

# WHAT'S UP DOC

*July Issue* **2022**

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](http://www.thriftymommastips.com)

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

**EXERCISE  
IS BACK!**



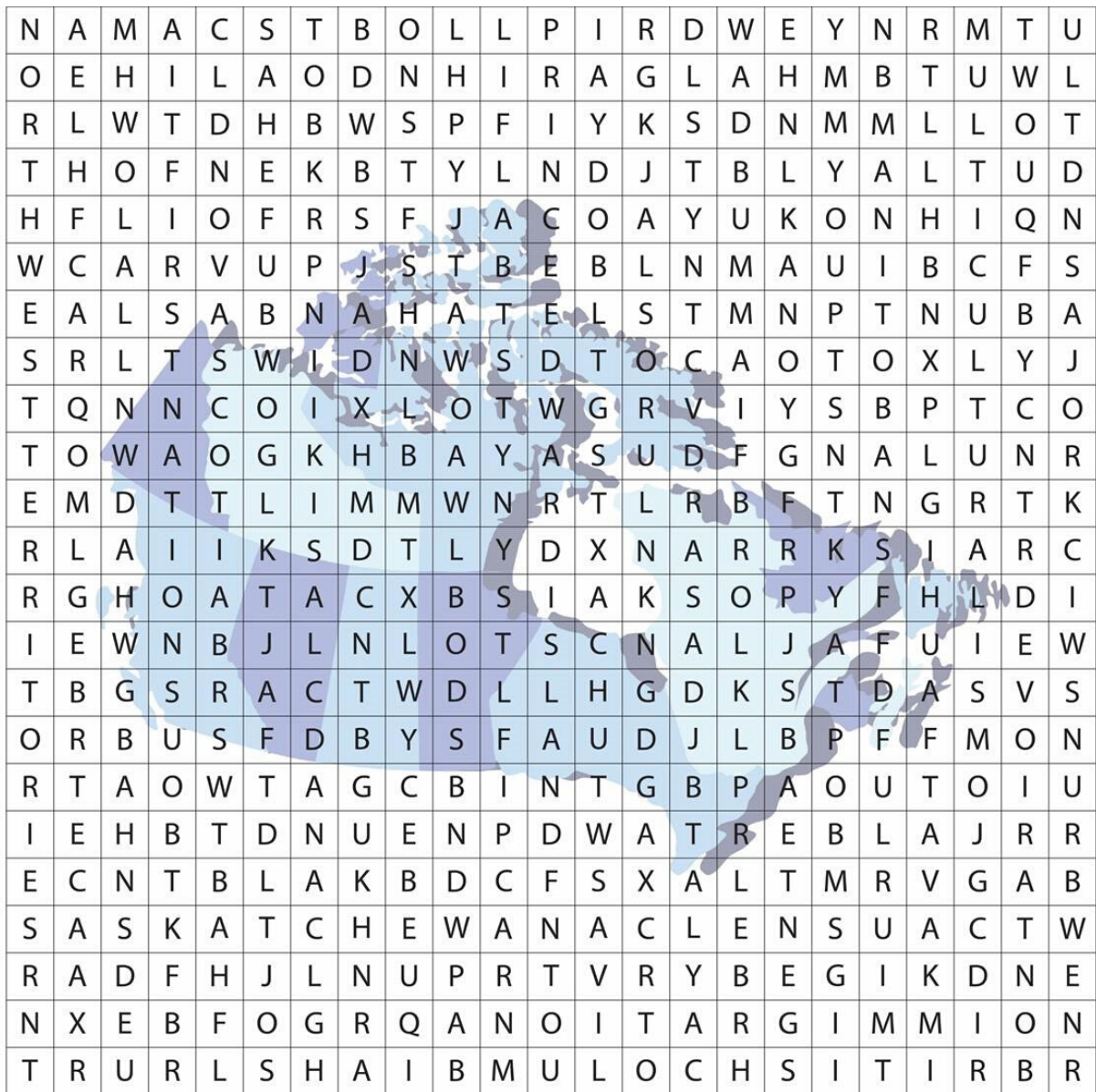
Certified  
Instructors  
Anne & Margo

**EXERCISE CLASSES**  
**BRUCE STATION HALL- MON & THURS**  
**TREFRY CENTRE OR ZOOM-WED**  
**PROOF OF VACCINATION REQUIRED**

**All classes in person**  
**10-11am**

**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



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 your iPhone is behaving poorly and not responding.

If your 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**

Add a little bit of body

**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** **8**  
10am Bruce Station

**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** **Exercise**  
10am Centre & on  
Zoom

**14** **Exercise** **15**  
10am Bruce Station

**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** **Exercise**  
10am Centre & on  
Zoom

**27**

**29** **Exercise** **30**  
10am Bruce Station

**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**