

# WHAT'S UP DOC



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](mailto:manager@trefrycentre.ca)

# THE WORD SEARCH BATTLE

## Flowers

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/flowers>

ASTER  
CLEMATIS  
CROCUS  
DAFFODIL  
DAHLIA  
DAISY

IRIS  
JASMINE  
LAVENDER  
LILAC  
LILLY  
LOTUS

MAGNOLIA  
ORCHID  
PEONY  
PETUNIA  
POPPY  
ROSE

SUNFLOWER  
TULIPS  
ZINNIA



# HAPPY FATHER'S DAY

What do you  
call your dad when  
he falls through the ice?

A POPsicle!



What did the  
buffalo say when  
his son left?

Bison!



Why do fathers  
who golf take an  
extra pair of socks?

In case they get  
a hole in one!



*Spots Available!*

## ADULT DAY OUT

Bruce Station (Tuesday)

Echo Bay (Wednesday)



Includes:  
coffee, muffin,  
lunch, fun games,  
crafts, social  
interaction, &  
respite care.

Call 705-246-0036  
to register.



DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice

Congrats to our draw prize winners for May exercise:  
Arthena Hecker, Siggy Hecker, Emily Meek, Josephine King, and Beth Bruce.

Exercise classes will remain on Zoom until mid June. Stay tuned for changes if restrictions are lifted. Give us a call to join our Monday or Wednesday class @ 705-246-0036

*We look forward to honouring our dedicated volunteers on June 7th with a BBQ lunch here at the Trefry Centre.*



Toonie Tuesday Coffee Connections will be held **Tuesday June 21st 9:30-10:30am**. Join us for a social hour, with coffee, a muffin, and chit chat amongst friends, all for a \$2 donation.

Bridge is happening every Monday 1-4pm at the Trefry Centre. Give us a call for more info on how to join the group.

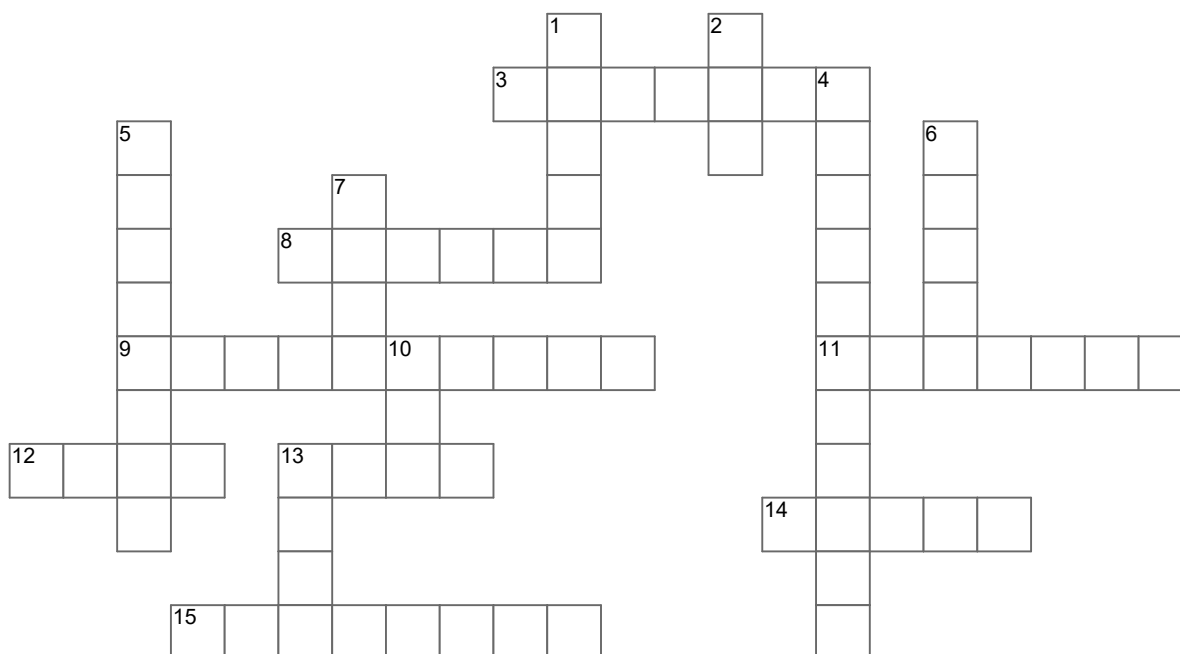
**Please remember that proof of vaccination and masks are still required for all in-person programs and to enter the Trefry Centre.**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Father's Day Crossword



## ACROSS

- 3. Sleep in a tent.
- 8. Day of the week that Father's Day is celebrated.
- 9. Outdoor Cooking.
- 11. Outdoor activity that involves sitting in a boat.
- 12. Opposite of female.
- 13. My father is my \_\_\_\_\_.
- 14. Singular form of children.
- 15. My father loves to watch \_\_\_\_\_ on the TV.

## DOWN

- 1. Another name for father.
- 2. Narrow cloth worn around the neck.
- 4. Dad's Father.
- 5. A favorite Sunday sport.
- 6. To fix things Dad needs his...
- 7. Month of the year that we celebrate Father's day.
- 10. Mode of transportation.
- 13. Give Dad \_\_\_\_\_ and Kisses on Father's Day.

HERO  
FISHING  
TIE  
BASEBALL

DADDY  
JUNE  
CHILD  
HUGS

GRANDFATHER  
TOOLS  
CAMPING  
BARBECUING

FOOTBALL  
CAR  
SUNDAY  
MALE

# SIRI, A SMART HELPER

Siri lets you speak to command your iPhone/iPad to set reminders, send messages, schedule meetings, place phone calls and get directions from Maps.

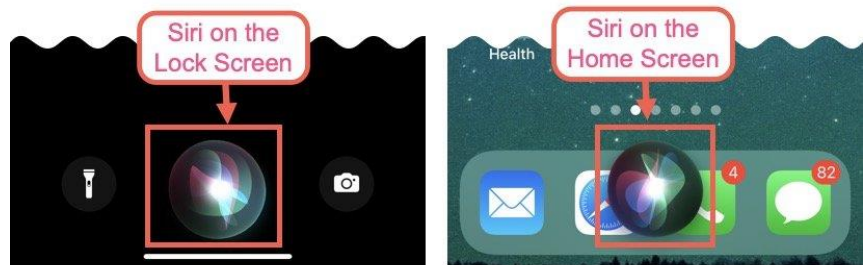
You speak to Siri with natural speech and doesn't require special commands.

Once you are comfortable with some basic commands, Siri is a fabulous way to set reminders, alarms, timers, get directions and perform basic information lookups.

**Note:** To use Siri, iPhone must be connected to the Internet either through WiFi or your cellular plan.

## Summon Siri

Before you can issue a command to Siri, she needs to be summoned. Here are four methods to summon Siri:



1. Press and hold the Side button or Home button (older iPhones) until you see Siri respond. Then make your request.
2. Alternatively, you can simply hold down the Side (or Home) button while you speak, then release it when you finish. This is great if you have any challenge with the timing of tip #1.
3. If you're using a headset or bluetooth in your car, you can generally press and hold the call button instead of the Home button. This will vary by headphone or vehicle. Check your vehicles manual.
4. **Hey Siri.** You can summon Siri by saying "Hey Siri," then make your request. (For some older models, "Hey Siri" is only recognized when iPhone is connected to a power source.)

## BEST SIRI COMMANDS FOR OLDER ADULTS

1. Set a timer for 2 minutes.
2. Remind me to call Joan at 6 PM.
3. Set an alarm for tomorrow at 5:30 AM.
4. Remind me to call the dentist office when I get home.



5. Send a text to Don Frederiksen. (She will respond asking what you want to text)

## Manage Siri

**MANAGING SIRI** The Settings App has a number of setting to manage Siri. Access those setting by tapping **Settings>Siri & Search** to access the screen below. Remember in Settings, Green means the switch is ON.

### 1 Turn Hey Siri On/Off

To turn on “Hey Siri” as a method to summon Siri. To use “Hey Siri”, go to **Settings > Siri & Search > Listen for “Hey Siri”**. Older devices may require that your device is plugged into your charger in order to respond. When you turn this function on, you will be asked to train your device to recognize your voice. Expect to say “Hey Siri” a few times.

### 2 Press Side/Home for Siri

Controls whether Siri responds if you press the Home button or the Side button.

### 3 Allow Siri when locked

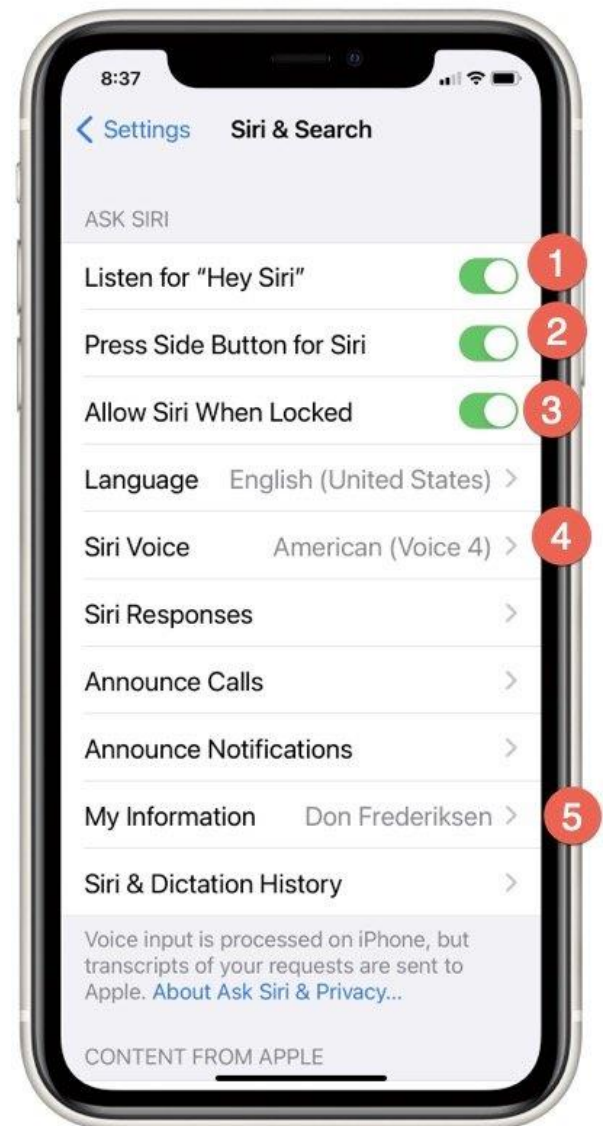
If you have a security concern about accessing Siri while your phone is locked, you can turn Access When Locked off by accessing Settings > Siri& Search> Access When Locked.

### 4 For Fun – Change the Voice

The classic female voice of Siri is almost legendary. You can change the voice to use a different gender or accent if you prefer.

### 5 Who Are You? My Information

In order for Siri to link to information like your address, Siri needs to know who you are. This would allow you to ask for directions home as Siri will know your home address from the Contact record you select for **My Information**.







## New Horizons for Seniors Program

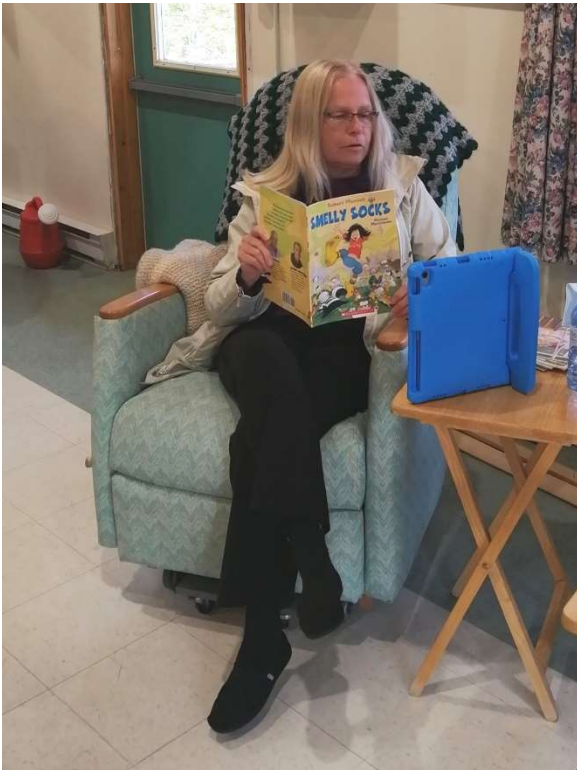
The Dr HS Trefry Memorial Centre is pleased to announce that we have received funding under the Government of Canada's New Horizons for Seniors Program for our Community Connections project.

This federal grants and contributions program supports projects that are led or inspired by seniors who are making a difference in the lives of others in their communities.

The funds will be used to purchase iPads, to help connect seniors with friends and family living away. It will also partner seniors with students who can be their reading buddies. The project will also enhance our existing Coffee Connections program to provide senior friendly lessons on how to use the tablets and technology in daily living.

Thank you to the Government of Canada's New Horizons for Seniors Program for the funding support provided to The Dr HS Trefry Memorial Centre. It will make a significant difference in the lives of seniors in our community.

For more information, visit [New Horizons for Seniors Program – Community-based projects](#).



Pictured left: A test run for our Reading Buddies program. Nancy Adams reading a story to Ms. Quinton's JK/SK class at St. Joseph Island Central School. It was a success and look forward to doing it again on Friday.

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

Canada 

# Rhubarb Breakfast Cake

My Rhubarb Cake is a classic rhubarb recipe ~ the kind your grandma made, if you were lucky. It's packed with jammy bits of sweet/tart rhubarb and it's officially my favorite way to start the day.

## Ingredients

- 1/2 cup half and half, cream, or buttermilk
- 1 tsp lemon juice
- 1/2 cup unsalted butter at room temperature
- 1 cup granulated sugar plus 2 tsp for sprinkling
- 1 large egg, at room temperature
- 1 1/2 tsp vanilla extract
- 2 cups all purpose flour, saving out 1 Tbsp to toss with rhubarb
- 2 tsp baking powder
- 1 tsp salt
- 2 cups thinly sliced rhubarb



## Instructions

1. Set oven to 350F. Lightly butter a 9x9 square baking pan. I like to line the pan with parchment paper with overhanging ends so I can easily lift out the cooled cake for cutting. That's optional.
2. Stir the **lemon juice** into the **half and half** and set aside.
3. Cream the soft **butter** and **sugar** in a stand mixer, or with electric beaters, until fluffy and pale yellow. Beat in the **egg** and **vanilla**, scraping down the bowl as necessary.
4. Take **1 Tbsp of the flour** to the **rhubarb** and toss well.
5. Whisk together the **remaining flour, baking powder**, and **salt**.
6. Add half of the flour mixture to the bowl and blend in. Add all of the half and half, and blend in. Finally add the rest of the flour and blend just until combined, don't over mix. Fold in the rhubarb. **Note: the batter is on the thick side.**
7. Spread the batter into the prepared pan and sprinkle the top evenly with a little sugar. Bake for about 40-45 minutes, or until the cake is turning golden and a toothpick in the center comes out without wet batter clinging to it (moist crumbs are fine.)
8. Let the cake cool slightly before cutting.



# JUNE 2022



SUN	MON	TUE	WED	THU	FRI	SAT
			1 <small>Add a little bit of body.</small> <b>Exercise with Margo</b> 10am on Zoom	2	3 <b>Hen's &amp; Stitches</b> 10-12	4 Opening Day Johnson Farmers' Market 9am
5	6 <b>Exercise with Anne</b> 10am on Zoom Bridge 1-4pm	7 Volunteer BBQ lunch @ Trefry Centre	8 <b>Exercise with Margo</b> 10am on Zoom	9	10 <b>Hen's &amp; Stitches</b> 10-12	11 Bruce Mines Car Show 10-4 Mark Tarantini concert 7pm BM Comm. Church
12	13 <b>Exercise with Anne</b> 10am on Zoom Bridge 1-4pm	14	15 <b>Exercise with Margo</b> 10am on Zoom	16	17 <b>Hen's &amp; Stitches</b> 10-12	18 Iron Bridge Music Festival 2pm-12am
19 Father's Day	20	21 Toonie Tuesday Coffee Connections 9:30am	22 <b>Exercise with Margo</b> 10am on Zoom	23	24 <b>Hen's &amp; Stitches</b> 10-12 Lobsterfest Legion 374	25
26	27 <b>Exercise with Anne</b> 10am on Zoom Bridge 1-4pm	28 Bruce Station Adult Day Out every Tues. 9:30am -3pm	29 Echo Bay Adult Day Out every Wed. 9:30am -3pm	30 Richards Landing Adult Day Out every Thurs. 9:30am -3pm		



# 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 on Zoom

**10am Mondays with Anne**

**10am Wednesdays with Margo**

Call us for a link to join in the fun!

Tech support available for Zoom.



## Bridge

**Mondays 1-4pm**

## Hen's & Stitches

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

**Friday's 10am-12pm**

## Quilters

**Monthly 1-3pm on 3rd Tuesday**

Everyone welcome!



## Toonie Tuesday Coffee Connections

**3rd Tuesday of the month**

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**