

WHAT'S UP DOC

July 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

Summer Word Search

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



AUGUST
BARBECUE
BEACH
FAMILY
FLIP FLOPS
FUN
HOT
ICE CREAM

ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX
SHORTS

SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION



Adcock's Woodland Gardens

Thursday July 20

2 pm - 4pm

Admission by Donation

4757 5th Side Rd. (Hwy. 548)

**Beverages
Light Snacks
Entertainment**

Garden Tea

Hosted by

**The St. Joseph Island
Horticultural Society**



For more informacion contact Sheila 705-246-3078

NORTSHORE HEALTH NETWORK AUXILIARY

RICHARDS LANDING MATTHEWS SITE

Drawn Friday July 28, 2023 at
Community Night in Richards Landing - 9:00 p.m.



Tickets
\$2 each or
3 for \$5



First Prize:

Queen/King size Quilt
95.5" x 116"
Blocks donated by Sandra
Stevens/late Ella Stevens.
Embroidered by Shirley Pringle
and late Ruth Black
Top finished by Norma Griffin
Hand Quilted by Mary Ann
Goold and friends.

Second Prize:

\$500 gift certificate from
Kentvale Merchants

Third Prize:

1 youth bicycle and two children's
bicycles donated by Create It

FOR TICKETS CONTACT:

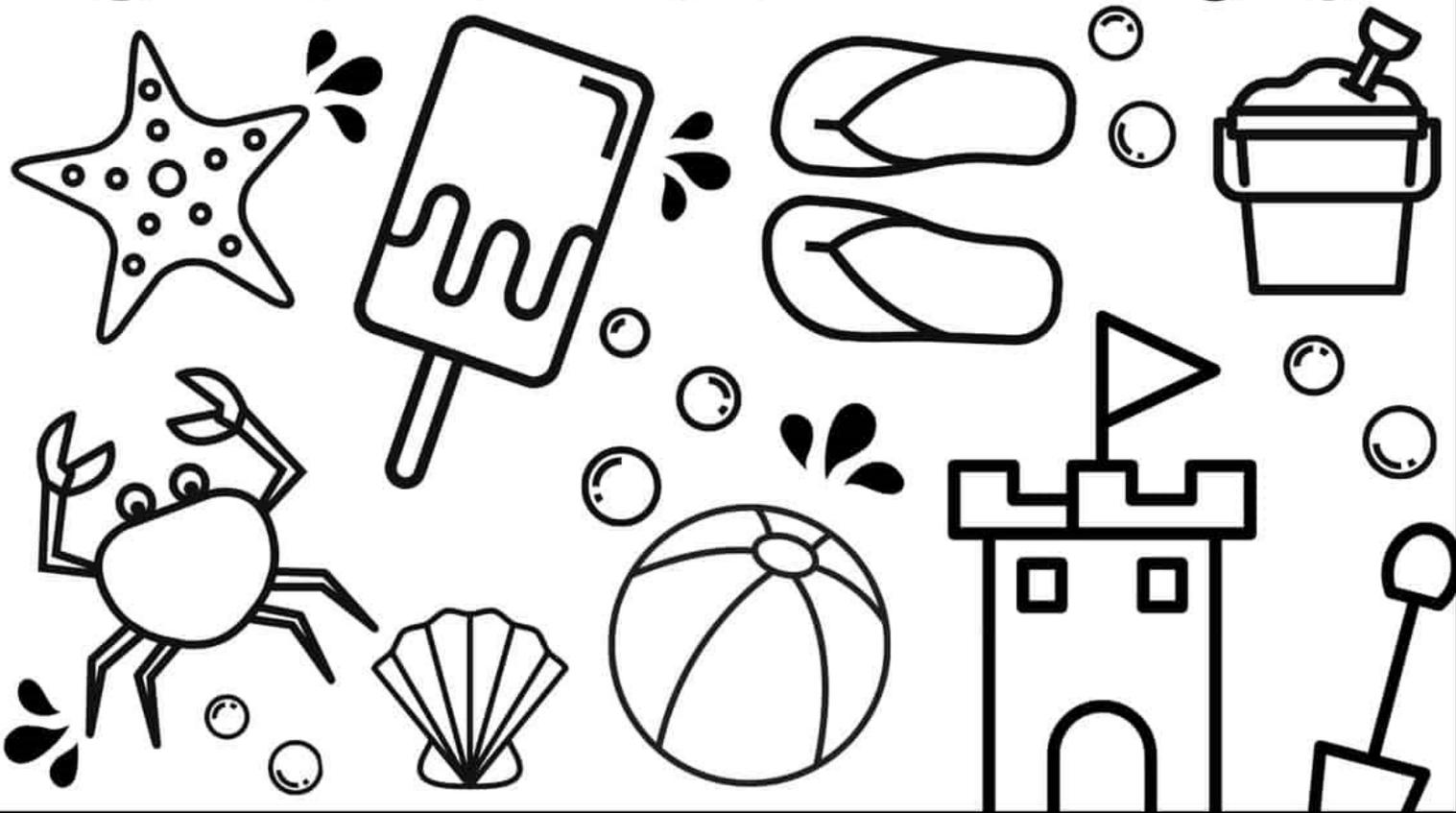
Joan Glute 705-246-0003
Barb Jackson 705-246-1120
Christine Thomson 705-206-0565
Sandy MacIntyre 705-971-1858

Licence #M778761





SUMMER





ALZHEIMER SOCIETY CAREGIVER SUPPORT GROUP BRUCE MINES & AREA

**THE FIRST WEDNESDAY OF EACH MONTH 1:30 – 3:00 P.M.
BRUCE MINES UNITED CHURCH, 18 WILLIAMS STREET**

These meetings will offer caregivers the opportunity to learn more about memory loss and dementia, useful hands-on strategies and helpful tips. It will also provide you with an opportunity to share with others who are travelling a similar journey.

Upcoming Meeting Dates:

- ❖ **Wednesday, July 5, 2023 – In Thessalon**
- ❖ **Wednesday, August 2, 2023 – In Thessalon**

**Thessalon Council Chambers –187 Main Street from
10:00 – 11:30 am.**

- ❖ **Wednesday, September 6, 2023 – Bruce Mines**
- ❖ **Wednesday, October 4, 2023 – Bruce Mines**
- ❖ **Wednesday, November 1, 2023 – Bruce Mines**
- ❖ **Wednesday, December 6, 2023 – Bruce Mines**

**You Are Not
Alone!**

Please join us!

**A safe place for
caregivers to learn
and share.**

*Please use basement
entrance at side of church*

**Please let us know if you will
be bringing your loved one
with you.**

**TO REGISTER OR FOR
MORE INFORMATION:**

Call 705-942-2195

or email

info@alzheimeralgoma.org

Alzheimer Society
SAULT STE. MARIE &
ALGOMA DISTRICT

Blueberry Lemon Loaf Cake

Ingredients:

- 2 cups all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 3/4 cups granulated sugar.
- 3/4 cups sour cream
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 ½ teaspoon lemon juice
- Zest of 1 lemon
- 1 tablespoon all-purpose flour

Lemon syrup:

- 2 tablespoons lemon juice
- 1 tablespoons water
- 3 tablespoons granulated sugar



Instructions:

Preheat the oven to 350°F. Grease a 9x5-inch loaf pan and set aside.

1. In a medium bowl, sift together flour, baking powder, baking soda, and salt. Set aside.
2. In a large bowl, add eggs, sugar, oil, sour cream, vanilla extract, lemon juice, and lemon zest. Whisk until smooth. Add the flour mixture and gently stir until just combined. Do not over-mix.
3. In a separate bowl, toss blueberries in 1 tablespoon of flour. Gently fold blueberries into the batter. Pour the batter into the prepared loaf pan.
4. Bake for 45-50 minutes, or until a toothpick inserted into the center of the loaf cake comes out clean. Loosely cover the top of the loaf cake with aluminum foil after 35 minutes of baking.
5. Make the lemon syrup while the loaf cake is in the oven. In a small saucepan over low heat, add lemon juice, water, and sugar, and cook until the sugar is dissolved. Alternatively, add lemon juice, water, and sugar into a small bowl and microwave for about 15 seconds until the sugar is dissolved.
6. When the loaf cake is done, remove it from the oven and let it cool in the pan for 5-10 minutes. Invert the loaf cake onto a wire rack. Using a toothpick, poke holes in the top of the cake to allow the syrup to soak in. Brush the lemon syrup over the top of the cake. Enjoy the **easy blueberry lemon loaf cake** while it is still warm!

2023 EVENTS

JUNE TO SEPT.

Farmers' Market

Saturdays June 24 to Sept. 2
10 a.m. to noon

AUGUST

Community Night

Saturday August 5
5 p.m. onwards

JULY

Arts at the Dock

Sunday July 16
11 a.m. to 4 p.m.

Classic Car Show

Saturday July 22
Noon to 4 p.m.



events@hiltonbeach.com / 705 246-2242

LOCAL HOUSING

for seniors

Have questions about senior housing?

Need help completing a housing application?

Currently live in ADSAB housing and have questions/concerns?

**Housing representatives from
Algoma District Services Administration
Board (ADSAB)**

will be attending Coffee Connections

Tuesday July 25th

9:30-10:30am

Dr HS Trefry Memorial Centre

HEALING JOURNEY

SUPPORT GROUP



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

WHEN : EVERY THURSDAY
STARTING FROM JULY 13TH
(FOR 10 WEEKS)
FROM 1:30 TO 3:30

WHERE: RICHARDS LANDING

For more information or sign-up, please contact :

Denise at 705-842-2905

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



Exercise Classes

**10am Tuesday with Anne
at Bruce Mines 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.



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



Transportation

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



Meals on Wheels

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

Monday-Wednesday-Friday at NOON