

# 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)



# IT'S HAPPENING!!



## Hilton Beach Community Night

**Saturday, August 6th, 2022**

### Parade prize list!

#### Class A: Costumes

- Best Child's Costume (5 & under)
- Best Child's Costume (6-9 years)
- Best Child's Costume (over 10 years)

#### Class B: Wagons & Bikes

- Best Hand Drawn Wagon
- Best Child's Decorated Bike or Trike

#### Class C: Vehicles

- Best Antique/Custom Vehicle
- Best Decorated Vehicle
- Best Decorated ATV/Golf Cart/Tractor

#### Class D: Floats

- Best Comic Float
- Best Advertising Float
- Best Float by a Family Group
- Best Float by an Organized Group

**!! NO HORSES OR PONIES!!**

**CANDY IS PERMITTED!!**

Festivities begin at 5pm

Come early to enjoy the fun!

Judging begins at 6:15pm on Ringham St.

Parade Starts at 7pm

*this years theme is...*



**Pie booth**  
**games of chance**

### Food Booths

Including: **Outspoken Brewing**  
and **Roolz cotton candy**



# Thessalon Community Days 2022

**Community Days Theme:** Welcome Back! After 2 years we are finally able to get together again and enjoy Thessalon community days. This year's community day theme is welcome back, show us what you have missed or what you are most excited to get back to!

**Wednesday 27th:** Community Garden Tour led by the Horticultural Society leaving at 7 pm from 36 Frances Street. Refreshments will be available, cost is free with a Horticulture Membership or a \$10 donation. The tour will include 8-10 yards in Thessalon and out to Dominion Drive.

**Thursday 28th:** Cake cutting to celebrate the Horticulture's 100th anniversary as well as a car show sponsored by Shaw's Garage will take place downtown. Music will be provided by JC.

**Friday 29th:** Family Ball Tournament throughout the weekend starting Friday, Sand castle contest and free ice cream for kids (courtesy of Childcare Algoma) at Lakeside Park from 2-4, Live Band, vendors and Fireworks at the Marina starting at 6pm.

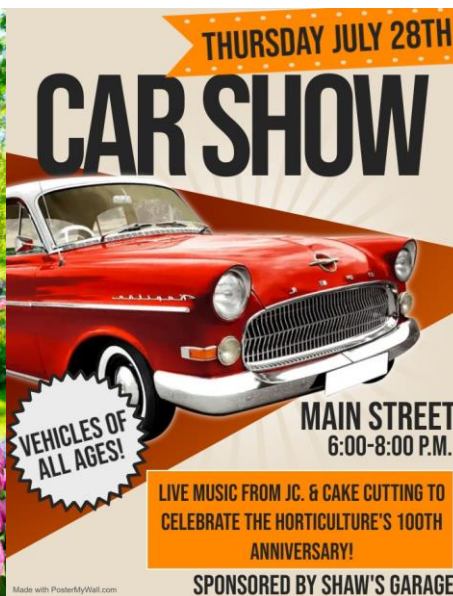
**Saturday 30th:** Parade down Main Street at 1pm (Parade contestants arrive at Thessalon Public school at 12 for judging at 12:30). Count all the smiley faces you see on the parade participants and submit your answer at Peace Park for your chance to win a prize!

After the parade make your way to Peace Park using the free Fairview bus to see the various vendors and bouncy castles (\$5 for an admission bracelet, bouncy castles only), beer gardens at the Arena from 2-4, and Lion's den dance Saturday night at 9pm. A bus is planned to shuttle people from Lakeside Park and Pine Crest Trailer Park to and from the arena during the dance.

Thanks to Fairview bus lines, this year we will have a bus running a continuous route through town from 1-4pm on Saturday. The bus will circle Main Street, peace park and Lakeside Park, wave down the driver to catch a ride!

During the parade on Saturday there will be smiley faces attached to various floats, count the ones you see and submit your guess to the booth at Peace Park. Closest to the actual amount gets a prize!

Members of the Thessalon Lions Club will be selling raffle tickets throughout the weekend with the draw at Midnight on Saturday July 30.



# EMAIL ON YOUR IPAD

## FINDING THE MAIL APP

The Mail app is your primary email tool for both iPhones and iPads. The icon is often found on the dock on the lower part of any home screen. Tap the icon to launch the email app.



## NOTIFICATIONS

A red **badge** will appear on the mail app icon that indicates how many unread emails are in your inbox. It allows you to see if you have new messages without opening the app.

## SETTING UP YOUR EMAIL ACCOUNT

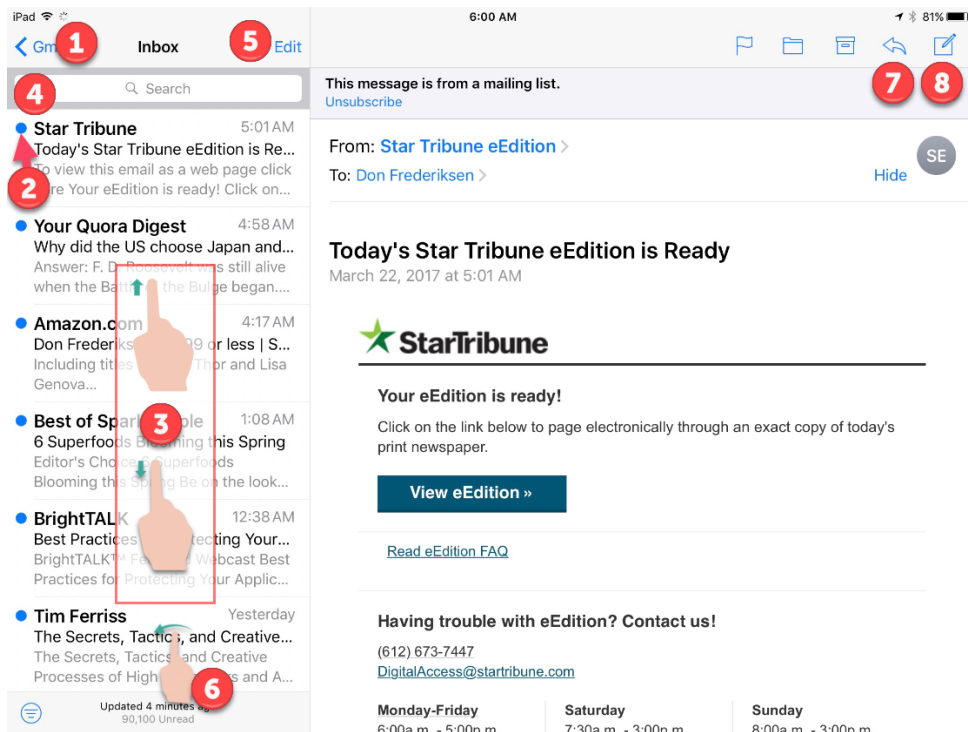
You can set up your existing email account to work with the iPad Email App. You can setup multiple email accounts if you have more than one, for example, an email for work and personal.

**MANAGE YOUR INBOX** The inbox is where you'll view and manage emails you receive. The Inbox and all of its email functions is central to managing and sending email on an iPad.

The screen below identifies eight essential functions. Descriptions of those functions are

### 1 Inbox

The name of your inbox is displayed on the upper left. It is possible that you can setup multiple inboxes, for example, separate inboxes for work and personal in the Email app. Tap the inbox label to view other inboxes or to change to see inbox folders like Sent, Junk or Drafts.





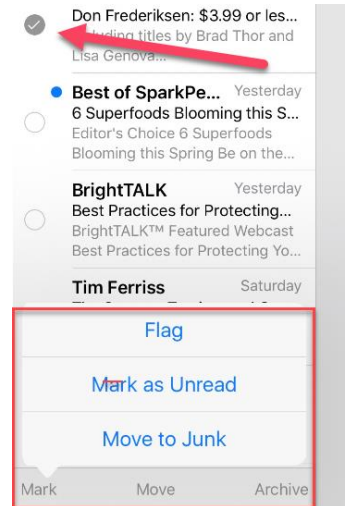
## 2 Unread email

The blue dot next to an email displayed in the Inbox indicates that the email is unread. The dot will disappear after the email is displayed. It is possible to mark an email as read using step #6 below.

## 3 Move up and down the inbox with either drag or flick actions with your finger.

## 4 Search

You can search for emails by using the search bar at the top of the inbox. Swipe down on the email list to access the search bar.



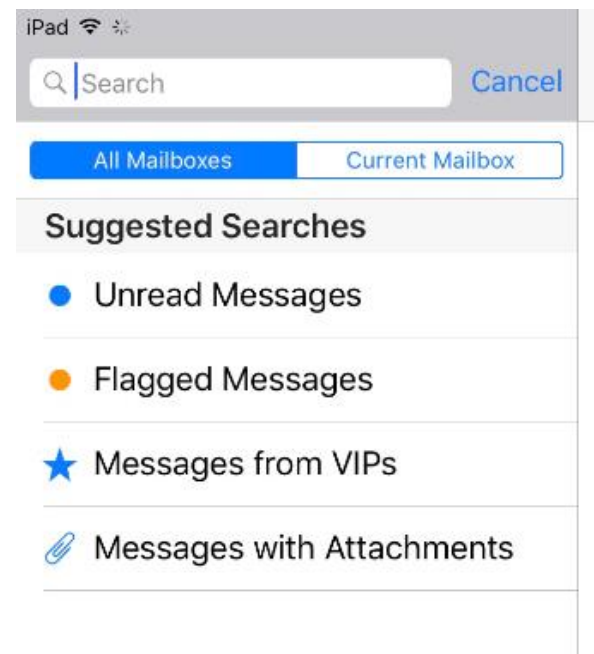
Tap on the search bar and where you can choose categories of emails (Unread, Flagged, VIP or Attachments) or you can type a search term, for example “Invoice” against either the current mailbox or All Mailboxes if you have multiple accounts.

## 5 Bulk Edit or Manage

Tap **Edit** at the top of the Inbox list.

## 6 Manage with a Swipe

If you swipe left on a single email, you are given Actions that can be performed on that email like: Reply, Reply All, Forward

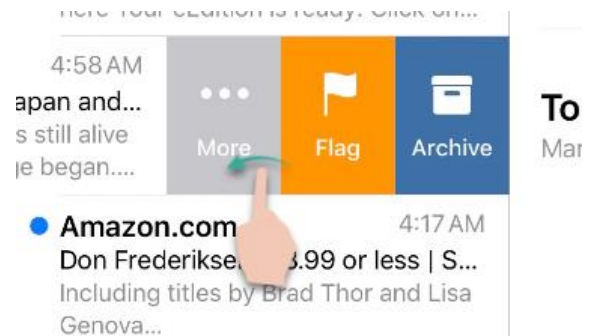


Mark – Flag, Mark as Read, Move to Junk

Notify Me – a notification if there is a reply to the email.

Move Message – move to a different mailbox or folder.

More to access additional action to perform.



# BOAT PARADE OF LIGHTS

*Community Night Richards Landing  
after games at the Marina, July 29, 2022*

**LIVE BAND    FOOD VENDORS    COLD BREWS**  
**BOAT PARADE AT DARK**

After Community Night games end  
come downtown and enjoy live music by L!ME  
at the Marina, vendors, and a Boat Parade of Lights.

Proceeds to the NSHN Auxilaiary  
Richards Landing Matthews Site and the  
Matthews Memorial Hospital Association.

Support the Hospital,  
have some fun and enjoy the best of the summer in  
Richards Landing, St. Joseph Island.

To Join the BOAT PARADE - Visit [www.stjosephtownship.com](http://www.stjosephtownship.com) and search  
Community Night for an easy online registration  
or email: [community@stjosephtownship.com](mailto:community@stjosephtownship.com)



**Scan to Register**







© Valentina Harper, [www.valentinadesign.com](http://www.valentinadesign.com)

## Hamburger Beef Stroganoff

### INGREDIENTS

1lb lean ground beef  
1 small onion  
1 clove of garlic minced  
2 cans sliced mushrooms, drained  
3 tbsp flour  
2 cups beef broth  
2 tsp Worcestershire sauce  
salt & pepper to taste  
 $\frac{3}{4}$  cup sour cream

### DIRECTIONS

Brown the hamburger, onion and garlic (trying not to break it up too much), in a heavy bottom pot, until no pink remains. Drain off any fat.

In a measuring cup, measure out broth, Worcestershire sauce and salt and pepper.

Add mushrooms to meat and cook a few more minutes. Stir in the flour well.

Slowly add broth mixture to meat, stirring while adding.

Reduce heat to simmer for 10 minutes.

Remove from heat and stir in the sour cream well.

Serve over cooked egg noodles.



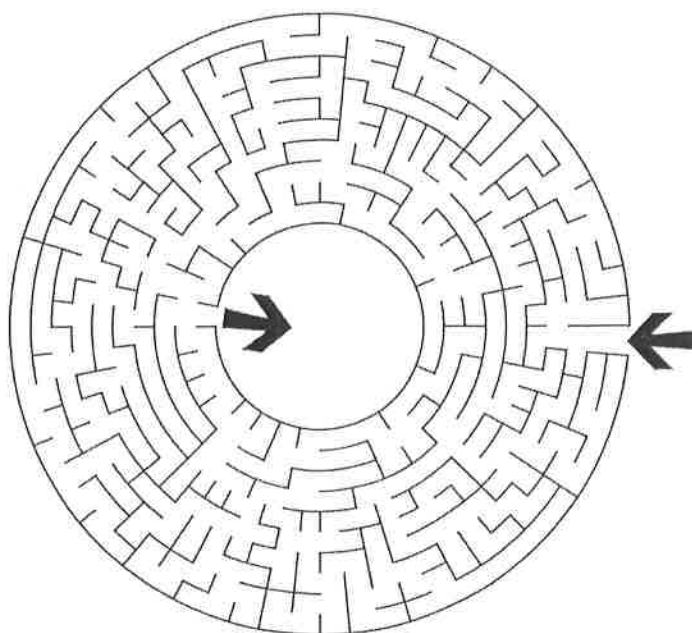
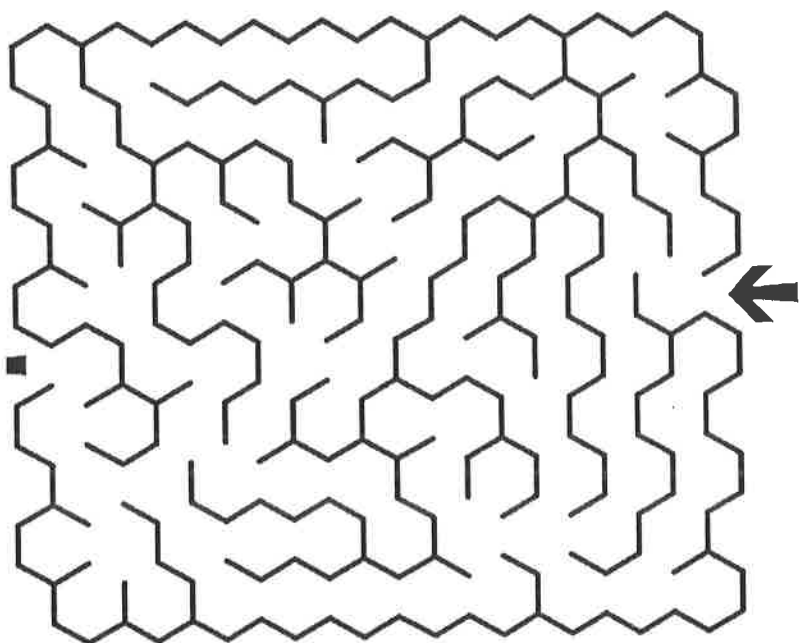


# Community Nights



PIES  
COSTUMES  
TRICYCLES  
FOOD BOOTHS  
PIONEER  
ANTIQUE CARS  
LANDING  
SUPERHERO  
FOUR WHEELER  
PARADES  
CLASSIC CARS  
BINGO  
ANNUAL  
CLOWNS  
JUDGING  
HILTON  
DECORATIONS  
PRIZE  
PRINCESS  
GAMES  
TRACTORS  
FLOATS

Play this puzzle online at : <https://thewordsearch.com/puzzle/3842883/>





# ANIMAL WORD SCRAMBLE



1. earbve
2. uagrco
3. lwaurs
4. utrlte
5. lgroali
6. occriolde
7. luffboa
8. grite
9. osmopus
10. oirocsrnhe
11. lrtoalgai
12. penheatl
13. macle
14. lworvenie
15. yoctoe
16. riefgaf
17. myoekn
18. nkaoaogr
19. nccoaro
20. daaakrvr

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



DOCTOR HS TREFRY MEMORIAL  
CENTRE

# Notice

The Trefry Centre will be closed Monday August 1st .  
Meals on Wheels are still being delivered.

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.

**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.

## Trefry Centre Welcome

We are excited to announce that Susie Rains has been hired as the new Program Manager for the Trefry Centre. Susie has an extensive background in seniors' programming and is looking forward to starting in her new role with us on Monday August 15th.

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



# AUGUST 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Civic Holiday Centre Closed	2 Coffee Connections & Internet Cafe 9:30am	3 ^ Exercise 10am Centre & on Zoom	4 Exercise 10am Bruce Station	5 Hen's & Stitches 10-12	6 Hilton Beach Community Night
7	8 Exercise 10am Bruce Station	9 Coffee Connections & Internet Cafe 9:30am	10 Exercise 10am Centre & on Zoom	11 Exercise 10am Bruce Station	12 Hen's & Stitches 10-12	13 Trunk Sale Legion Richards Landing 9-2
14	15 Exercise 10am Bruce Station	16 Coffee Connections & Internet Cafe 9:30am	17 Exercise 10am Centre & on Zoom	18 Exercise 10am Bruce Station	19 Hen's & Stitches 10-12	20
21	22 Exercise 10am Bruce Station	23 Coffee Connections & Internet Cafe 9:30am	24 Exercise 10am Centre & on Zoom	25 Exercise 10am Bruce Station	26 Hen's & Stitches 10-12	27 Harvest of Artists RL Centennial Grounds
28	29 Exercise 10am Bruce Station	30 Coffee Connections & Internet Cafe 9:30am	31 Exercise 10am Centre & on Zoom	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





# 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**