

WHAT'S UP DOC

December 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

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

Notice

Trefry Centre Holiday Office Hours:

Closing Friday December 22nd @ 4pm
through

Tuesday January 2nd @ 8:30am

Meals will NOT be delivered Dec 25th

Christmas Prize Bingo

Wed 20th 11am

Echo Bay Community Hall

*Don't forget your ugly sweater!



Floor Curling

Fridays from 1:00 - 3:00p.m.

Laird Hall

No experience necessary. All equipment provided.

Well Seasoned Morning Social Club

Echo Bay Community Hall

Thursdays 9:30-11am through Dec 21st

light breakfast available, coffee, tea, juice

Ukulele Workshop

Trefry Centre Richards Landing

Friday January 19th 2:00-4:00pm

All levels welcome with hope to develop a "ukulele circle".

By donation (\$5 suggested)

Please call the centre for more information and
to sign up 705-246-0036



GLA:D™
CANADA

MEET BRIDGET
REGISTERED KINESIOLOGIST



Scan To Learn More



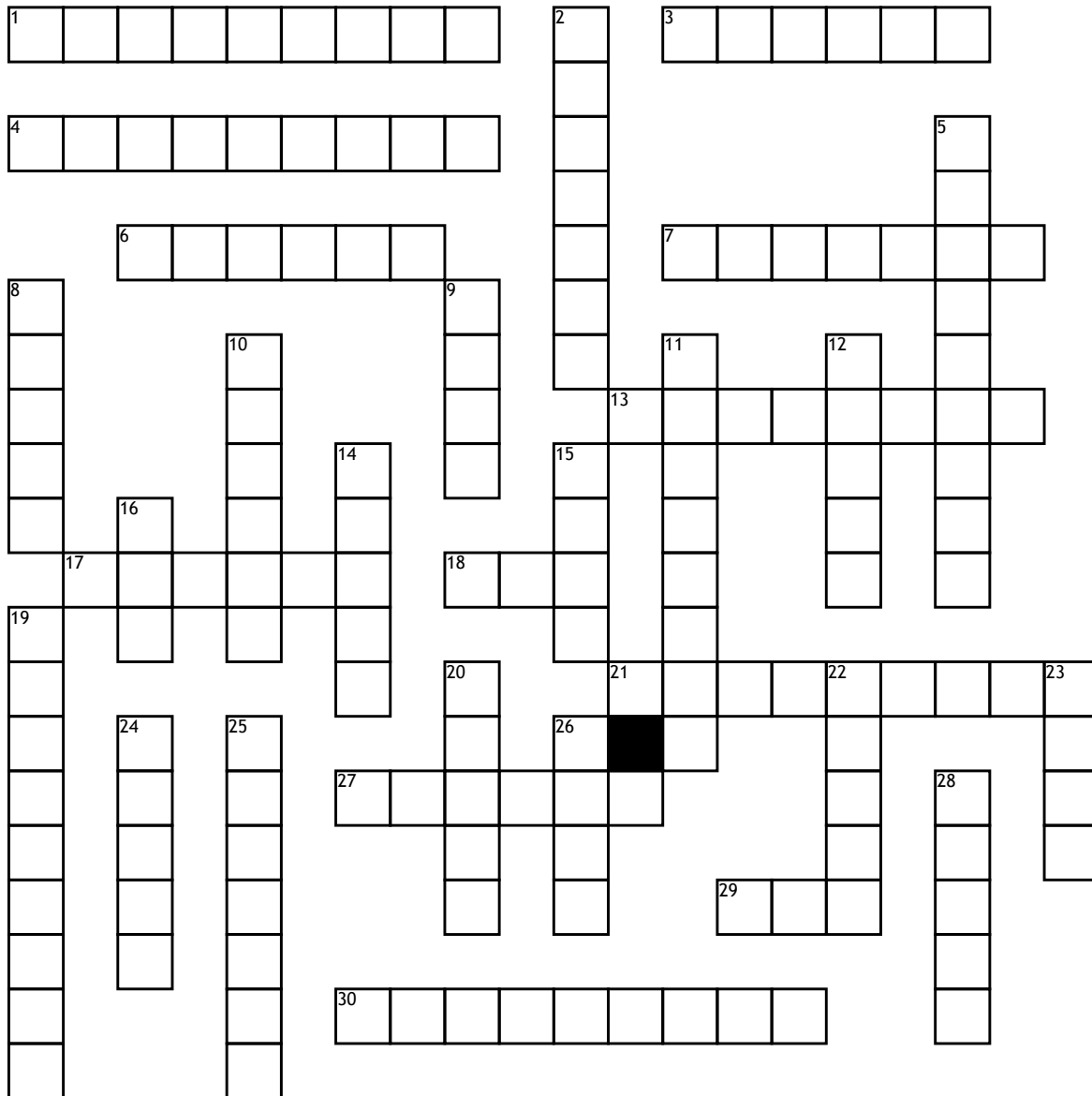
(705) 253-2354
info@sparkrehab.ca



Name: _____

Date: _____

Christmas



Across

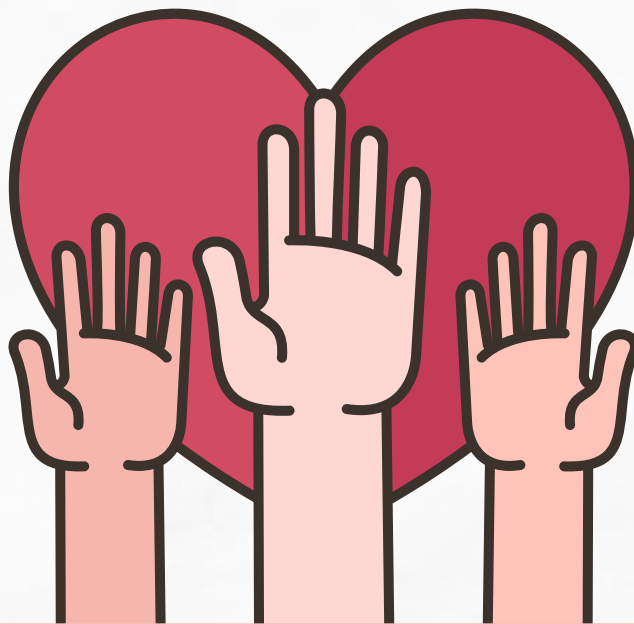
- 1. Don't get caught under this
- 3. Famous snowman
- 4. Edible tree decoration
- 6. Santa's ride
- 7. How Santa enters a house
- 13. These are found under the tree
- 17. Where stockings are hung
- 18. Night before Christmas
- 21. What children like to throw outside
- 27. Nasty holiday drink
- 29. Santa's suit color

- 30. Location of Santa's workshop

Down

- 2. Santa's favorite snack
- 5. What holds the tree
- 8. Number of wise men
- 9. What children want at Christmas time
- 10. Common tree decoration
- 11. It goes on a tree
- 12. These ring
- 14. What most girls want for Christmas
- 15. Where ornaments are placed

- 16. Type of doll
- 19. Where Santa leaves goodies
- 20. Goes on top of tree
- 22. What Santa grows on his face
- 23. Hark, the herald angels
- 24. Who drives the sleigh
- 25. Most famous reindeer of all
- 26. Anagram for lone
- 28. Santa's helpers



VOLUNTEERS

NEEDED


Dr HS Trefry Memorial Centre

We need help with:

- Meals on Wheels
- Adult Day Out program
- Transportation program
- Volunteer positions for kitchen helper, driver, activity assistant

Join our team

 1601 C Line Richards Landing

 705-246-0036



 manager@trefrycentre.ca



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Gen's Pumpkin Cheesecake

We've had lots of requests for this delicious recipe that our cook Gen made at the October Diner's Club luncheon. So here you go! It will make 10 portions. Share with 9 friends....or not 😊

Gingersnap cookie crust:

2 cups (200g) Gingersnap cookie crumbs-
(Grab your favourite from the store and blitz)
¼ tsp cinnamon
6 tbsp (85g) unsalted butter
¼ cup (50g) Brown sugar (packed)

Filling:

1 cup (250ml) Whipping cream or Whipped Topping
16oz (452g) Cream cheese (full fat) Room temperature
¾ cup (90g) Icing sugar
1 cup (227g) Pumpkin puree- fresh pumpkin is best!
¼ cup (50g) Packed brown sugar
1 tsp Vanilla extract
2 tsp Pumpkin pie spice (bought or make your own)
½ tsp Cinnamon
1/8 tsp Salt



Directions:

1. Make the crust! Crumble up your gingersnap cookies and pour them into a 9-inch pan of your choosing. Add in the remaining ingredients for the crust and mix. Pack in the ingredients very tightly- the tighter it's packed, the less likely it will fall apart when cutting the cheesecake. I recommend using the bottom of a glass or measuring cup to pack it into the bottom and up the sides if desired. Freeze for 10-20 minutes or until you are ready to add the filling.
2. Make the filling: Using a hand or stand mixer with a whisk attachment, whip the cold whipping cream into stiff peaks on medium-high for about 4 minutes. Set it aside in the fridge. Separately, Using the paddle attachment on your mixer, beat the cream cheese on medium speed until smooth and creamy. Scrape down the sides with a spatula as needed. Add the pumpkin puree, icing sugar and brown sugar and beat on medium-high speed until combined- again scraping down the sides as needed. Add in the vanilla extract, spices and salt. Beat until combined- creamy, smooth with no lumps!
3. Using a rubber spatula- Fold in the whipped cream from your fridge to the pumpkin cream cheese mixture. Be gentle in this process you want to make sure to incorporate everything without knocking out the air in the whipped cream.
4. Remove the crust from the freezer and spread the filling into the crust. Use an offset spatula to smooth down the top. Cover with plastic wrap and refrigerate for at least 8hrs or up to 2 days. Remove and cut into desired portion sizes. Make sure to wipe your knife between slicing.
5. Top with whatever topping you desire or as is! Whipped cream, candied cranberries, crumbled candied pecans, a dusting of cinnamon! Enjoy 😊



Merry Christmas



from the Senior's & Persons with a Disability
Advisory Committee & Staff of the
Dr. Harold S. Trefry Memorial Centre

We wish a safe and happy Christmas
season to our valued program
participants and generous
volunteers.

Barry Elliott

[Handwritten signature]

Thank you and best wishes to the
local businesses and friends that
have helped us throughout the year.

[Handwritten signature]

[Handwritten signature]

May everyone have a joyful and
prosperous New Year!

Bonnie Cardinal

Sincerely, Committee Members & Staff

Heather Whitley

Vaege Stevens

Anthony Heckard

Jan Robinson

Barb Jackson
Judy Wismer

Beth Bruce

Charlotte

Marcy Clach

[Handwritten signature]

Anne Cranston

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?
Just need to get out of the house?
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

*all income levels eligible



Transportation

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

Exercise Classes

10am Monday & Thursday with Anne at Bruce Station 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.