

WHAT'S UP DOC

September Issue 2024

OCSA

Ontario Community
Support Association

Ontario 

**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**

manager@trefrycentre.ca

Trefry Centre 705-246-0036

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

Trefry Centre office will be closed Mon. Sept 2nd
Meals will be delivered as usual.



- August 31, 2024 6:30 PM (Doors at 6) -
Echo Bay Sportsplex, (Inside) 83 Bay St, Echo Bay, ON

Tickets: \$20

Available at:
Echo Bay CO-OP
The Copper Bean Cafe
The Rad Zone
www.thewaybacks.ca
At The Door

**FOOD & DRINKS
AVAILABLE FOR
PURCHASE!**

FEATURED BANDS!

Rhythm Junction
Eight Seventies
★ Road Fever ★
The Way Backs
with Meggy Lee



22nd Sylvan Circle Tour 2024

Saturday, September 21, 2024

9 a.m. to 5 p.m.

This will be the 22nd annual Sylvan Circle Artist & Artisan Tour. Travel the picturesque countryside between Echo Bay and Bruce Mines and meet over fifty of the area's finest artists and artisans. At each location you'll find unique, one-of-a-kind creations, perfect for your home or for gift giving. Come, see, shop, discover!

Look for the Sylvan Circle signs directing you along the tour. Enjoy the day!

For more information contact info@sylvancircle.ca or visit sylvancircle.ca.

September 6th, 7th, and 8th is the
Bruce Mines Fall Fair and this year's
fair is focused all around the Farmer's
Unsung Hero the SCARECROW!

5th Annual Farmers Fall 5K Fun Run

WALKERS WELCOME AND ENCOURAGED!!

Sunday, September 22, 2024
Sign in begins at 9am
5km run begins at 9:30am
Registration Fee is \$20
(includes a t-shirt)
REGISTRATION DEADLINE to receive a t-shirt:
Thursday, September 12th



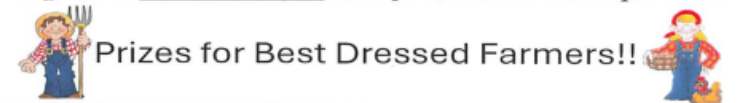
KIDS 1KM and 2KM Run (kids 14 and under)

Registration is required but it is free and will include a t-shirt and medal!

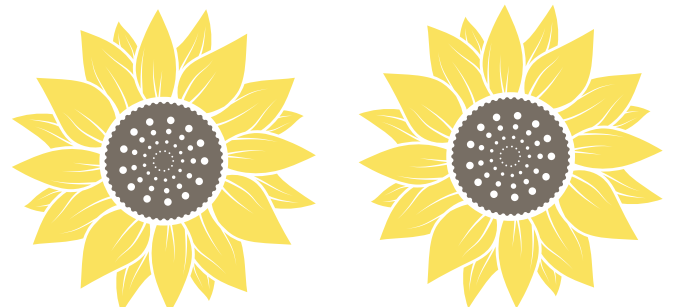
Kids can run the 5KM with adult supervision

The 1KM and 2KM runs will start once the 5KM run is completed. Please be ready by 10:20am, as the exact start time will depend on when the 5KM finishes.

Register at www.echobay.ca or in-person at the Municipal Office




**Nordic Walking/Urban Poling Classes
begin weekly Monday's September 16th
(6weeks)
at 1pm at Lakeside Park**



Mental Health Education Series

Cognitive Behavior Therapy (CBT) & More

Wednesday from 1:30-3:30pm

Presented by: Dr. Shamas & HSFHT Social Work Team

Join Us: **In-person** @ St. Joseph Township Office
1669 Arthur St., Richards Landing, ON.

@ Huron Shores Family Health Team—Thessalon Site Boardroom
333 River Road, Thessalon, ON.

@ Huron Shores Family Health Team—Blind River Site Boardroom
527 Causley St. Blind River, ON.

Mind Body Connection	September 25	Understanding Emotions	November 6
Improving Sleep Quality	October 2	Working with Your Inner Critic	November 13
Anger, Boundaries & Depression	October 9	Regulating with Empathy & Validation	November 20
Stress, Anxiety & Trauma	October 16	Mindfulness & Gratitude	November 27
Recognizing Thought Distortions	October 23	Meditation	December 4
CBT Tools for Helpful Thinking	October 30	Changing Behaviors	December 11

This series is designed to be taken as in sequence or as stand alone sessions. Come join one or all of our sessions in-person or virtually.

For more information or to sign-up to please contact us at:

705-356-1666 Ext. 283

Limited in-person seating available at each location. Please call ahead to secure your spot!



Dr HS Trefry Memorial Centre

55+ GOLF DAY

2024

Thurs Sept 19th @ Silver Creek



Supported by USW local 2724 donation



***10:30am Tee off**

***Bus transportation provided
\$40/person includes cart & BBQ lunch**

***Register at www.trefrycentre.ca
Call 705-246-0036 for more info**

THE
WORD SEARCH BATTLE

Fruit desserts

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/fruit-desserts>

APPLEPIE
BANANABREAD
CHEESECAKE
CUPCAKE
DANISH
ECLAIR

FRUITTART
FUDGE
MACAROON
MOUSSE
MUFFIN
NAPOLEON

NOUGAT
PARFAIT
PAVLOVA
PEACHCRISP
PRALINE
PUDDING

SORBET
SOUFFLE
SPONGECAKE

Menopause Workshop

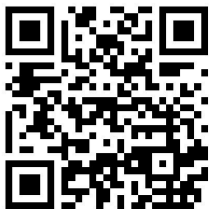


As a mentor and ally, Carol empowers women to reframe menopause as an opportunity for positive change and personal growth. Her holistic approach goes beyond symptom management, addressing root causes and equipping women with the tools and knowledge to minimize or eliminate menopausal challenges.

Tues Oct 8, 15 & 22

\$25/person includes all 3 sessions

register here:



7pm @ Trefry Centre

1601 C Line Richards Landing

www.trefrycentre.ca

705-246-0036

supported by USW local 2724 donation





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.

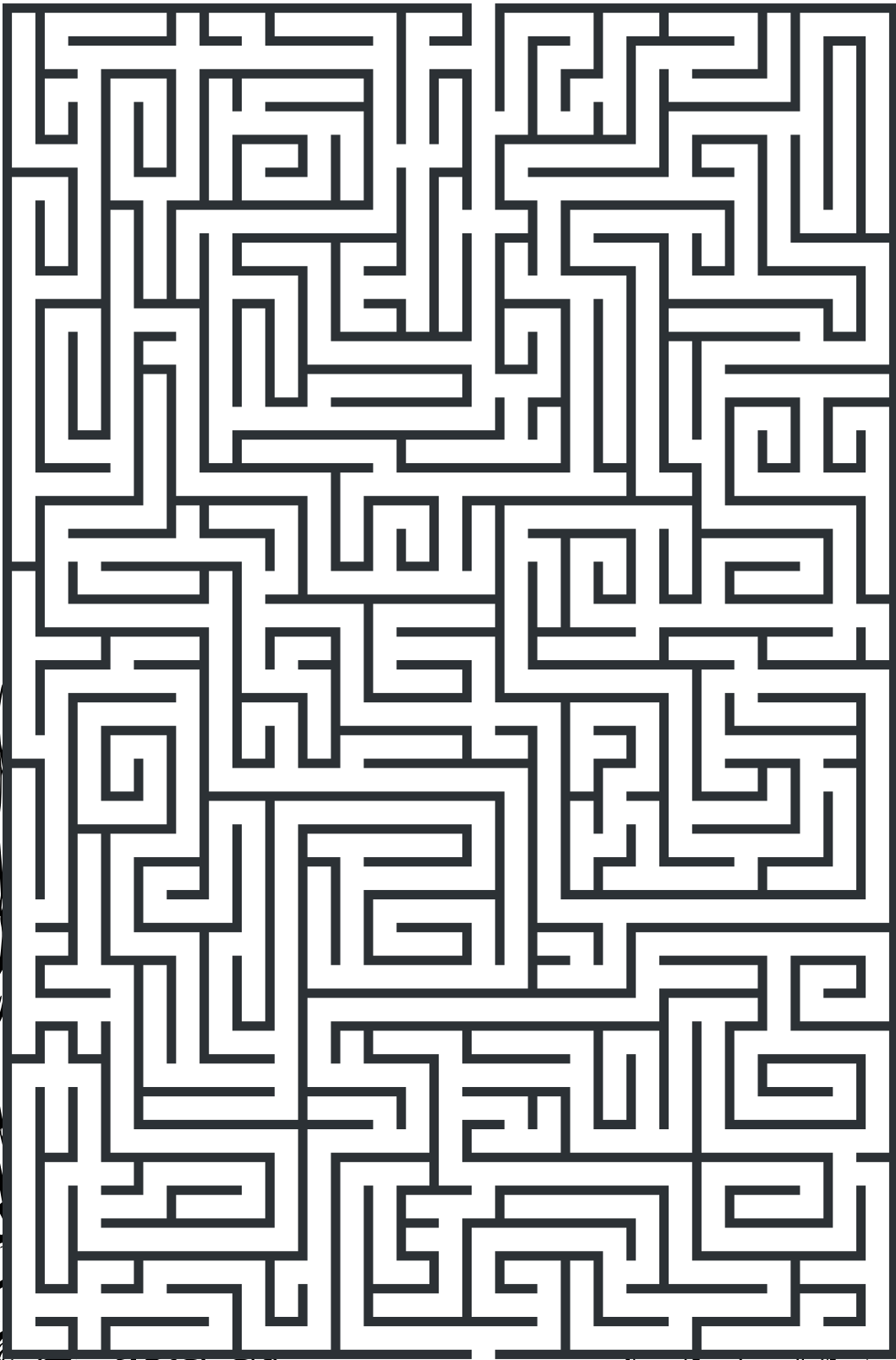
Your wellness is worth it!!

➡ Fike Njini, MSW RSW ⬅

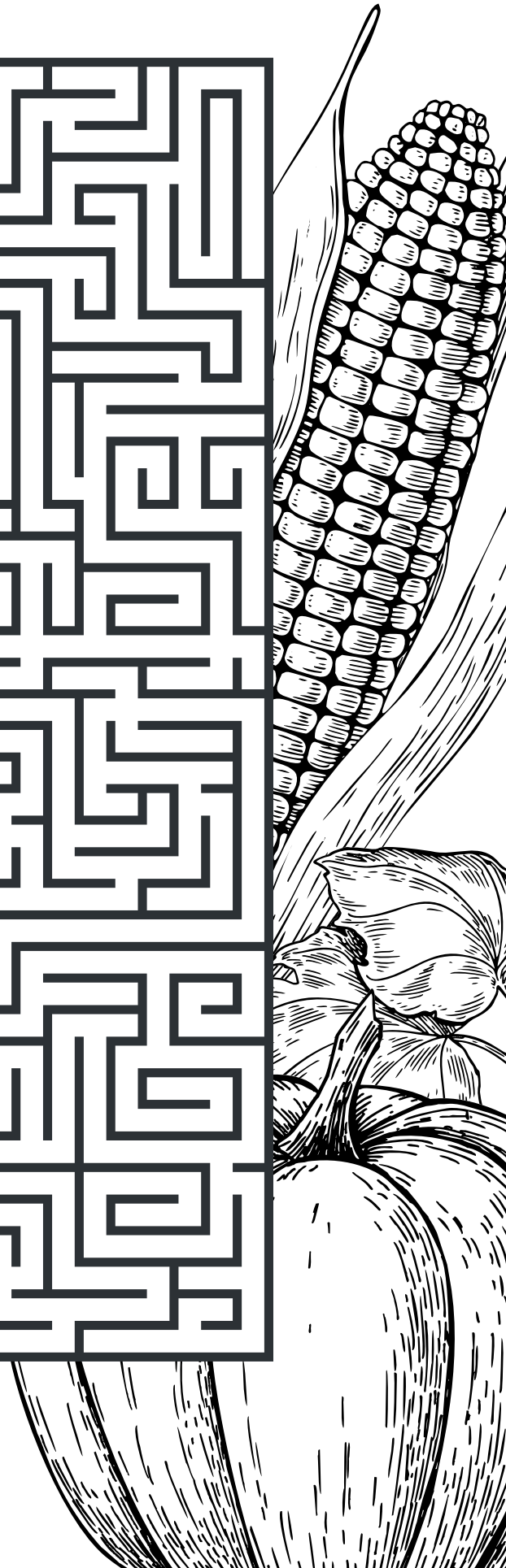
 249-356-7011

 MH-Social-Worker@nscss.com

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



Finish



HEALING JOURNEY SUPPORT GROUP



**AN IN-PERSON
PEER-TO-PEER
GROUP FOR ADULTS
18+ GRIEVING THE
LOSS OF AN ADULT**

WHEN : SEPTEMBER 19TH - NOVEMBER 21ST
(10 WEEKS)
ON THURSDAYS FROM 10:00AM - 12PM

WHERE: RICHARDS LANDING TOWNSHIP OFFICE -
1669 ARTHUR ST.
RICHARDS LANDING,

For more information or sign-up, please contact :

Christelle at 705-246-2477 ext. 207

SUMMER SQUASH WITH PESTO AND PARMESAN

Summer Squash with Pesto and Parmesan is an ultra easy and delicious side dish option for zucchini or yellow summer squash.

INGREDIENTS

- 4 medium summer squash or zucchini, washed and cut into 1/2 inch slices
- 2 tsp. + 2 tsp. extra virgin olive oil
- 1 tsp. Italian Herb Blend
- salt and fresh ground black pepper to taste
- 1/3 cup Basil Pesto (more or less to taste; see notes)
- 1/2 cup coarsely grated Parmesan cheese (more or less to taste)



INSTRUCTIONS

1. Preheat oven to 450F. Take pesto out of the fridge and measure out 1/3 cup into a small bowl and let it soften on the counter. Brush large baking sheet with 2 tsp. olive oil (or spray it if you have an olive oil sprayer.)
2. Wash squash and cut off stem and blossom end. Cut squash into 1/2 inch slices. Arrange squash in single layer on a roasting pan. (If you have two colors, it looks nice to alternate them.) Brush the top of the squash with the other 2 tsp. olive oil and season with [Italian Herb Blend](#) (affiliate link), salt, and fresh-ground black pepper. Roast squash for 10 minutes, or until the squash is barely starting to soften when you pierce it with a fork.
3. Remove squash from oven and turn the oven to broil, with a rack about 3-4 inches below the heat element. Brush the top of the hot squash pieces with [Basil Pesto with Lemon](#), and sprinkle with Parmesan cheese.
4. Put the baking sheet under the broiler and cook for 3-4 minutes, until the cheese is melted and starting to brown. (Watch it carefully; things can easily burn under the broiler.) Serve hot.

BASIL PESTO WITH LEMON

INGREDIENTS

- 2 cups fresh basil leaves (packed into measuring cup)
- 3-4 cloves fresh garlic, peeled and sliced
- 1/2 cup extra-virgin olive oil (choose a a flavorful olive oil for pesto)
- 1/2 cup pine nuts
- 3/4 cup coarsely grated Parmesan cheese
- 1/4 cup fresh squeezed lemon juice
- sea salt and fresh ground black pepper to taste



INSTRUCTIONS

1. Wash basil leaves if needed and spin dry or dry with paper towels.
2. Put basil leaves and sliced garlic into food processor that's been fitted with the steel blade and process until basil and garlic is finely chopped, adding oil through the feed tube as you process. (You may need to take off the lid and scrape the sides with a rubber scraper if you have a hard time getting the basil all chopped.)
3. Add pine nuts, Parmesan cheese, and lemon juice to the chopped basil mixture and process 1-2 minutes more, until the pesto is mostly pureed and well mixed. (I like to keep it slightly chunky, but you can make it as finely pureed as you wish.)
4. Season to taste with salt and fresh ground black pepper and pulse a few times more. Store basil pesto in the refrigerator in a glass jar, where it will keep for more than a week. Pesto can also be frozen.

Trefry Centre Program Info

To register for a program call 705-246-0036
or visit www.trefrycentre.ca or follow us on Facebook



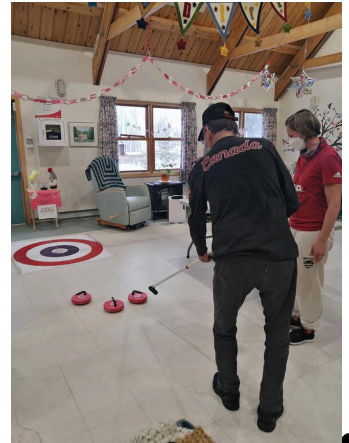
Friendly Visiting

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.