

# WHAT'S UP DOC



OCSA  
Ontario Community  
Support Association

Serving Seniors 65+  
& Persons with a  
Disability  
Programs:  
Adult Day Out  
Transportation  
Meals on Wheels  
Diner's Club  
Exercise  
Friendly Visiting  
Home Maintenance

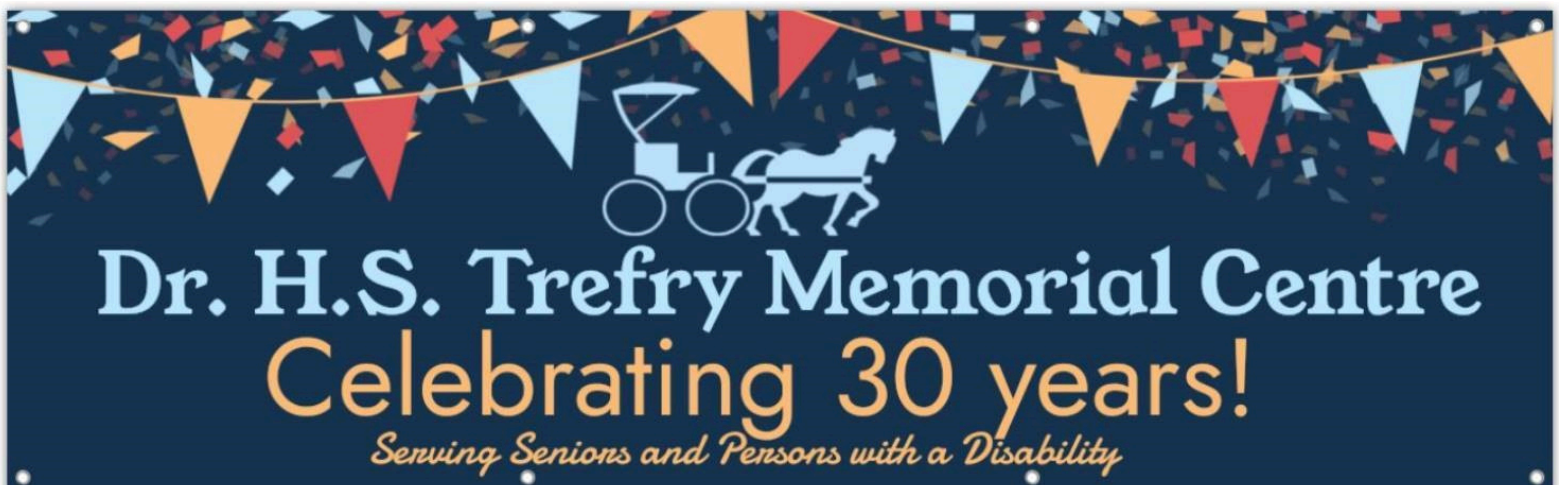


Programs  
Serving:  
Macdonald,  
Meredith &  
Aberdeen Add'l,  
Laird, Tarbutt,  
Village of Hilton  
Beach, Township  
of Hilton,  
Jocelyn, St.  
Joseph, Johnson,  
Plummer Add'l,  
Town of Bruce  
Mines, Thessalon,  
and part of Huron  
Shores

Ontario 

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

Trefry Centre 705-246-0036







ADSB PRESENTS



# THESSALON ADULT LEARNING CENTRE

Free services to help you succeed

## September LBS Courses 2024



**Computer Basics**

**Thessalon ALC Classroom**

Mondays Sept 9 - 30<sup>th</sup> 12:30 - 2:30



**MS Word Essentials**  
**MS Word Workplace**

**Thessalon ALC Classroom**

Tuesdays Sept 10 & 17 12:30 - 2:30

Tuesdays Sept 24, Oct 1 & 8



**Writing Workshops**

**Thessalon ALC Classroom**

Wednesdays 12:30 - 2:30  
*Call for details*



**MS Excel Essentials**  
**MS Excel Workplace**

**Thessalon ALC Classroom**

Wednesdays Sept 12 & 19 12:30 - 2:30

Wednesdays Sept 26, Oct 3 & 10



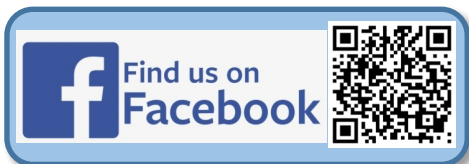
**Cell Phone & Tablet Basics**

**Thessalon ALC Classroom**

Fridays Sept 13 & 20, Oct 4  
12:30 - 2:30

705-842-9191 or [covea@adsb.on.ca](mailto:covea@adsb.on.ca)

supported by:



## **Will I Live Live to 80?**

I had recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?"

He asked, "Do you smoke tobacco or drink beer or wine?"

"Oh no," I replied. "I'm not doing drugs, either."

Then he asked, "Do you eat rib-eye steaks and barbecued ribs?"

I said, "No, my other Doctor said that all red meat is very unhealthy."

"Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?"

"No, I don't," I said.

He asked, "Do you gamble, drive fast cars, or have a lot of sex?"

"No," I said. "I don't do any of those things."

He looked at me and said, "Then why do you want to live to 80?"

## **Do you know who I am?**

One day a famous old celebrity went to a nursing home to see all of his friends again and see how everyone was doing. When he got there he was immediately greeted by everyone because they recognized him instantly. He said hi to all of his friends warmly, but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The celebrity went up to the old man and stood in front of him, asking, "Do you know who I am?"

The old man looked at him, and quickly "No, but you can go to the front desk and they'll tell you."



# Trefry Centre Diner's Club

Tuesday August 27th  
RC Legion Richards Landing  
Doors open 11am

**\$16/person**

ticket online @ [www.trefrycentre.ca](http://www.trefrycentre.ca)  
or at Trefry Centre office

Grilled chicken kebabs, tzatziki sauce,  
fresh greek salad with feta and olives,  
herbed & roasted potatoes  
ice cream with rhubarb and strawberry compote,  
coffee or tea.



1

choice  
choice  
choice

Can you solve the puzzle?

2

noon good

Can you solve the puzzle?

3

t t t  
i i i  
s s s

Can you solve the puzzle?

4

  
prairie

Can you solve the puzzle?

5

FAST

Fast Break

6

+verb

Can you solve the puzzle?

7

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k o  
c

Can you solve the puzzle?

8

I'm 1,2,3  
U

Can you solve the puzzle?

9

STOOD  
miss

Can you solve the puzzle?

10

PAwalkRK

Can you solve the puzzle?

11

m1llion

Can you solve the puzzle?

12

gnikool

Can you solve the puzzle?

13

arrest  
            
you're

Can you solve the puzzle?

14

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Can you solve the puzzle?

15

WALKING  
ice

Can you solve the puzzle?

16

STAND  
ICU

Can you solve the puzzle?

17

BE

Can you solve the puzzle?

18

COFFEE

Can you solve the puzzle?



19

PROMISE

Can you solve the puzzle?

20

G  
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I  
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C  
A  
B

Can you solve the puzzle?

21

MAN  
BOARD

Can you solve the puzzle?

22

SXOT

Can you solve the puzzle?

23

JUST

Can you solve the puzzle?

24

SHgetAPE

Can you solve the puzzle?

25

FOOLING

Can you solve the puzzle?

26

storm  
TH

Can you solve the puzzle?

27

cloudy

Can you solve the puzzle?



28

**bjackox**

Can you solve the puzzle?

29

↓  
**NIGHT**  
↑

Can you solve the puzzle?

30

head / ache

Can you solve the puzzle?

## Answer

- 1 Multiple Choice
- 2 Good Afternoon
- 3 Sit Ups
- 4 Little House on the Prairie
- 5 Fast Break
- 6 Adverb
- 7 Rock Around the Clock
- 8 I'm Counting on You
- 9 Misunderstood
- 10 Walk in the Park
- 11 One in a Million
- 12 Looking Back
- 13 You're Under Arrest
- 14 Stand by Me
- 15 Walking on Thin Ice
- 16 I See You Understand
- 17 I See You Understand
- 18
- 19 Coffee Break
- 20 Broken Promise
- 21 Backing Up
- 22 Man Overboard

**23** X Marks the Spot

**24** Just Right

**25** Get in Shape

**26** Fooling Around

**27** Thunderstorm

**28** Partly Cloudy

**29** Jack in the Box

**30** Middle of the Night

**31** Splitting Headache

# Notice

Trefry Centre office will be closed Mon. Aug 5th  
Meals will be delivered as usual.

## Hilton Beach Community Night

SATURDAY, August 3, 2024  
This Year's Theme - Island Life  
5 p.m. Food Booths  
7 p.m. Parade

## HILTON BEACH COMMUNITY HALL Kitchen Renovation Fundraiser

Let's Get Cook'n!



Dance!

to the music of **RETRO FIT**  
Saturday August 17th 6:30pm-12am \$25

\*cash bar and food available\*

## THESSALON COMMUNITY DAYS

THURSDAY AUGUST 1 -  
MONDAY AUGUST 5

THEME 2024  
CARNIVAL DAYS



## Classic Car & Bike Show



Saturday, August 17th, 2024  
11 a.m. - 3 p.m.  
Peace Park Thessalon

## HARVEST OF ARTISTS

OUTDOOR ART AND  
FINE CRAFT SHOW

Saturday August 24th, 2024  
Centennial Grounds  
Richards Landing



# Easy Summer Pasta Salad

## Ingredients

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1 medium red onion, thinly sliced  
Zest and juice of 1 lemon  
1 garlic clove, finely grated  
1 lb. summer squash and/or zucchini, halved lengthwise, thinly sliced crosswise  
½ cup coarsely chopped pickled banana peppers  
3 Tbsp. red wine vinegar  
1¾ tsp. salt, plus more  
1 tsp. freshly ground black pepper, plus more

\*\*\*\*\*  
1 lb. orecchiette or other small pasta  
2 pints cherry tomatoes, halved  
1 cup halved pitted Kalamata olives  
½ cup finely grated Parmesan, plus more for serving  
⅓ cup extra-virgin olive oil  
8 oz. fresh mozzarella, torn into small pieces  
1 cup (packed) coarsely chopped basil, plus more for serving  
½ cup finely chopped oregano, plus more for serving



## Preparation

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**Step 1** Toss onion, zest and juice of lemon, garlic, summer squash and/or zucchini, banana peppers, vinegar, salt & pepper in a large bowl to combine. Using your hands, gently massage vegetables to soften slightly. Let sit at room temperature, stirring occasionally, 25 minutes.

**Step 2** Cook orecchiette or other small pasta in a large pot of boiling heavily salted water, stirring occasionally, until al dente. Drain in a colander, shaking to remove excess water.

**Step 3** Add pasta, tomatoes, olives, Parmesan, and olive oil to vegetable mixture; toss well to combine. Add mozzarella, basil, and oregano and toss gently just to incorporate. Taste pasta salad and season with more salt and pepper if needed.

**Step 4** Just before serving, top salad with more Parmesan, basil, and oregano.

THE  
**WORD SEARCH BATTLE**

**Summer**

Difficulty: Medium

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

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

BEACH  
CAMP  
CANOEING  
COOL

FAMILY  
FRIENDS  
HAPPY  
HAT

HOLIDAY  
HOT  
SUNNY  
SWIMMING

WATER  
WAVES



NORTH SHORE COMMUNITY  
SUPPORT SERVICES, INC.  
SERVICE DE SOUTIEN COMMUNAUTAIRE  
DE LA RIVE NORD, INC.

*Take care of your*

# MENTAL HEALTH

**Are you experiencing any of the following?**


- Stress, anxiety, grief, depression, abuse, domestic violence, sudden loss of interest, loneliness, constant worry, setbacks, family struggles and/or more


**If so, do not feel alone. We are here to help.**

For support, simply call or email the North Shore Community Support Services' Mental Health Social Worker and book an appointment.

*Your wellness is worth it!!*

➡ Fike Njini, MSW RSW ⬅

 249-356-7011

 [MH-Social-Worker@nscss.com](mailto:MH-Social-Worker@nscss.com)

**FREE** service provided to those in and around Richards Landing, Bruce Mines and Thessalon



# Trefry Centre Program Info

To register for a program call 705-246-0036  
or visit [www.trefrycentre.ca](http://www.trefrycentre.ca) or follow us on Facebook



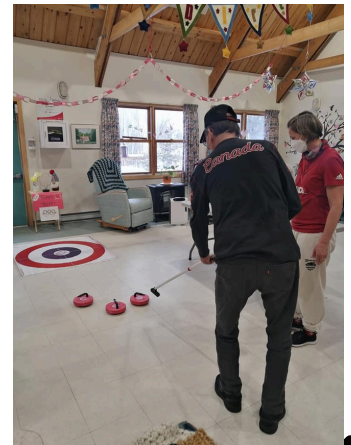
## Friendly Visiting

Seniors living alone, or lonely can be matched up with a volunteer for weekly in home visits.

## Adult Day Out

Providing respite for caregivers. A safe, fun environment for loved ones to spend time with our staff & volunteers.

Tues-Bruce Station, Wed- Echo Bay,  
& Thurs-Trefry Centre 9:30am -3pm



## Transportation Services

providing rides to medical appointments, programs, shopping and community 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 get a link for the Zoom class.

## Meals on Wheels

Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Reduced rates may be offered, based on household income.