

# FEBRUARY

2022



## 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](mailto:manager@trefrycentre.ca)

Website: [www.stjosephstownship.com/departments/seniorservices](http://www.stjosephstownship.com/departments/seniorservices)

Health Lines for Program Information and Referrals: [www.northeasthealthline.ca](http://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

Ontario 



OCSA  
Ontario Community  
Support Association  
Association ontarienne  
de soutien communautaire



## United Way Income Tax Filing Services

Location: Dr. H.S. Trefry Memorial Centre 1601 C-Line Richards Landing

Date: March 11, 2022

Time: 1pm – 3 pm

Please call the Trefry Centre to sign up for a 15 min time slot,  
705-246-0036.

If you are unable to attend, you can drop off your papers in advance. Please provide the following information and forms:

- Name
- Phone Number
- Sources of Income
- Rent or Property Tax
- Medical expenses

Processing will not begin before March 1, 2022.

Completed Tax Assessments can be picked up on April 1<sup>st</sup>, 2022, at the Dr. H.S. Trefry Memorial Centre.

Why isn't suntanning an  
Olympic sport?

Because the best you can  
ever get is bronze.

# CREATE A BRAG BOOK WITH PHOTO FAVORITES

Remember Grama's Brag Book?

It was a small photo album that could easily be placed in a pocket or purse and pulled out when a parent or grandparent needed to show family pictures. It was a great way to organize a few photos for easy sharing.

The Photos app provides a Favorites album that could provide the same function on your iPhone. With a little setup, the next time you need to show family pictures, you can launch the Photos app, and tap the Favorites album to show your family brag pictures.

## FAVORITES ALBUM

The Favorites album is one of the default albums that is already set up on your iPhone/iPad. This means all you need to do is mark your favorite photos and they'll display in the Favorites folder. And as your life changes, mark new photos and un-mark outdated photos as you wish.

## MARKING YOUR FAVORITES

Display any photo in the photos app

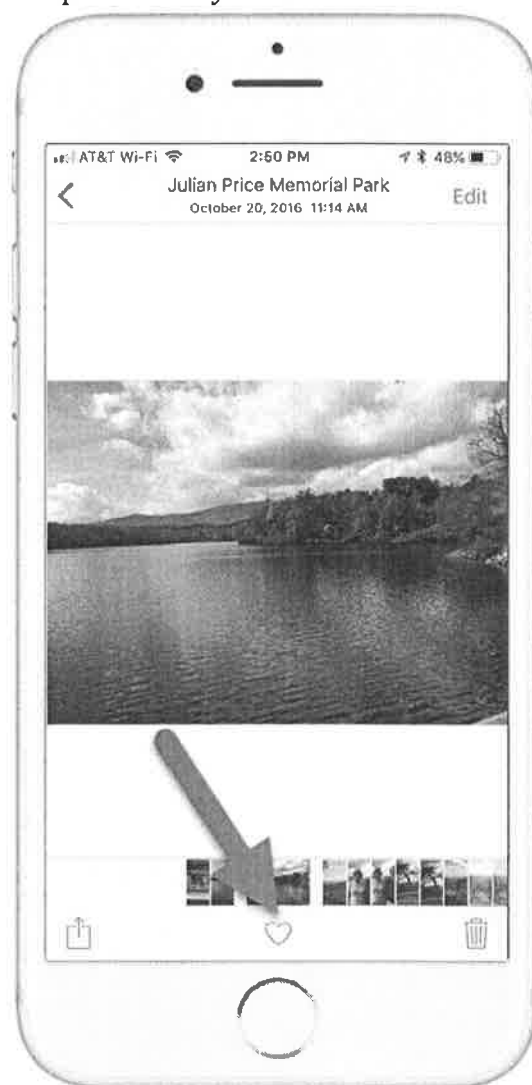
Tap the Favorite (heart) icon to include the photo under favorites. The heart will turn color (blue).

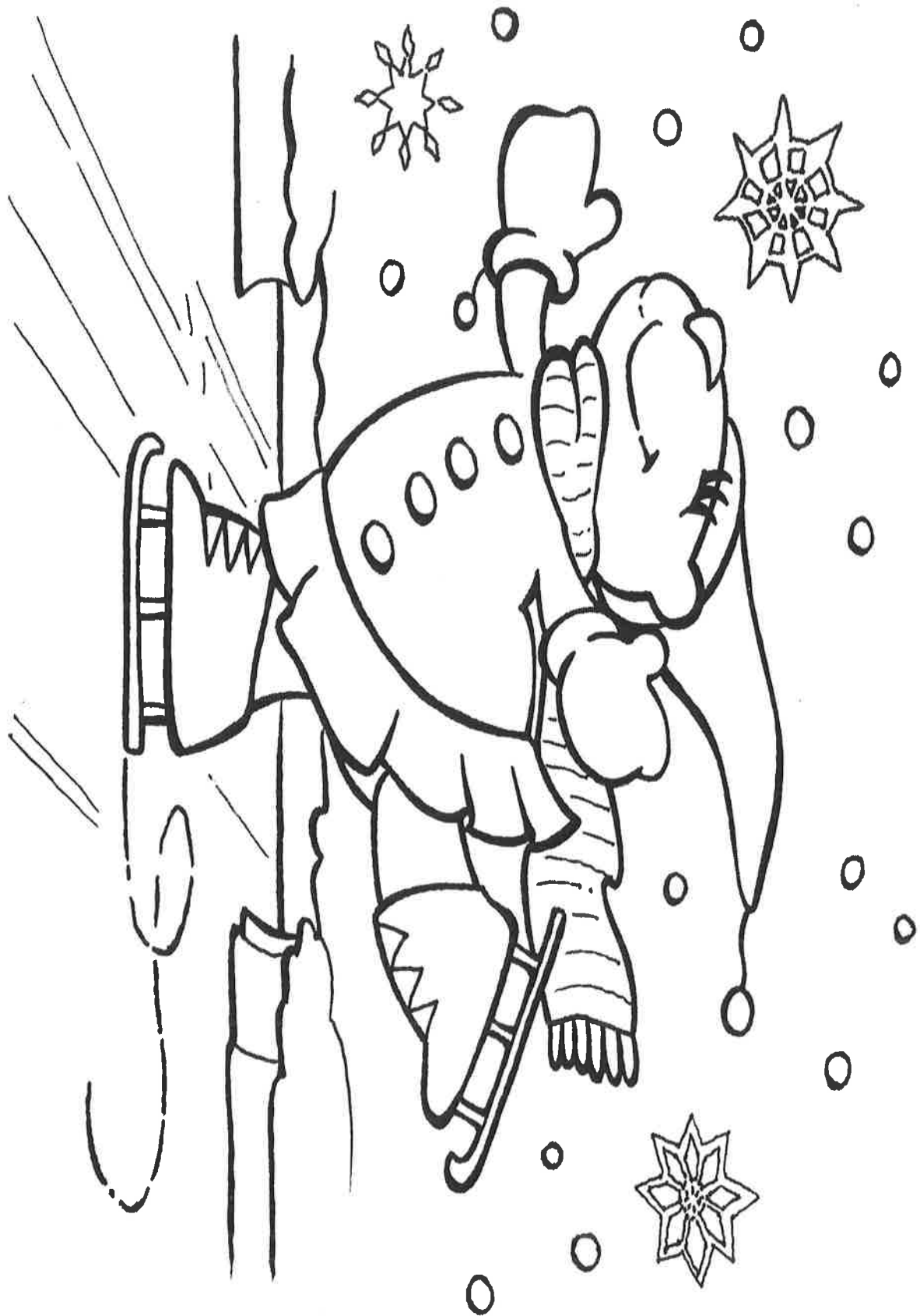
Remove a photo from favorites but tapping the Favorites (heart) icon to turn off the color.

A photo can be included in Favorites and still be included in any number of other albums. Marking a photo as a favorite will not remove the photo from any other Album.

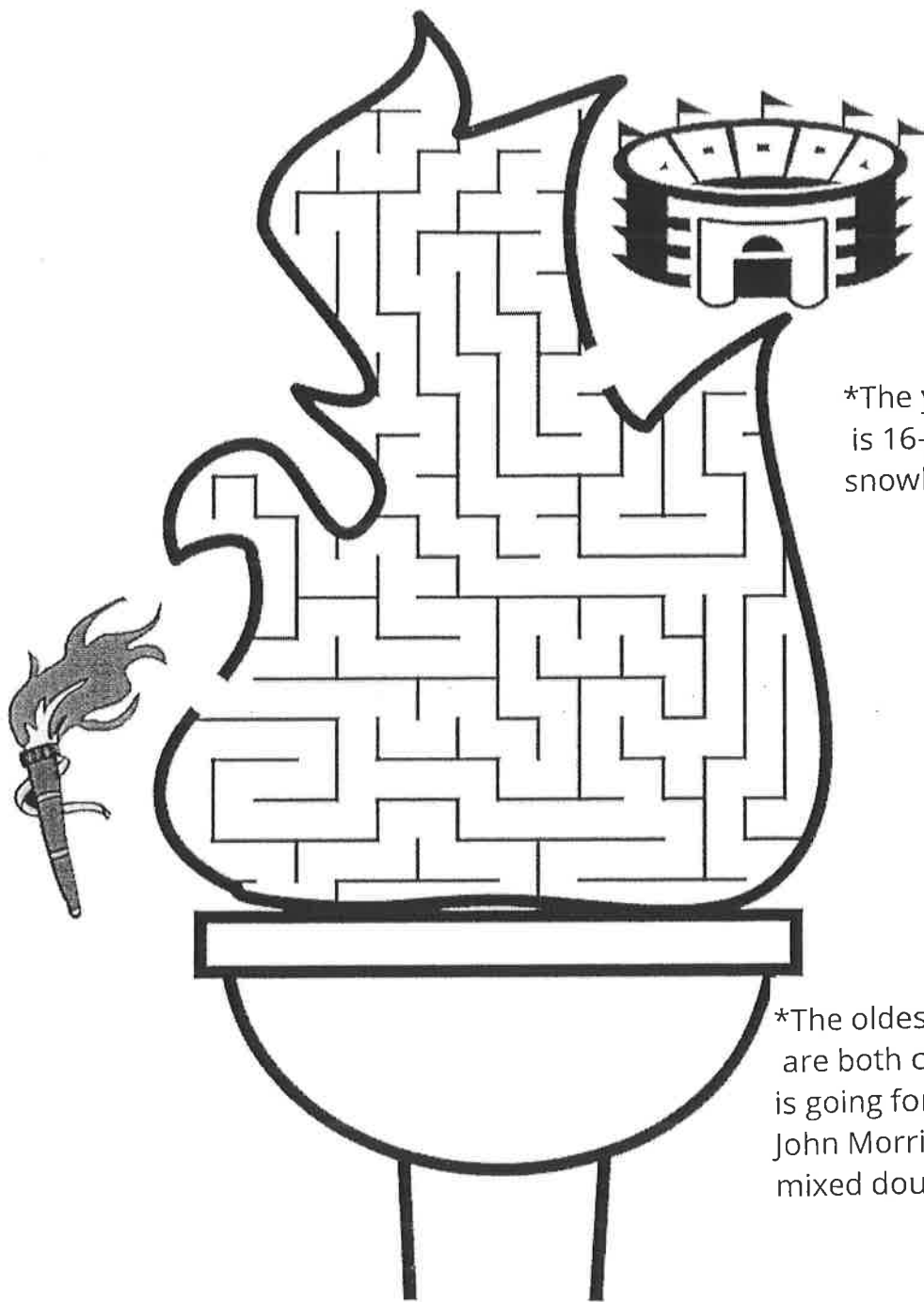
With 5 to 10 minutes of photo work, you can have your Favorites Brag Book prepared for the next time someone wants to see family photos.

Works on iPhone and iPad





# WINTER OLYMPIC GAMES 2022



## TEAM CANADA FUN FACTS:

\*The youngest athlete is 16-year-old halfpipe snowboarder Brooke D'Hondt.

\*The oldest woman & oldest man are both curlers. Jennifer Jones, 47, is going for her 2<sup>nd</sup> women's gold medal. John Morris, 43, tries to repeat as mixed doubles champ.

\* Short track speed skater Charles Hamelin can make history in Beijing. With 5 Olympic medals already under his belt, the 37-year-old needs 1 more to match long track speed skater Cindy Klassen for the Canadian Winter Olympic record.

A sixth medal would also tie Hamelin with Andre De Grasse as Canada's most decorated male Olympian.

A seventh would put him alongside Penny Oleksiak for most decorated Canadian Olympian ever.

\*Five sets of siblings are on the team

# Mighty Minestrone (<https://www.ontario.ca/foodland/foodland-ontario>)



A big pot of soup is warm and comforting. Beans and pasta combine to make a complete protein meal. If you like a little heat, add a pinch of crushed red pepper flakes.

## Ingredients

- 1 tbsp (15 mL) olive oil
- 1 Ontario Onion, chopped
- 2 **each** Ontario Carrots and Parsnips, diced
- 1 clove Ontario Garlic, minced
- 1 tsp (5 mL) dried basil
- 1/2 tsp (2 mL) dried thyme leaves
- Pepper
- 1 can (28 oz/796 mL) diced tomatoes
- 6 cups (1.5 L) sodium-reduced chicken broth **or** vegetable broth
- 2 cups (500 mL) shredded Ontario Green Cabbage
- 1 can (19 oz/540 mL) white kidney **or** romano beans, drained and well rinsed
- 1/2 cup (125 mL) elbow macaroni **or** other small shaped pasta
- 3 tbsp (45 mL) chopped fresh Ontario Parsley
- Salt
- 1/2 cup (125 mL) freshly grated Parmesan cheese

## Instructions

In large pot, heat oil over medium heat. Add onion, carrots and parsnips; cook stirring occasionally until softened, about 5 minutes. Stir in garlic, basil, thyme and a pinch of pepper. Add tomatoes and broth; cover and bring to boil. Reduce heat and simmer for 15 minutes. Add cabbage, beans and pasta; return to boil. Reduce heat and simmer for 5 minutes until pasta is tender. Stir in parsley; season with salt and more pepper to taste. Serve with cheese.

- PROTEIN: 12 grams
- FAT: 5 grams
- CARBOHYDRATE: 34 grams
- CALORIES: 226
- FIBRE: 6 grams
- SODIUM: 585 mg

# SENIOR ARTIST ONLINE SERIES



JOIN THE  
COMMUNITY  
FROM HOME!



CONCERTS,  
DEMOS  
& WORKSHOPS



JANUARY 29 2022 -  
MARCH 18 2022

REGISTER AT [ALGOMATRAD.CA](http://ALGOMATRAD.CA)

Call 705-257-6106



**ALGOMATRAD**  
BUILDING COMMUNITY THROUGH MUSIC, DANCE,  
ART, AND HERITAGE CRAFT TRADITIONS

**Ontario**



Dr H.S. Trefry Centre



## *Meals on Wheels Menu*

We have updated our menu. Please have a look. We deliver meal, soup and dessert on Mondays, Wednesdays, and Fridays. Gives us a call if you are interested in signing up or have more questions :

705-246-0036

## PROGAM UPDATE:

- \*HENS & STITCHES starting Feb 4th
- \*QUILTERS starting Feb 15th
- \*EXERCISE will continue online via Zoom
- \*COFFEE CONNECTIONS is on hold
- \*BRIDGE is on hold
- \*DINER'S CLUB is on hold
- \*Meals on Wheels, Adult Day Out & Medical Transportation are happening



WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<b>MONDAY</b> Cream of Mushroom Soup Vegetarian bolognese with pasta Pork/Beef Meatballs Green Beans Berry Crumble <i>Alternative(s)</i> 1) <i>Chicken Fingers</i>	<b>MONDAY</b> Pea Soup Glazed Meat Loaf Roasted Potatoes Coleslaw Lemon Snow <i>Alternative(s)</i> 1) <i>Chicken Fingers</i>	<b>MONDAY</b> Beef Barley Soup Chicken Pot Pie (Dumpling Topping) Herbed Rice Carrots Old Fashion Italian Cream Cake <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Chicken mix from Pie: no pastry, no dumpling</i>	<b>MONDAY</b> Tomato Macaroni Soup Breaded Pork Chops Scalloped Potato Vegetable Medley Chocolate Chip Oatmeal Cookies <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Unbreaded Pork Chops</i>				
<b>WEDNESDAY</b> Chicken Noodle Soup Hot Chicken Sandwich Mashed Potatoes Gravy Peas Pumpkin Sheet Cake <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Plain Turkey with Gravy</i> 3) <i>Roasted Potatoes</i>	<b>WEDNESDAY</b> Tomato Rice Soup Mayo/Parms/Chicken Breast Pasta Salad Carrot Apple Crisp <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Unseasoned Chicken Breast</i>	<b>WEDNESDAY</b> Onion Soup with Croutons Shepherd's Pie Baguette Cherry Cheesecake <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Derivative of Shepherd's Pie (no mash or veg with meat) Include's roasted potatoes</i>	<b>WEDNESDAY</b> Chicken Rice Soup Salisbury Steak with Mushrooms and Onions Mashed Potatoes Gravy Yellow Waxed Beans Raisin Date Squares <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Derivative Salisbury Steak (no mushrooms or onions)</i> 3) <i>Roasted Potatoes</i>				
<b>FRIDAY</b> Pumpkin and Lentil Soup Sausage Roasted Macaroni and Cheese Broccoli Carrot Cake with Cream Cheese Frosting <i>Alternative(s)</i> 1) <i>Chicken Fingers</i>	<b>FRIDAY</b> White Bean and Sausage Soup Sliced Ham with Brown Sugar/Mustard Glaze Mashed Potatoes Gravy Peas Chocolate Mayo Cake <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Unglazed Ham Slices</i> 3) <i>Roasted Potatoes</i>	<b>FRIDAY</b> Broccoli Cheddar Soup Lasagna Garlic Bread Coleslaw Rice Pudding <i>Alternative(s)</i> 1) <i>Chicken Fingers</i> 2) <i>Pasta with Spaghetti Sauce and Mozarella</i>	<b>FRIDAY</b> Potato Soup Battered Haddock Roasted Potatoes Coleslaw Cinnamon Swirl Cake <i>Alternative(s)</i> 1) <i>Chicken Fingers</i>				



# WINTER WORD SEARCH

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

BLIZZARD  
FROSTY  
FROZEN  
HOT COCOA  
ICICLE

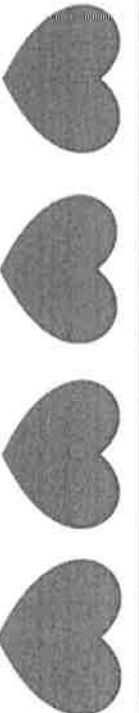
ICY  
IGLOO  
JACKET  
MITTENS  
SCARF



SHOVEL  
SLED  
SNOWBALL  
SNOWFLAKE  
SNOWMAN





# FEBRUARY 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Bruce Station DAY OUT Every Tuesday 9.30 AM—3 PM	Echo Bay DAY OUT every Wednesday 9.30AM—3 PM			
		1	2	3	4	5
			Virtual Exercise 10 AM	Day Out 9.30AM—3PM	Hens & Stitches 10 AM—Noon	
6 Bon Soo Virtual Event Feb 4-13	7 Virtual Exercise 10 AM	8	9 Virtual Exercise 10 AM	10 Day Out 9.30AM—3PM	11 Hens & Stitches 10 AM—Noon	12
13	14 Virtual Exercise 10 AM 	15 Quilters 1-3PM 	16 Virtual Exercise 10 AM	17 Day Out 9.30AM—3PM	18 Hens & Stitches 10 AM—Noon	19
20	21 OFFICE CLOSED FAMILY DAY	22	23 Virtual Exercise 10 AM	24 Day Out 9.30AM—3PM	25 Hens & Stitches 10 AM—Noon	26
27	28 Virtual Exercise 10 AM					



**DR. HAROLD S. TREFRY MEMORIAL CENTRE**

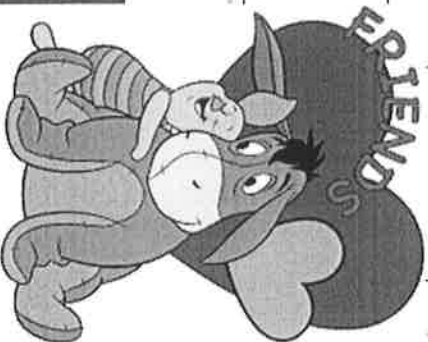
Find us at:  
[NorthEasthealthline.ca](http://NorthEasthealthline.ca)



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

Phone: 705-246-0036  
Fax: 705-246-0249  
E-mail:  
[manager@trefrycentre.ca](mailto:manager@trefrycentre.ca)

Ontario



## Virtual Exercise Classes

Using ZOOM

**Mondays 10 -11 AM**  
**Wednesdays 10-11 AM**

Call 705-246-0036 to sign up



## TOONIE TUESDAY Coffee Connections

Cancelled for February

\$2 donation for coffee & a muffin  
\*3<sup>rd</sup> Tuesday of each month.

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

**Canceled for February**  
**Trefry Centre**

**Beginners welcome!**

Call 705-246-0036 to sign -up



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

## Hens' N Stitches

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

Trefry Centre  
Fridays  
10-12



## QUILTERS

3<sup>rd</sup> Tuesday of each month  
1-3pm

Trefry Centre  
Everyone Welcome!



## Monthly Diner's Club

Postponed until further notice  
705-246-0036



## 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.

**Ontario**

