

WHAT'S UP DOC

December Issue **2022**

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, Town of Thessalon & part of Huron Shores.

Serving Seniors 65+
& Persons with a
Disability

Programs:

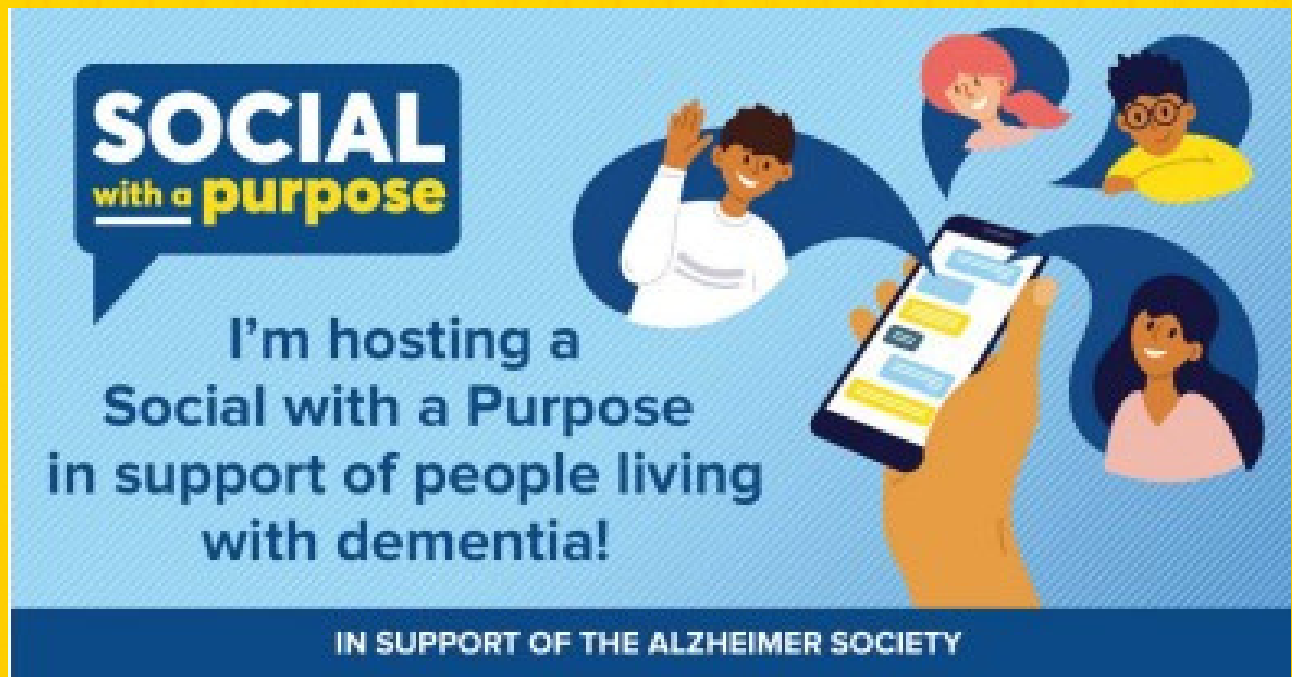
Adult Day Out
Transportation
Meals on Wheels
Diner's Club
Exercise
Friendly Visiting
Home Maintenance



OCSA **30**
Ontario Community
Support Association 1992-2022

Ontario 

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



Please join us at our
Tuesday November 29th
Coffee Connections event in
support of the Alzheimer
Society.

Come out for a social hour, coffee & muffin from 9:30-10:30am on Nov. 29th at the Trefry Centre. All donations will go to the Alzheimer Society. Donations over \$20 are eligible for a tax receipt.

Holiday Humour

Like father, like son

One evening I arrived home from work to find the lights out. My wife had prepared a lovely candlelit dinner and our two young sons, Garrett and Seldon, were dressed in their suits.

“Hey,” I joked, “didn’t we pay our hydro bill?”

A few months later, during the Christmas Eve candlelit procession, the church was packed and silent when Garrett asked, “Hey, Dad, did they not pay their hydro bill, too?” —*Sylvio Gravel, Fitzroy Harbour, Ontario*



A child's retort



Some of my favourite childhood memories involve our family’s annual trips to the local Christmas tree farm. Although we have an artificial tree at our house, my children are still able to partake in the tradition by accompanying my parents when they cut down their tree.

When I announced we would be helping them pick a tree the following weekend, I expected Ethan, my six-year old, to be excited about the outing.

Instead, he furrowed his brow, puzzled, and asked, “What did they do with the one we got them last year?” —*Sara Daub, Waterloo, Ontario*

Avian Obsession

“The Twelve Days of Christmas” is completely unrealistic. There is no way that you’re still accepting gifts from someone after four days of birds....



ANNUAL CHRISTMAS TREE LIGHTING

Looking for a gift that keeps on giving? Buy a bulb for the Annual Christmas Tree Lighting and Carol Sing and support the Matthews Memorial Hospital Association!

**Saturday Dec. 10th, 2022, 4 p.m. in front of the
BridgeLink Medical Clinic.**

Your support of this fundraiser, with proceeds to Physician Recruitment and Retention, is appreciated.

Each \$5 buys a bulb, recognizing your greeting to family, friends or neighbours, or in memory of a loved one, or your donation to MMHA. These greetings will be posted on bulletin boards and made available upon request. Bulbs can be purchased through e-transfer to mmha.sji@gmail.com; or mail to MMHA Box 171 Richards Landing; or drop off in the mail slot at St. Joseph Township Municipal Office. Please include your name and greeting. The annual letter will be sent out shortly as well. This year there will also be a nativity display on at the Harmony St. Marks Harmony United church next door from 11am-4pm. Open to the public for no charge. See the display then come enjoy the tree lighting and carol sing!

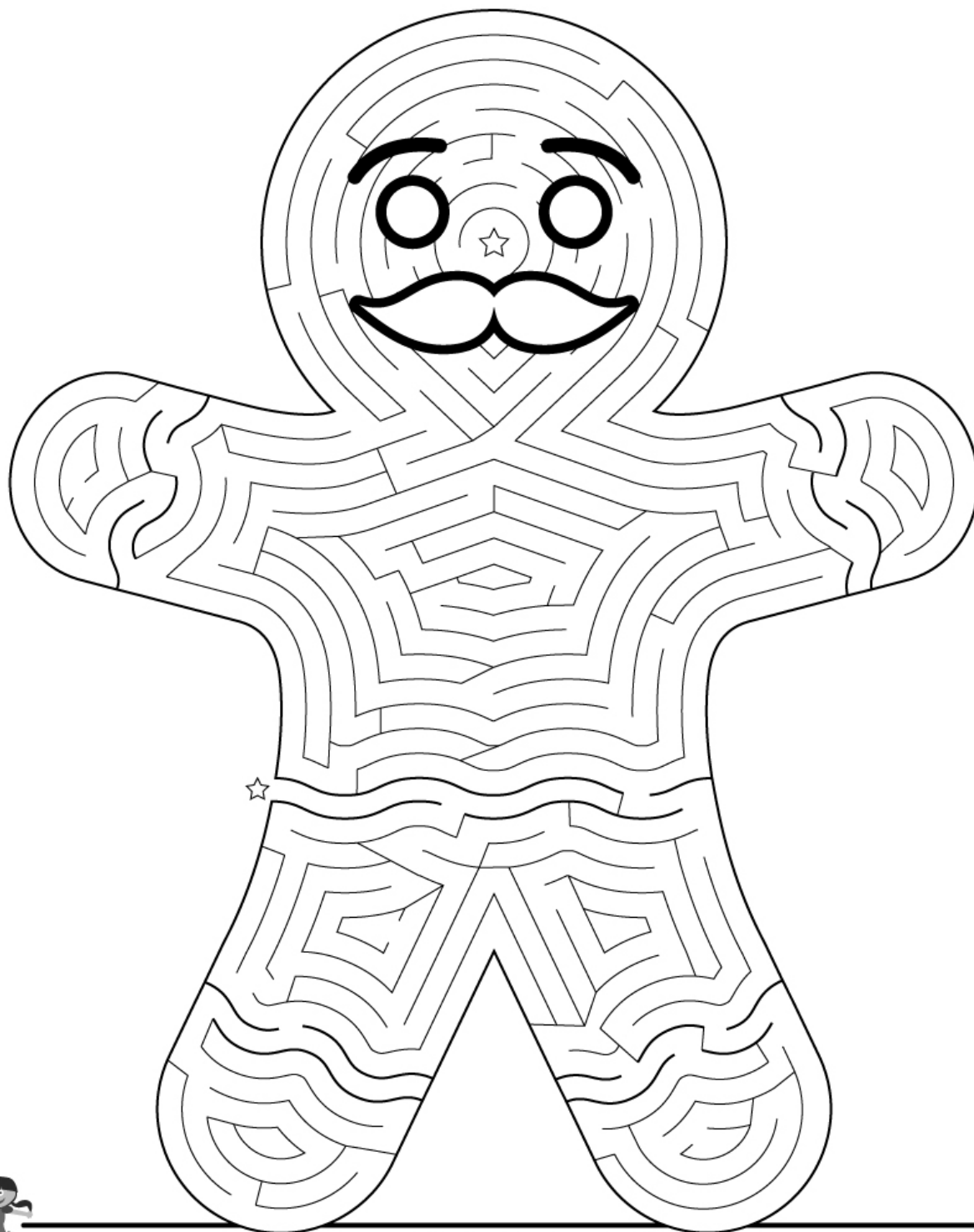
NATIVITY SCENE COLLECTION

Stop by to view the collection of nativity scenes on display, enjoy a hot beverage and some festive cookies before the tree lighting.

Free of charge. All welcome.

**Saturday Dec 10th, 2022 11am-4pm
Harmony St. Mark's United Church Richards Landing**

Gingerbread Man Maze!



Christmas Craft Workshop

Trefry Centre

Wednesday December 7th

1:30-3pm

\$20/person

Includes all material to create a holiday centrepiece, coffee & muffin with our crafty volunteer Wendy.

Space is limited. Please call to pre-register. 705-246-0036



Gingerbread Pear Loaf

INGREDIENTS

Cooking spray

1 1/2 c. all-purpose flour, spooned and leveled

1 1/2 tsp. ground cinnamon

3/4 tsp. ground ginger

3/4 tsp. baking powder

1/4 tsp. plus 1/8 teaspoon baking soda

1/4 tsp. ground cloves

1/2 tsp. kosher salt

1/2 c. molasses

1/2 c. buttermilk

6 tbsp. (3/4 stick) unsalted butter, at room temperature

1/3 c. packed dark brown sugar

2 large eggs

1 1/2 tsp. pure vanilla extract

1/2 firm but ripe Bartlett pear, peeled and chopped



DIRECTIONS

Step 1

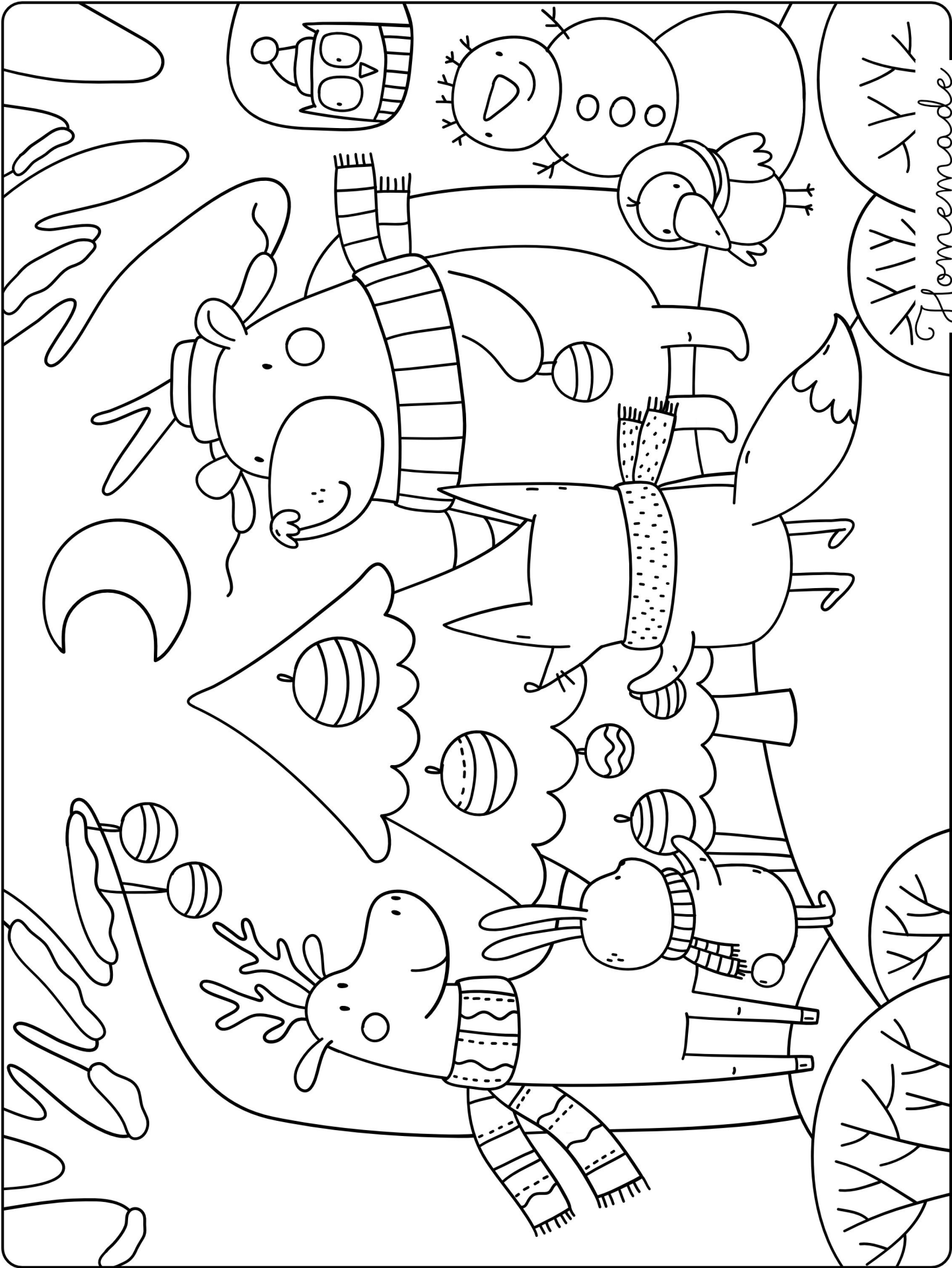
Preheat oven to 325°F. Lightly grease an 8- by 4-inch loaf pan and line with parchment paper, leaving an overhang on two sides. Whisk together flour, cinnamon, ginger, baking powder, baking soda, cloves, and salt in a bowl. Combine molasses and buttermilk in a separate bowl.

Step 2

Beat butter and brown sugar with an electric mixer on medium-high speed until light and fluffy, 2 to 3 minutes. Reduce mixer speed to medium and beat in eggs and vanilla. Reduce mixer speed to low and beat in flour mixture and molasses mixture alternately, starting and ending with the flour mixture, just until incorporated.

Step 3

Fold in pear and transfer to prepared pan. Bake until a wooden pick inserted in center comes out clean, 40 to 50 minutes. Transfer to a wire rack to cool completely.



Homemade
GIFTS MADE EASY

Trefry Centre Staff Profile

Wendy Eagle



Hi All! I'm Wendy Eagle, the part-time cook for Meals on Wheels (MOW) through the Trefry Centre. My husband and I moved to the Island in 2021 from Creemore Ontario, bringing along our 2 beagles, 1 airedale terrier, 4 miniature horses and 2 large horses.

I began cooking for MOW over a year ago and absolutely LOVE it! I've cooked since I was little, with Mom as my teacher. I still enjoy creating tasty, home cooked meals for people and use many of my Mom's recipes... or versions of them.

I'm happy to be a part of your world and always appreciate feedback!

DOCTOR HS TREFRY MEMORIAL
CENTRE

Notice

HOLIDAY HOURS

Closed at noon Friday December 23rd and will reopen on Tuesday January 3rd at 8:30am
Meals on Wheels are still being delivered throughout the holidays.

Coffee Connections Social Hour

*Now every Tuesday 9:30-10:30am.

Bring a friend or meet some here. Enjoy one of Wendy's muffins with coffee or tea, all for a \$2 donation.

****Tuesday November 29th Coffee Connections will be in support of the local Alzheimer Society. Wendy will be baking cookies, which can be purchased by donation.**



Reminder that we are offering exercise classes every Wed via Zoom, if you want to join us, but don't want to shovel and warm up the car! Just give us a call and we'll email you the link. Tech support is available to get you started.



MERRY CHRISTMAS

Joe
Wos

A Magical Christmas -by Manager Susanne Musso Rains

T'was the night before Christmas and all through the Centre Trefry

Everyone was buzzing except Asa, who sat with a sigh

The Christmas concert is 20 minutes away, "Where is Ned?"

Asa said with a hint worry and dread

The seniors were ready, it was 7:00pm and they were not in bed

As visions of dance steps, lines and chords danced in their heads

With Josephine in her kerchief and Ted in his cap

They were ready with their shoes to tap

When Asa sprang out into the hall, and made a clatter

Cheryl ran to her side asking, "What is the matter?"

"Ned is the master of ceremonies; he better show up soon"

They both looked around and their heads filled with doom

The moonlight shone on the new-fallen snow

Gave a luster of mid-day as Ned finally arrived for the show

Asa and Cheryl's eye grew wide, and their hearts cheered

As the time to start the show neared

With a kick of heels so lively and quick

Ted opened the show with a rock 'in rendition of little St Nick

More rapid that eagles the Course's sang

The crowd whistled, Ned shouted and called them by name

Now, Kenneth! Now Mary! Now Josephine and Ted

On, Shirley! On Richard! On Michael! and.....OH ME NED!!

From the bottom of our hearts and with a lot of zing

Everyone knows the words so let us all sing!

The crowd joined in, the Centre was filled with song

"Silent Night" "Jingle Bells" "Papa Noel" and the list went on

So up to the stage the Trefry staff did go

To watch the crowd alive with Christmas glow

Dressed as "Dancer" Edna did arrive shaking her hoof

Then the crowd heard a loud noise on the roof
Every head turned to look outside in the snow
On the lawn stood Santa, played by Joe
He was dressed all in fur, from his toes to his head
He winked at the crowd; they had nothing to dread
A bundle of gifts he had flung on his back
He looked just like a peddler opening his sack
His eyes, how they twinkled, his dimples how merry
His cheeks were like roses and his nose was a little scary
His mouth smiled and his teeth were glowing
Joe laughed walking into the crowd so knowing
A chair he had chosen the night before was steady
And Joe sat down, with his list so ready
He called up Joan first, and ask her "What is your Christmas Wish?"
She responded "My mother's special milk glass dish"
Joe looked in his sack and pulled out her wish
Joan gasped "How did you know I wanted this dish?"
Joe winked and said "The magic of Christmas is very strong"
And one by one, each guest came along
He spoke few words and went straight to giving
For Joe knew this was the secret to truly living
Once the crowd all had something to hold
The Santa sack, Joe silently did fold
He sprang from his chair, and saluted the crowd
As he left, everyone cheered so loud
And we heard his exclaim as he walked out of sight
Merry Christmas to All and to all a good night

MERRY CHRISTMAS AND HAPPY NEW YEAR

THANK YOU SO MUCH FOR YOUR SUPPORT OVER 2022

THE STAFF OF THE DR. HAROLD S TREFRY MEMORIAL CENTRE WISH YOU AND YOUR FAMILY ALL THE BEST OVER THE HOLIDAY SEASON

THANK YOU, VOLUNTEERS, THANK YOU, CLIENTS, THANK YOU, BUSINESS!

MAY THE MEMORIES OF YEARS PAST BRING YOU JOY AND WARM YOUR HEART!

WE LOOK FORWARD TO SERVING YOU IN 2023!!



30 DAYS OF *gratitude*

- a person I'm glad to have in my life.
- something I find comfort in
- my favorite part of the morning
- my favorite memory
- an accomplishment I'm proud of
- a hidden blessing in a difficult situation
- an opportunity I'm grateful for
- my favorite song (& why)
- a life lesson I have learned
- the biggest gift in my life right now
- a future event I'm excited about
- some positive news I've gotten recently
- my favorite area in my home
- a memory that makes me smile
- something beautiful I saw today
- my favorite part of the evening
- my guilty pleasure
- one good thing that happened today
- how I show gratitude for my friends
- something I love about a family member
- something positive about my body
- a challenge I'm grateful for
- a compliment that made me feel good
- the best gift I've ever received
- the item I treasure most
- the people who mean the most to me
- my favorite part about nature
- something that made me laugh today
- a book that I loved reading
- a freedom I am grateful for

Merry Christmas



DECEMBER 2022



	MON	TUE	WED	THU	FRI	SAT
1				1	2	3
4	Carpet Bowling at Legion 1-3pm each Monday \$2				Hen's & Stitches 10-12	Ho
5		6 \$2 Coffee Connections & Internet Cafe 9:30am	7 Exercise 10am Centre & on Zoom	8 Exercise 10am Bruce Station	9 Hen's & Stitches 10-12	De & I
11			Christmas Craft Workshop 1:30-3pm	Christmas Diner's SOLD OUT	Pasta dinner RCL BM 4-7pm	L
12	Exercise 10am Bruce Station	13 \$2 Coffee Connections & Internet Cafe 9:30am	14 Exercise 10am Centre & on Zoom	15 Exercise 10am Bruce Station	16 Hen's & Stitches 10-12	17
18						
19	Exercise 10am Bruce Station	20 \$2 Coffee Connections & Internet Cafe 9:30am	21 Exercise 10am Centre & on Zoom	22 Exercise 10am Bruce Station	23 Hen's & Stitches 10-12	24
25						cl no J
26						31

**Bruce Station
Adult Day Out
every Tues.
9:30am -3pm**

**Echo Bay
Adult Day Out
every Wed.
9:30am -3pm**

**Richards Landing
Adult Day Out
every Thurs.
9:30am -3pm**

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.



Hen's & Stitches

Bring your knitting, crochet or needle point and work on it in a social setting.

Friday's 10am-12pm

Bridge

Join our bridge players here at the Trefry Centre, Beginners welcome.

Tuesday's 1-4pm



Visit our Internet Cafe **Tuesday's at 9:30**
Bring your iPad for a senior friendly lesson or use one of ours to connect.

New Horizons Seniors Grant

Toonie Tuesday Coffee Connections

Every Tuesday 9:30-10:30am @ Trefry Centre

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