



## The Dr. H.S. Trefry Memorial Centre

For more Information:  
call the Dr. Trefry  
Memorial Centre at  
**705-246-0036**

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Located at: 1209 Catherine  
St. Richards Landing, ON

A Division of The  
Corporation of the  
Township of St. Joseph

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[www.stjosephtownship.com](http://www.stjosephtownship.com)

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<http://search.211north.ca>

**Ontario**



# AGING WELL In Your Community

## OUR PROGRAMS

### Home Maintenance

Providing financial assistance with house cleaning, snow removal and yard work. Subsidy is based on household taxable income. Call for more information.

**Transportation** Getting you to where you're going with one of our friendly volunteer drivers for medical appointments, scheduled activities such as, adult day program, groceries and errands. *\*Now also servicing Bruce Mines to Thessalon.\**  
*\*Coming January 2020 – A partnership with the Algoma Manor for use of an accessible van 2 days a week! \* Rates based on taxable household income.*

### Adult Day Out from 9 AM until 3 PM

Providing respite for family or caregivers and for those folks who are just looking for a fun day out of the house! A great time is had by all! The first hour of the day starts at 9 AM with Coffee Connections offering free coffee and a muffin and open to the public on Tuesdays in Bruce Station, Wednesdays in Echo Bay and Thursdays at The Trefry Centre!

### Meals on Wheels (delivery service) Monday-Wednesday-Friday

A home-style meal that is available to anyone recovering from illness or in need of a meal. Our 4-week menu provides some of the best food around at a low cost to the user. Options can include meal only or a meal, with soup and dessert. A diabetic option is also available. Rates are based on household income.

### In-Home Visiting (telephone and in-person)/ Reading

Receive a call or a visit from a friendly volunteer to maintain connections in your community and health and safety check!

### Potluck and Diner's Club (let's get together!)

Events you don't want to miss! Potluck (1<sup>st</sup> Tuesday) and Diner's Club (last Tuesday) monthly and are filled with laughter, good food...and you might even learn something at Diner's! Come hang out with friends!

### Exercise and Falls Prevention \*FREE\*

Free seniors exercise classes every Monday & Thursday from 10 to 11<sup>AM</sup> in Laird and in Richards Landing on Monday 10 to 11<sup>AM</sup> & Thursday 1:30 to 2:30<sup>PM</sup>.

## Special Interest Activities

Check out these special interest and service programs! There is something for everyone including bridge, Hens and Stitches, quilting, hall rental and much more. We are also pleased to host LifeLabs and Landing Feet First!