "possible" step is to correct items that were misinterpreted. Let's provide more detail about these basic steps.

PRESS THE DICTATE ICON



The Dictate icon is found on every keyboard display. This makes dictation available anywhere you would normally type. That includes text messages, emails, Internet searches, Notes, contacts and more. Simply tap the icon to summon dictation.

If the Dictate icon isn't on your keyboard, you may need to enable dictation in Settings. Here is the path:

Settings  > General > Keyboard.

TALK -Speak slowly and clearly. Try to enunciate as best as you can. Say the punctuation or other action like "new line" or "new paragraph." You can watch the text appear on the screen as you type. Here is a list of common punctuation and instructions:

- period
- question mark
- exclamation mark
- comma
- quote ... end quote
- new paragraph
- new line
- cap—to capitalize the next word
- caps on ... caps off—to capitalize the first character of each word
- all caps—to make the next word all uppercase
- all caps on ... all caps off—to make the enclosed words all uppercase
- no caps on ... no caps off—to make the enclosed words all lowercase
- no space—to eliminate the space between two words (not available for all languages)
- no space on ... no space off—to run a series of words together (not available for all languages)
- smiley—frowny -or winky for emojis.

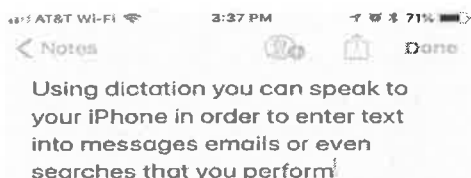


Smart Tip

The best tip we can give in order to succeed with dictation is that you need to practice until you feel comfortable talking to your device. Just sit down and write a couple of text messages or emails until you it flows easily.

PRESS DONE

Press Done or the microphone icon displayed on the screen to end dictation.



Tap the Microphone or Done to end the process.

If there is silence for a few moments, your device will automatically end the dictation without pressing Done.



Smart Tip

Although you will likely find it easier to create new messages or documents with dictation, it is also possible to dictate text into text that already exists by tapping the existing text to place the insertion point/cursor and then tapping the microphone. The new dictated text will be inserted at your cursor. You can press and hold the space bar on your keyboard to use your keyboard to more accurately position your cursor.

Here is a practice exercise that you can use to start developing your dictation skills.



Launch the **Mail** App on your iPhone and tap the **Compose** icon to create a new email message.

Tap into the message body and read the following script. The punctuation and instructions are in bold but should also be read.

As you read, follow the dictation of text in the Mail app.

Here is the text that you can read for dictation practice:

Hi Sally **Comma New Paragraph**

It was good to talk to you today **Period New Paragraph**

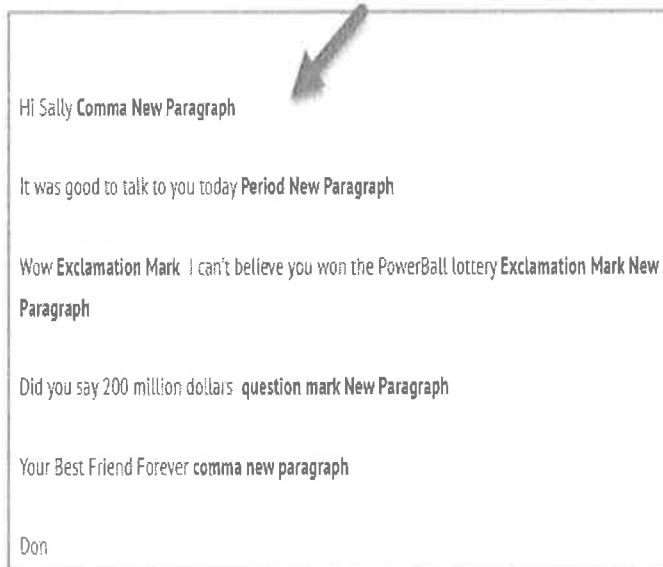
Wow **Exclamation Mark** I can't believe you won the PowerBall lottery **Exclamation Mark New Paragraph**

Did you say 200 million dollars **question mark New Paragraph**

Your Best Friend
Forever **comma new paragraph**

Don

Read This



To Dictate This





Free Printable Crossword Puzzle #2

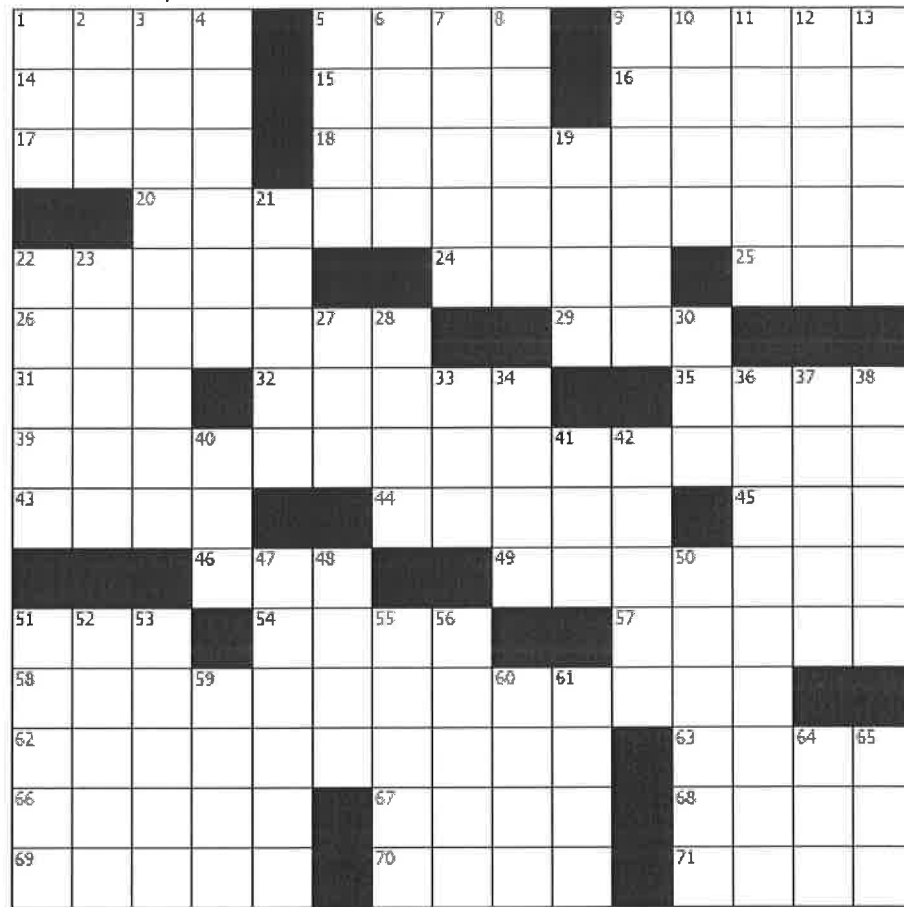
This is the Daily Crossword Puzzle #2 for Oct 25, 2021

Find the solution at

<https://onlinecrosswords.net/985>

Across

1. E.g., e.g.
5. Pieces of two-pieces
9. Fancy hairnet
14. Philanderer
15. Hang in the hammock
16. Day care adhesive
17. Scum may loiter here
18. Remove from the face of the earth
20. "Let's Twist Again" singer
22. Sing like Crosby
24. Don't just want
25. Is for you?
26. Competed at the rodeo, perhaps
29. Neither's partner
31. Grocers' org.
32. Conditioner target
35. Utah ski resort
39. "Leave It to Beaver" sidekick
43. Unpleasant look
44. Richard's Veep
45. VI x XVII
46. Like some jobs
49. Seafarer's jacket
51. Group of Drs.
54. Capital where Lettish is spoken
57. "Stormy Monday" singer Lou
58. Silents star
62. Running free
63. TV's warrior princess
66. TV studio sign
67. "___ the Rainbow"
68. Make changes in Time?
69. Mountain pools
70. Type of coincidence
71. Concorde, e.g.



Down

1. Dada figure
2. It may give you a start
3. Scammer's work
4. Much in demand
5. Oozing monster of 1958
6. ___ Report (luxury magazine)
7. ___ & Bacon (publishing giant)
8. Bad shot on the links
9. Swimsuit brand
10. Drug agt.
11. Industrial city of Japan
12. Playful river creature
13. Big name in tractors
19. "What happened next ..."
21. Kwanzaa principle
22. Nip in the air
23. Knave
27. Be human?
28. "___ ex machina"
30. Brit. flying group
33. Indy 500 advertiser
34. Use UPS, perhaps
36. Plants that make cattle crazy
37. Due-process process
38. Mine entrances
40. What some amateurs turn
41. Before, to Byron
42. "The Fountainhead" hero
47. Parts of them tumble
48. Former phone part
50. Mineral residues
51. Going on, to Sherlock
52. Food from heaven
53. Perfume ingredient
55. Brush a horse
56. ___ and beyond
59. Like a rail
60. Friendly intro?
61. Part of a bird's beak
64. Future louse
65. 100 equal a kip

Big Thank You to Brian for repairing our sewing machine. It is being used in our day out program to make many beautiful creations!

BRYAN WILSON
SEWING MACHINE REPAIR TECHNICIAN

249-508-5191
wilsonsewingmachinerepair@gmail.com

Richard's Landing, St. Joseph Island



DINER'S CLUB IS BACK!

December 9th, 2021

Legion-Richards Landing

Limited seating available

Reservations open November 1st

Call 705-246-0036 (8:30-4pm)

\$15/person

Chance at door prize

Entertainment by Nostalgia Live

Dinner includes:

turkey, mashed potatoes, gravy, turnips,

stuffing, cranberries, salad, juice,

coffee/tea, & dessert

The Road Not Taken

*Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;*

*Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear,
Though as for that the passing there
Had worn them really about the same,*

*And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way
I doubted if I should ever come back.*

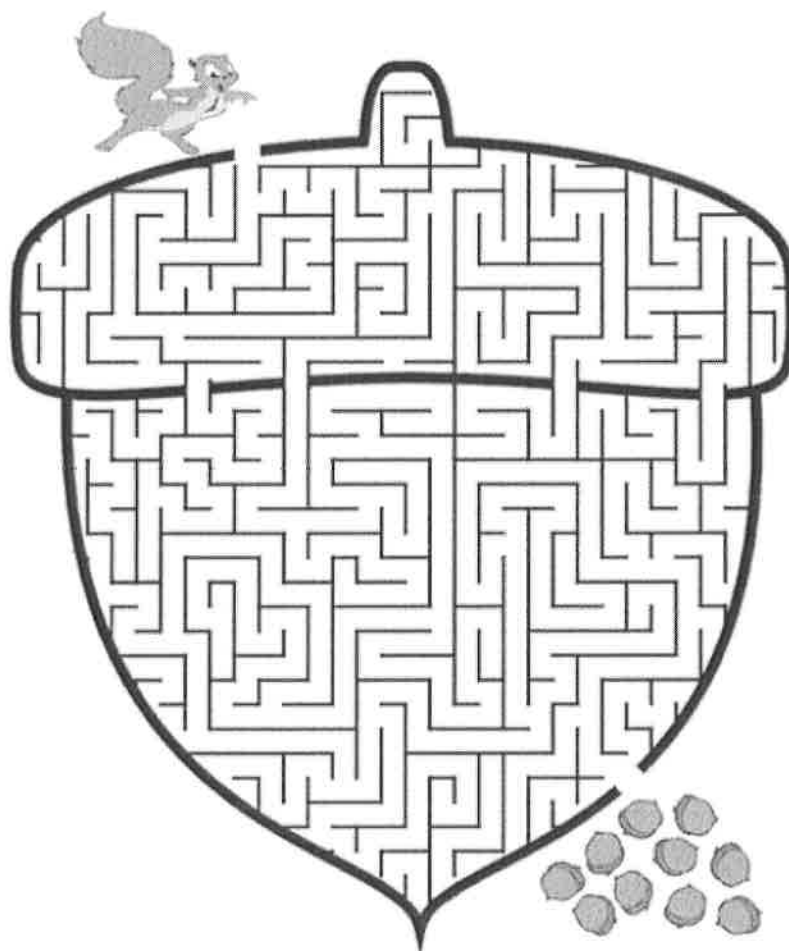
*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.*

Robert Frost

(1874-1963)

Copyright 1994 by the Robert Frost Library

Help the squirrel through the maze to find its acorns



Butternut Squash Risotto

Ingredients

- 2 tablespoons olive oil (or butter)
- 2 cups sliced leeks (one extra large leek)
- 4 garlic cloves, rough chopped
- 8 sage leaves, chopped
- 1 cup Arborio rice or short-grain Spanish rice (Bomba)
- 2 heaping cups butternut squash, cubed
- 1/4 cup white wine (or skip it)
- 2 cups veggie stock or chicken stock or broth (or water and one teaspoon or cube veggie bouillon)
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper (or sub black pepper to taste)
- 1/2 teaspoon nutmeg the nutmeg makes this- don't leave it out!
- 2-3 handfuls baby spinach or chopped kale
- OPTIONAL: 1/4 – 1/2 cup parmesan, goat cheese, vegan cheese, Or stir in 1-2 tablespoons of butter or ghee, or a drizzle of olive oil.
- Optional: Maple Glazed Pecans



1. ROAST BUTTERNUT: Toss the butternut with olive oil, salt and pepper and ROAST the butternut in a 400 F oven on a parchment-lined sheet pan until caramelized and tender 25-30 minutes. At the same time make risotto.
2. RISOTTO: In a large heavy-bottomed pot or dutch oven, heat the olive oil over medium heat and add the washed leeks. Saute until fragrant and tender, covering with the lid for a few minutes to let them steam a bit. Add garlic and sage, saute 2 more minutes until fragrant.
3. Add the rice and saute 1 minute, stirring. Add a splash of white wine and cook this off. Add the salt, pepper and nutmeg. Add 1-2 cups warm stock (enough to cover the rice), stir and bring to a gentle simmer. Simmer until most of the liquid is absorbed. Continue adding broth 1 cup at a time, letting the rice absorb it slowly, stirring often over med-low heat, until the rice is plumped, slightly al dente, yet creamy, about 20-25 minutes. If adding kale, add it with the last cup of broth. If adding spinach, you can stir it in at the end. Keep the risotto thick and hearty or add more stock to loosen it up a bit.
4. Stir in the roasted butternut and spinach and optional cheese or butter. Taste, season and adjust salt and pepper. If bland, it probably needs more salt.
5. Top with maple glazed pecans (optional)



Christmas Craft Workshop

Trefry Centre

Wednesday December 1st

10-12pm

\$20/person

Includes all material for two Christmas crafts
coffee & muffin

Limited space available.

Please call to pre-register

705-246-0036





NOVEMBER 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Exercise 10-11 am Bridge 1-4PM Diner's Registration	2	3 Exercise 2-3pm	4 Treffy Centre Day Out 9AM-3PM	5 Hen's & Stitches 10 AM-Noon	6
7	8 Exercise 10-11 am Bridge 1-4 PM	9	10 Exercise 2-3pm	11 Office closed	12 Hen's & Stitches 10 AM-Noon	13
14	15 Exercise 10-11 am Bridge 1-4PM	16 Coffee Connections 9:30-10:30AM Quilters 1-3 PM	17 Exercise 2-3pm	18 Treffy Centre Day Out 9AM-3PM	19 Hen's & Stitches 10 AM-Noon	20
21	22 Exercise 10-11 am Bridge 1-4PM	23	24 Exercise 2-3pm	25	26 Hen's & Stitches 10 AM-Noon	27
28 Lion's Club Pancake Breakfast	29 Exercise 10-11 am Bridge 1-4PM	30				

Bruce Station Exercise Monday and Thursday 10-11 am	Bruce Station DAY OUT every Tuesday 9AM-3PM	Echo Bay DAY OUT every Wednesday 9AM-3PM	Bruce Station Exercise Monday and Thursday 10-11 am
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DR. HAROLD S. TREFFRY MEMORIAL CENTRE

1601 C-line
P. O. Box 158
Richards Landing, ON
P0R 1J0

Phone: 705-246-0036
Fax: 705-246-0249
manager@treffycentre.ca

Find us at: NorthEasthealthline.ca

Exercise Classes

Trefry Centre- Richards Landing

Mondays 10 -11 AM
Wednesdays 2-3 PM

Bruce Station Hall-Plummer Twp

Mondays 10 -11 AM
Thursdays 10-11AM

Call 705-246-0036 to pre-register

Hens' N Stitches

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

Trefry Centre
Fridays
10-12

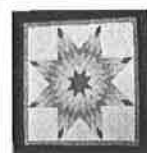


TOONIE TUESDAY Coffee Connections

Starting Tuesday November 16th
at the Trefry Centre 9:30-10:30am
\$2 donation for coffee & a muffin
*3rd Tuesday of each month.

Meet friends, *Bridge* Exercise
Have fun. ♥ ♦ ♣ ♠ your mind...

Mondays & Fridays 1 – 4 PM
Trefry Centre
Beginners welcome!
Call 705-246-0036 to sign -up



QUILTERS

3rd Tuesday of each month
1-3pm

Trefry Centre
Everyone Welcome!

Monthly Diner's Club

Starts December 9th
Phone reservations only
Call November 1st @ 8:30-4pm
705-246-0036 (seats limited)

ADULT DAY OUT

Bruce Station Tuesdays from 9:30AM – 3PM
109 Station Rd (Bruce Station Community Hall)

Echo Bay Wednesdays from 9:30AM – 3PM
96 Church Street (Elk's Lodge)

Richards Landing Thursdays from 9:30AM – 3PM
1601 C Line (Dr. HS Trefry Memorial Centre)

A fun-filled day of activities to sharpen the
mind and enliven the spirit!
Please contact the office to pre-register.



Mondays – Wednesday – Friday at NOON
Meal, soup, and dessert or any combination
available and delivered HOT to your door!

Call us to sign up for this service 705-246-0036

Ontario