

WHAT'S UP DOC

November Issue 2023

Programs Serving: Macdonald, Meredith & Aberdeen Add'l, Laird, Tarbutt, Village of Hilton Beach, Township of Hilton, Jocelyn, St. Joseph, Johnson, Plummer Add'l, Town of Bruce Mines, Thessalon, and 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 



Trefry Centre 705-246-0036
manager@trefrycentre.ca



It takes a community to prevent a fall:
We all have a role to play!

November is Fall Prevention Month.

Falls are the leading cause of injury among older adults and **one-third** of those who fall will never return home.*

The Fall Prevention Month website has:

- Pre-planned activities, posters and social media posts
- Resources you need to make a difference in your community

Together, we can help keep people active, independent, injury-free and healthy.

Find out more and download these resources at
www.fallpreventionmonth.ca

*Data Source: Statistics Canada: Health at a Glance, <https://www150.statcan.gc.ca/n1/pub/82-624-x/2014001/article/14010-eng.htm>. Adapted by the Ontario Neurotrauma Foundation



Notice

**The Trefry Centre office will be closed
Monday Nov 13th. Meals will be delivered.**

Fall Prevention Presentation

Trefry Centre Thurs Nov 22 @ 1:30pm

by Jody Lemieux PT of Huron Shores Family Health Team

HYDRO ONE Actively Aging Yoga

Tues Nov 7th & 21st 9:30-10:30am

Echo Bay Community Hall

yoga mats provided for those who need them

Call Trisha if interested 705-297-4024

Carpet Bowling

Mondays from 1 - 3:30 p.m.

Legion Branch 374 Richards Landing

No experience necessary. Call Nancy Konzuk for more information.

705-785-3385

Well Seasoned Morning Social Club

Echo Bay Community Hall

Thursdays 9:30-11am

light breakfast available, coffee, tea, juice

Seniors Lunch Social

Echo Bay Community Hall

Wed Nov 22nd 11am

Call Trisha if you plan to attend 705-297-4024



Dr H.S. Trefry Memorial Centre

Christmas Diner's Club

Thursday December 7

RC Legion Richards Landing

\$21 per person

Doors open 11am

Music by Nostalgia Live

Turkey Dinner



**Tickets on sale until November 27th
at Trefry Centre or
online www.trefrycentre.ca**



CONSTITUENCY CLINICS

Mon. Nov. 6th

Thessalon

Town Office 9:00 - 10:00

Hilton Township

Township Office 11:00 - 12:00

Jocelyn Township

Township Office 1:30 - 2:30

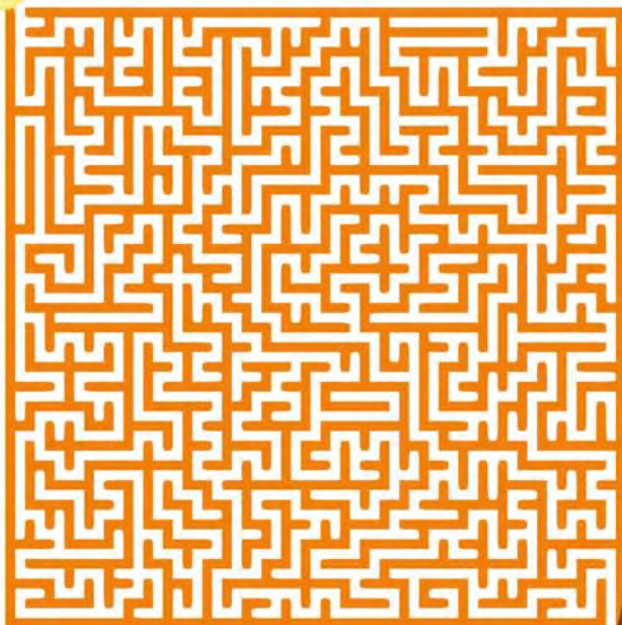
Richards Landing

Old Town Hall 3:00 - 4:00

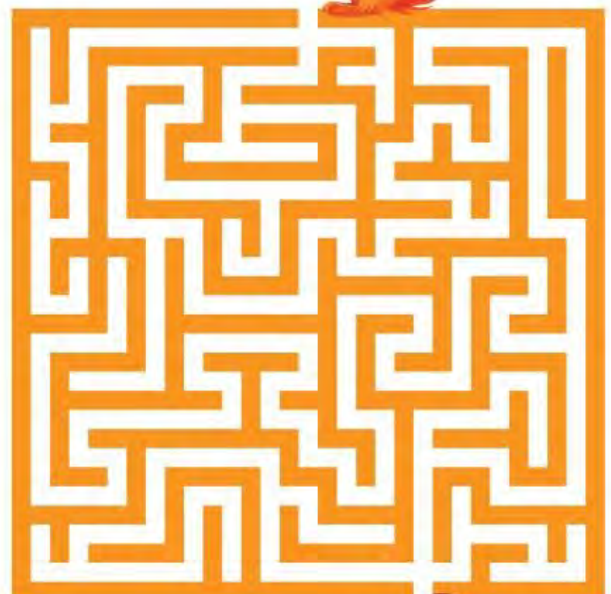
MPP Michael Mantha is hosting constituency clinics in the communities listed. Constituents who have questions or matters of concern are invited to meet with him individually. To book an appointment, call or email the constituency office.

mmantha-co@ola.org 1-800-831-1899

▶ The little bird is hungry! Guide him through the maze to help him find his berries:



▶ The little squirrel is hungry! Guide him through the maze to help him find his acorns:



THE WORD SEARCH BATTLE

Cookies

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/cookies>

BISCOTTI
CRACKER
FINANCIERS
FORTUNE

GIANT
GINGERBREAD
MADELEINE
MOLASSES

OATMEAL
OREO
SHORTBREAD
SMORES

SNICKERDOODLE
SNOWBALL
SPRITZ
WOOPIE

CHRISTMAS CRAFT WORKSHOP

Tuesday November 28th 1:30pm

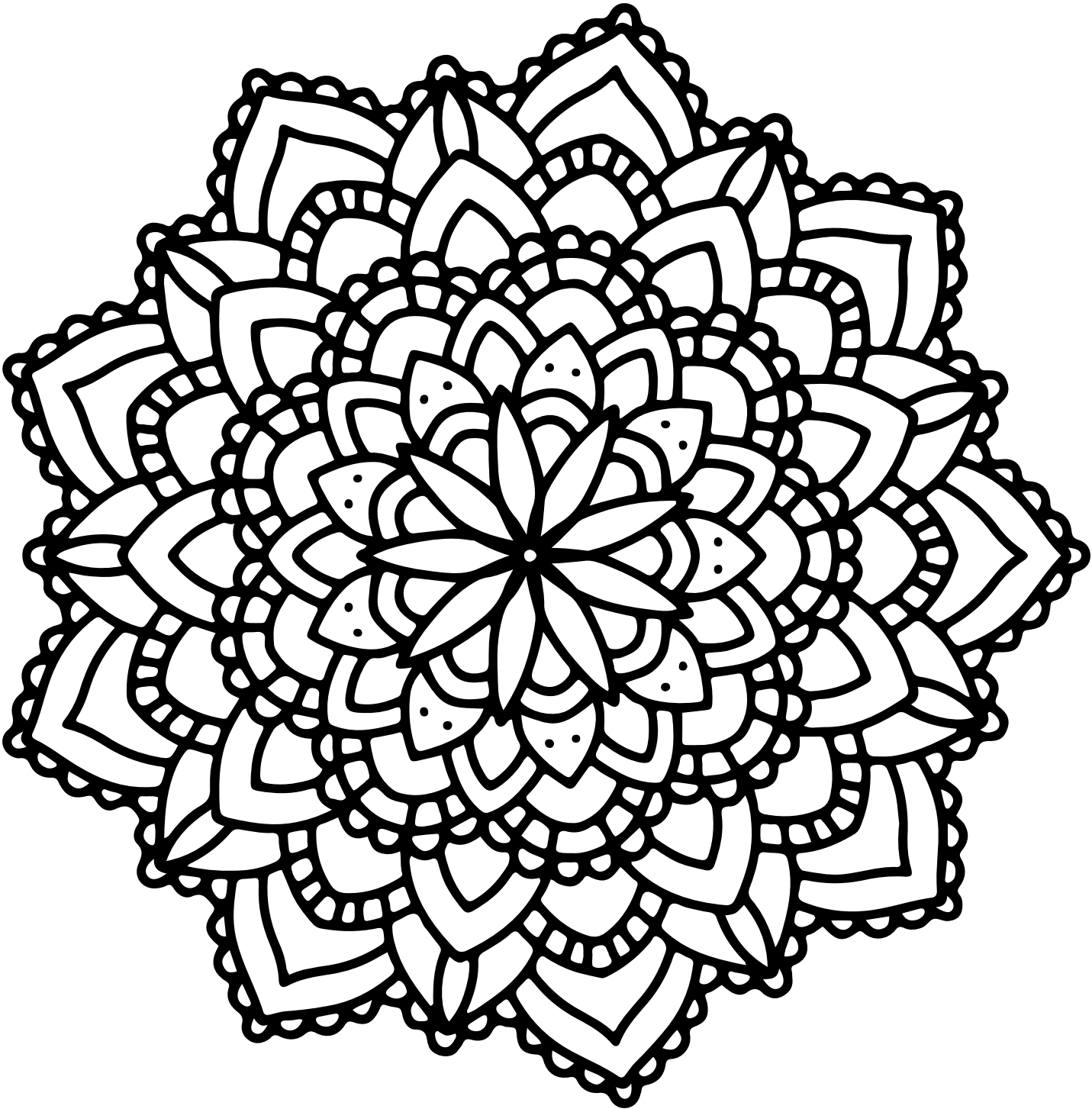


Join our crafty volunteer Wendy at the centre to make this cute set of holiday gnomes.

\$20 per person

includes all supplies, coffee & muffin

Space is limited, so call 705-246-0036 to register



PASTIE LUNCHEON



SATURDAY, DECEMBER 2, 2023
11:00 AM - 1:30 PM

St. George's Parish Hall | 159 Church Street, Echo Bay

Enjoy Ham Pasties, Baekd Beans, Salads, Coffee, Tea, & Desserts.
Silent Auction & Door Prizes!

ADULTS
\$15

KIDS 5-10
\$8

UNDER 5
FREE



ROYAL CANADIAN LEGION LADIES AUXILIARY

Christmas Tea & Craft Sale

NOVEMBER 19, 2023

ROYAL CANADIAN LEGION BR. 374 RICHARDS LANDING

Lunch

SOUP, SANDWICH,
DESSERT & BEVERAGE
11:00 AM - 2:00 PM
\$15.00

Craft Sale

MAIN HALL
10:00 AM - 2:00 PM

Football Tailgate Beef Stew, Servings: 8

judymatusky.com

Ingredients

- 1 1/2 pounds lean beef cubes used for stew
- 2 tablespoons olive oil, divided
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 medium carrots, chopped
- 4 stalks celery, chopped
- 2 cups mushrooms, quartered
- 2-3 medium potatoes, either sweet or white, cut into 1-2" pieces
- 3 parsnips, chopped
- 1 (15.5 ounce) container low sodium beef broth
- 2 low sodium beef bouillon cubes
- 1-2 tablespoons Montreal seasoning or other grill seasoning
- 2 tablespoons Worcestershire sauce
- 2 tablespoons fresh or dried rosemary
- 1 cup red wine
- 24 ounce can chopped tomatoes
- freshly ground pepper to taste
- 2 tablespoons flour

Directions

In a large Dutch oven, brown beef cubes in 1 tablespoon of olive oil over medium-high heat. Remove beef cubes from Dutch oven and set aside. In the same Dutch oven, add 1 tablespoon of olive oil, add onion, garlic, carrots and celery. Saute until vegetables soften, about 4-5 minutes. Add mushrooms, sauteing until they release their moisture, about 6-8 minutes. Add potatoes, parsnips, beef broth, bouillon cubes, Montreal seasoning, Worcestershire sauce, and rosemary. Add the beef cubes back into the Dutch oven. Cover and cook over low-medium heat for about 1 hour. Add red wine and chopped tomatoes. Cover and continue to cook over low heat for another 1 1/2- 2 hours or until beef cubes are tender. To thicken the broth, in a small bowl, stir 2 tablespoons flour into 1/4 cup water until mixture is smooth. Add flour mixture to beef stew, stirring constantly until stew thickens, about 2-3 minutes.

Note: When chopping the vegetables, cut them a little thicker or quarter them because they will be cooking for a long time and it will keep them from getting too soft and mushy.



Steps to Prevent a Fall

**MOVE
IMPROVE
REMOVE®**

Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can keep enjoying the fun things in life.

1 MOVE your body

- ▶ Build your balance, strength and flexibility with regular physical activity
- ▶ Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- ▶ Increase the intensity of your physical activity over time to build stronger muscles

2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- ▶ Keep up your social activities
- ▶ Routinely clean your teeth and gums so you can eat a nutritious diet
- ▶ Check your eyesight and hearing regularly

3 REMOVE hazards

- ▶ Keep your floors clutter free
- ▶ Install grab bars in the bathroom
- ▶ Use handrails and turn on lights on all staircases
- ▶ Wear well-fitting and supportive footwear inside and outside



Trefry Centre Program Info

Adult Day Out

A fun filled day of activities to sharpen the mind and enliven the spirit! Providing respite for caregivers.

Tues-Bruce Mines, Wed- Echo Bay, Thurs-Trefry Centre



Lonely? Want to spend time with others?
Join us for Coffee Connections

Every Tuesday

9:30-10:30am @ Trefry Centre

Meals on Wheels

Meal, soup, dessert or any combination available delivered HOT to your door!

Monday-Wednesday-Friday at NOON



Transportation

Drivers are available to bring clients to our programs, to medical appointments, or other outings.



Exercise Classes

**10am Tuesday with Anne at
Bruce Mines Hall**

**10am Friday with Margo at
Laird Hall**

10am Wed with Margo at Trefry
Wed classes are also on Zoom.
Call us to register or to get a link
for the Zoom class.