

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



Why is maple syrup always so sad?
Because its “sappy”!

**What did the beaver say to
the maple tree?**
It’s been nice gnawing you!



Canada Day Maze

Start at the beginning and make your way to the flag.



www.thriftymommastips.com

How do blue jays stay fit?
By doing worm-ups!

**EXERCISE
IS BACK!**



EXERCISE CLASSES

BRUCE STATION HALL- MON & THURS

TREFRY CENTRE OR ZOOM-WED

PROOF OF VACCINATION REQUIRED

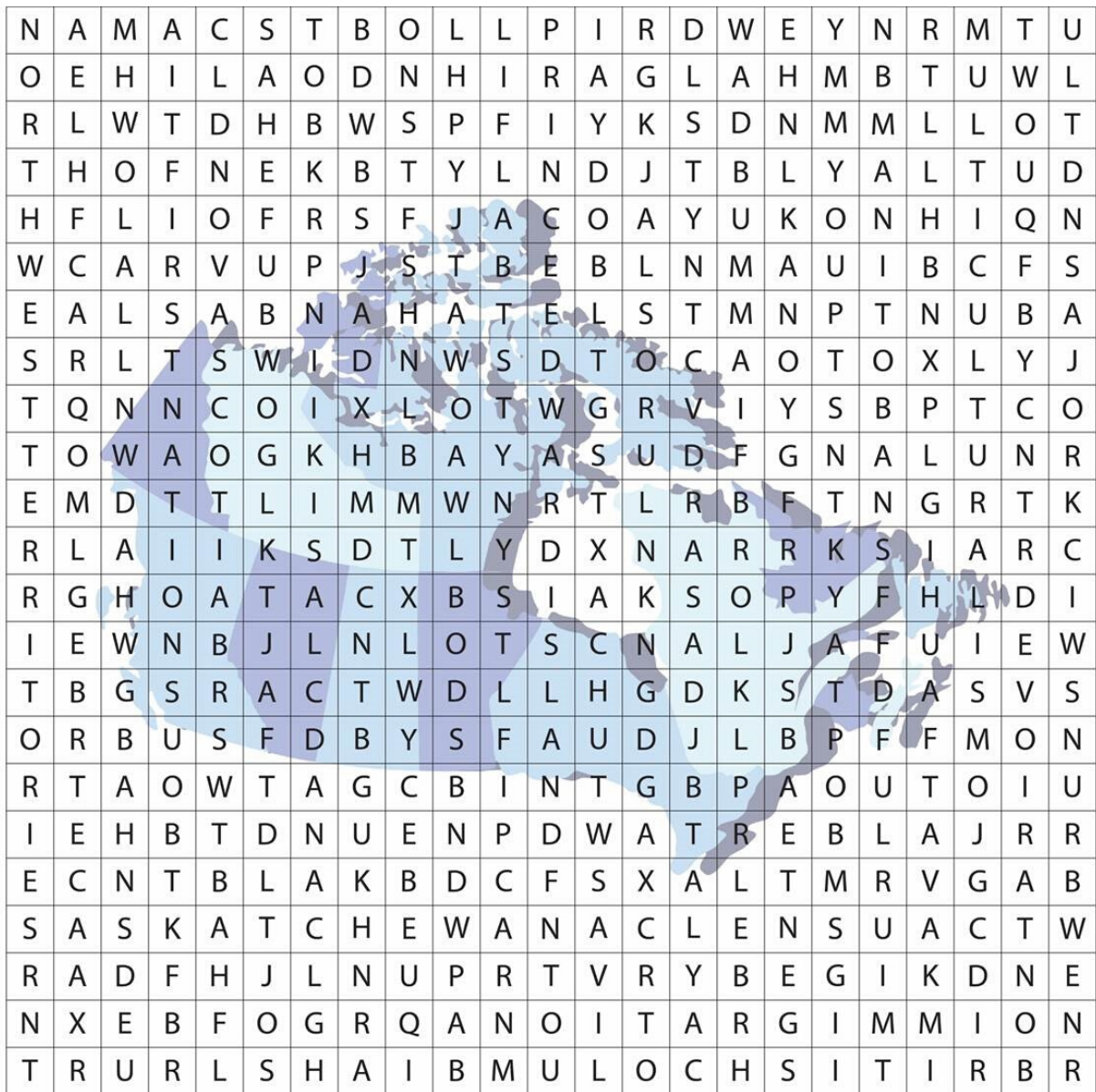
All classes in person

10-11am

Certified
Instructors
Anne & Margo

Call
705-246-0036
to register for a class

Canada Day Word Search



Alberta

British Columbia

Canada

First Nations

Immigration

Manitoba

Multiculturalism

New Brunswick

Newfoundland and Labrador

Northwest Territories

Nova Scotia

Nunavut

Ontario

Prince Edward Island

Quebec

Saskatchewan

Yukon



DIVERSEcity
community resources society

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

Trefry Centre Community Challenge

was held Thursday June 24 after getting rained out Monday June 20th. Thanks to Echo Bay, Johnson, St. Joseph Island, Bruce Mines area, and Thessalon for gathering active seniors to walk for each community we serve. The Island was the winner for this year with 18 seniors coming out to walk.

Thanks for celebrating Seniors Month with us!

The Trefry Centre will be closed July 1st for Canada Day.
Meals on Wheels are still being delivered.

Coffee Connections Tuesday July 19th 9:30-10:30am.

Enjoy Wendy's lemon-cran, apple spice, or chocolate coconut muffins with coffee & 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 tech tutorials on how to use them. This is part of the New Horizons Seniors Grant program.

Exercise classes are back in-person.

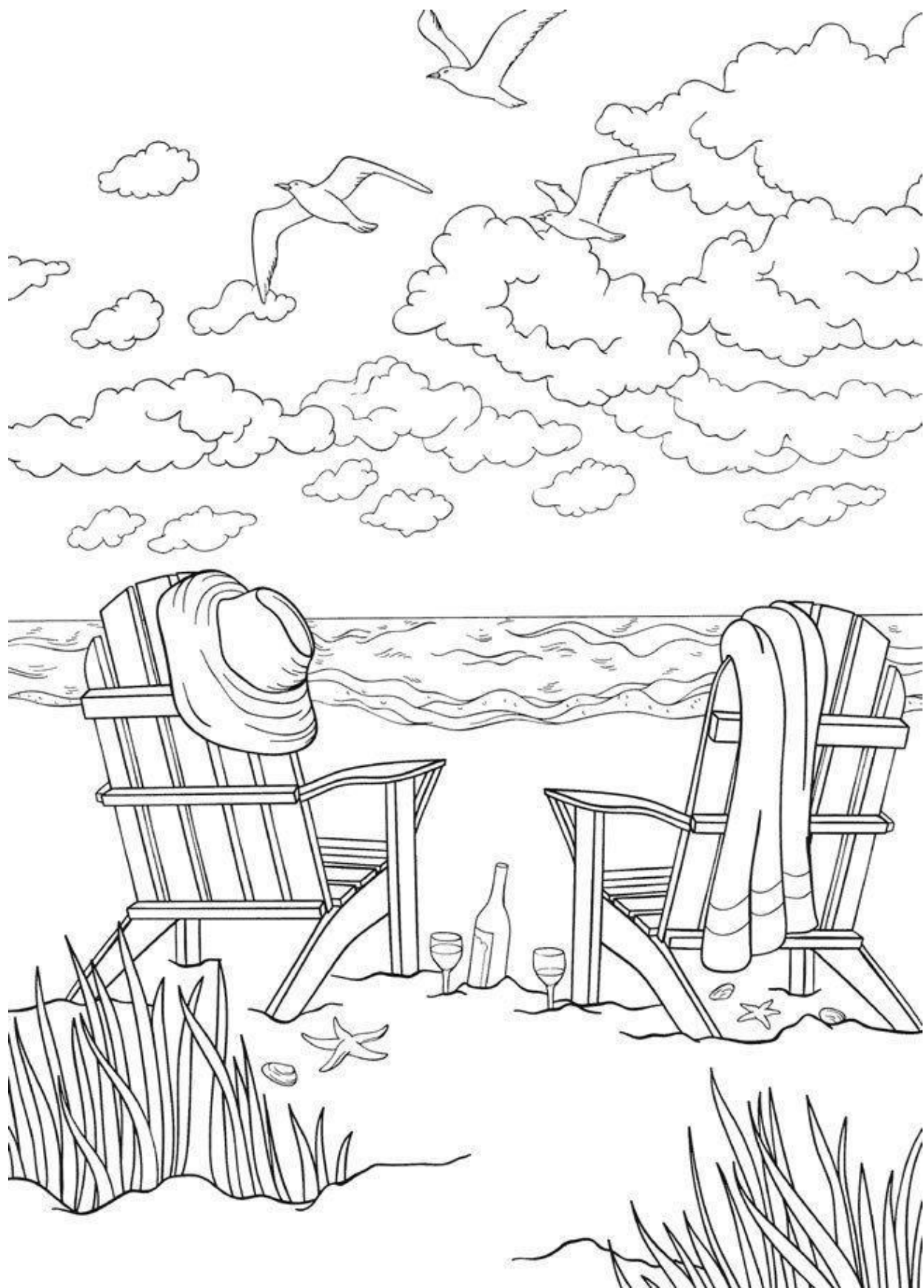
Monday & Thursday @ 10am in Bruce Station with Anne

Wednesday @ 10am at the Trefry Centre with Margo.

Wednesday classes are also available on Zoom.

Give us a call if you'd like to join @ 705-246-0036.

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



Canada Day Three Milk Cake with Strawberries



This unique cake is made with 3 different milks, combined with the freshness of strawberries, whipped cream and tangy lime zest.

Ingredients:

4 eggs
¾ cup sugar
¾ cup flour
1 tsp. baking powder
1 can (14 oz.) sweetened condensed milk
1 can (12 oz.) evaporated milk
1 cup milk
1 tsp. vanilla extract
2 cups strawberries chopped
Lime or lemon zest

For Whipped Cream:

1 cup heavy cream
2 tbsp. sugar



Instructions:

1. Preheat oven to 325°F. In a large bowl, with a mixer on high speed, beat eggs and sugar until thick and pale yellow. (5-6 minutes)
2. a small bowl, mix flour and baking powder. With mixer on medium speed, gradually add flour mixture to egg mixture in small increments and beat until smooth.
3. Scrape batter into a buttered 9" x 13" baking pan.
4. Bake in a regular or convection oven until a toothpick inserted in the center comes out clean, about 30 to 40 minutes.
5. In a blender, combine condensed milk, evaporated milk, regular milk, and vanilla until well blended.
6. Use a fork to poke the cake, making small holes (this will allow the milks to absorb better).
7. Pour the milk mixture evenly over the hot cake, just enough to soak it but not overflowing. Let cool about 15 minutes, then cover and chill at least 3 hours, or up to 1 day.

Before Serving:

1. In a chilled mixing bowl, beat the heavy cream and the sugar with an electric mixer on high speed until peaks form.
2. Cut cake into small squares and set inside shot glasses or mini dessert bowls. Top each piece of cake with strawberries. Cover with whipped topping and lemon or lime zest. Serve.

MY IPHONE IS MISBEHAVING! HOW DO I FORCE A RESTART

Almost every computer ever created will require an occasional restart. It just fixes problems and should be one of the first steps you perform if you iPhone is behaving poorly and not responding .

If you iPhone needs a restart attempt a Normal Restart first. This is the process that is started by pressing and holding the Sleep/Wake button.



HOW TO FORCE RESTART

If your iPhone is frozen and not responding, you can force a restart.

There are two different approaches depending on the iPhone that you have.

PHONE 7 OR IPHONE 7 PLUS AND LATER



Press and hold both the **Sleep/Wake** and **Volume Down** buttons for at least ten seconds, until you see the Apple logo.

IPHONE 6S AND EARLIER

Press and hold both the **Sleep/Wake** and **Home** buttons for at least ten seconds, until you see the Apple logo.



DO I NEED TO SHUTDOWN MY IPHONE AT NIGHT? – NO.

Shutting down your iPhone does not need to be part of your regular habit with the iPhone.

HOW OFTEN TO I NEED TO RESTART MY IPHONE? – NOT OFTEN.

In normal use of your phone, where you carry your iPhone and plug it in for charging regularly, the phone does not need to be restarted often. Some experts propose that a weekly restart keeps your phone clear of crud. Regardless, if your iPhone misbehaves or is unresponsive, a restart often clears the issues that are happening with your phone.

Adcock's Woodland Gardens

Thursday July 21
2 pm - 4 pm

-Admission by donation

4757 5th Side Rd. (Hwy. 548)

Beverages
Light Snacks
Entertainment

***a* Garden Tea** Hosted by
**The St. Joseph Island
Horticultural Society**

For more information contact Sheila at 705-246-3078



Dr HS Trefry Memorial Centre

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

VOLUNTEERING
CRAFTS
DIFFERENCE
MEALSONWHEEL
FUN
FRIENDS
ADULTDAYOUT
TOONIETUESDAY
ACTIVITYKITS
READINGBUDDIES
LAUGHS
FRIENDLY
QUALITYOFLIFE
HAPPY
MUFFINS
TECHHELP
QUILTERS

Play this puzzle online at : <https://thewordsearch.com/puzzle/3810757/>

JULY 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		Bruce Station Adult Day Out every Tues. 9:30am -3pm	<small>Add a little bit of body</small> Echo Bay Adult Day Out every Wed. 9:30am -3pm	Richards Landing Adult Day Out every Thurs. 9:30am -3pm	1 Canada Day Tractor Trot RL 9am BBQ music TH 11:30-3 Parade BM 4pm Fireworks BM, HB	2
3	4 Exercise 10am Bruce Station Bridge 1-4pm	5 AlgomaTrad Grosse Isle Concert 7:30pm	6 Exercise 10am Centre & on Zoom	7 Exercise 10am Bruce Station	8 Hen's & Stitches 10-12	9 Desbarats Community Night & parade 7pm Go North Music Festival RL
10	11 Exercise 10am Bruce Station Bridge 1-4pm	12	13 Exercise 10am Centre & on Zoom	14 Exercise 10am Bruce Station	15 Hen's & Stitches 10-12	16 Sustain Algoma Expo Desbarats Community Centre
17	18 Exercise 10am Bruce Station Bridge 1-4pm	19 Toonie Tuesday Coffee Connections & NEW Internet Cafe with iPads Trefry @ 9:30am	20 Exercise 10am Centre & on Zoom	21 Exercise 10am Bruce Station	22 Hen's & Stitches 10-12	23
24	25 Exercise 10am Bruce Station Bridge 1-4pm	26	27 Exercise 10am Centre & on Zoom	29 Exercise 10am Bruce Station	30	31

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.



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



Try our new Internet Cafe during Coffee Connections. Bring your iPad for a lesson or use one of ours to connect.

New Horizons Seniors Grant

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