

WHAT'S UP DOC

April 2026



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

Trefry Centre 705-246-0036

manager@trefrycentre.ca

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

Ontario 

OCSA
Ontario Community
Support Association



YOGA ON THE MOVE
with Kerry



Release stress and increase flexibility through our
weekly yoga class.

6 week session \$20
or \$10/session walk-in

SAVE
75%



Tickets



Thursday evenings 7-8pm
April 23rd-May 28th
@ Trefry Centre
1601 C Line Richards Landing
(bring a yoga mat & blanket)

DINER'S CLUB

Tuesday April 28th

11am

RC Legion Richards Landing

*Lemon Herb Chicken,
Scalloped potatoes,
Roasted carrots,
Carrot cake,
Coffee & tea*



*\$16
per person*

tickets available at: Trefry Centre or
www.trefrycentre.ca

Protein Pancakes with Cottage Cheese

These cottage cheese pancakes are light and fluffy, with pockets of gooey cottage cheese. With 6 g of protein per pancake, they will actually fill you up, and they are simple to mix up in one bowl.

Ingredients:

1 cup cottage cheese
2 eggs
2 tablespoons maple syrup
½ teaspoon vanilla
1 cups white whole wheat flour *fluffed, spooned & levelled*
1 teaspoons baking powder ¼ teaspoon salt
¼ cup milk *optional, use if batter is too dry*



- **Blueberry Almond** - Fold in fresh blueberries, add a ½ teaspoon of almond extract, and serve with slivered almonds and more berries.
- **Strawberry Lemonade** - Add ½ teaspoon of lemon extract, 1-2 teaspoons of lemon juice, and zest from one lemon. Fold in strawberries and serve with strawberry syrup
- **Chocolate Chip Bacon** - Unconventional combination, I know, but trust me! Stir in crumbled, crispy bacon and mini chocolate chips. Serve with maple syrup.
- **Apple Cinnamon Pecan** - Add a tablespoon of cinnamon and apples diced small. Top with pecans and serve with a drizzle of maple syrup or cream cheese icing.

Mix the batter- Start by mixing together the wet ingredients: add the cottage cheese, eggs, maple syrup and vanilla. Mix with a spatula until the batter is well combined. Next, add the dry ingredients: place the flour, baking powder and salt onto the wet mixture. Mix until no pockets of flour remain. At this point, you can assess whether the batter needs milk to thin it out; see the photo above for the desired consistency. If adding milk, start with ¼ cup, then add more as needed.

Measure + cook- I recommend measuring out ¼ cup portions of pancake batter; it may seem like it's not enough, but the pancakes expand quite a bit when cooking.

Heat a pan over medium heat. Spray the pan with spray oil, or grease well with olive or vegetable oil. Add the ¼ cup portion of pancake batter and pat it into a circular shape using the measuring cup. Cook for 2 minutes on the first side.

Flip- Pancakes are ready to flip when the edges become set and dry, and there are bubbles throughout the pancake. Carefully flip the pancake and cook for another 1-2 minutes on the second side.

How to Declutter your Home

- **Start with Safety:** Prioritize removing tripping hazards in hallways, clearing walkways, and organizing high-use areas like the bathroom and kitchen.
- **Small, Consistent Efforts:** Do not try to clean the whole house at once. Set realistic goals, such as 15-30 minutes per day or one small area per week.
- **The Three-Pile Method:** Sort items into **Keep**, **Donate/Gift**, and **Discard**.
- **The 1-Year Rule:** If an item (clothing, kitchen gadget, decoration) hasn't been used in the past year, it is likely safe to let it go.
- **Manage Sentimental Items:** Take photos of cherished items to keep the memory without the physical clutter, or curate a small, special memory box.
- **Digitize Paperwork:** Scan old documents, photos, and records to save space and make items easier to find.
- **Involve Loved Ones:** Make it a social activity by having family members help, which can make the process faster and more emotionally manageable.



Key Rules to Simplify Decision-Making

- **12/12/12 Rule:** Find 12 items to throw away, 12 to donate, and 12 to return to their proper place.
- **\$20/20 Rule:** If you can replace an item for less than \$20 and in under 20 minutes, get rid of it if you don't use it regularly.
- **5-Second Rule:** When holding an object, give yourself five seconds to remember the last time you used it. If you can't, it goes.



Tips for Success

- **Sit While Working:** Use a chair to reduce physical strain and fatigue.
- **Remove Items Immediately:** Take donations to the car or trash out of the house immediately to prevent them from being brought back inside.
- **Label Boxes:** Clearly mark boxes for family members, donation, or hazardous waste to keep the process organized



HEALTHY AGING: LISTEN & LEARN

GUEST
SPEAKERS



WHO SHOULD ATTEND?

Open to all adults
interested in aging well

Light snack provided
Accessible venue

DROP IN OR REGISTER
705-356-1666 EXT. 283

PRESENTATIONS WILL TAKE PLACE
Each Wednesday from 1:30-3:00 pm
APRIL 15 - MAY 20, 2026

- ✓ Introduction to Healthy Aging with Dr. Trafford (Geriatrician)
- ✓ Home Safety & Service Finding
- ✓ Geriatric Services & Planning for the Future
- ✓ Nutrition for Healthy Aging
- ✓ Fraud & Scam Prevention
- ✓ Mental Health & Wellness

Location:

Dr. HS Trefry Centre
1601 C Line Rd, Richards Landing

FREE!

SPRING

WORD SEARCH

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



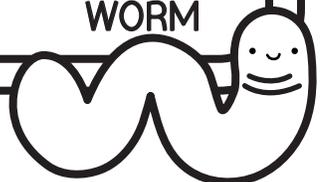
BEE
BLOSSOM
BUD
BUNNY

BUTTERFLY
CHICK
EGGS
FLOWER

GRASS
KITE
LADYBUG
LAMB

LILY
NEST
PUDDLE
RAIN

SEEDS
SPROUT
TULIP
WORM



Looking for nutrition advice?

Ontario residents can connect with a Registered Dietitian to access free nutrition information and advice with **Health811**.



Call Health811 for nutrition advice

To speak to a dietitian for questions regarding healthy eating and nutrition, you can:

 call 811

 chat online

<https://health811.ontario.ca/.../hcns-nutrition-program...>

Dietitians are available Monday to Friday, from 9-5

Connect with a dietitian for information on :

 general eating for physical activity

 diabetes and managing blood sugars

 nutrition for chronic diseases

 food safety and food storage

Building Connection as a Caregiver

Relationships are vital to our wellbeing and support stronger immunity, improved mood, longer lifespan, and greater resilience.

You can build your social circle by finding moments of connection that work for you:

Connect with others who understand Other caregivers know better than anyone how challenging this role can be. Sometimes a kind voice and words of encouragement from someone who has been there may be just what you need.

At OCO, we offer [peer support programs](#) to help you find support and connection with people who can relate to your experiences:



Peer mentorship: A telephone-based program that connects caregivers with trained Peer Mentor volunteers who have lived caregiver experience and can offer emotional support, a listening ear, and genuine understanding.

Online Support Groups: Connect with other caregivers to share your challenges, successes, and concerns throughout your journey. These groups offer a space to hear a range of stories that can help you feel less alone. Specialized groups are available for young caregivers, French speaking caregivers, and those navigating a change in their identity as a caregiver.

Weave connection into your daily life

When it feels like there aren't enough hours in a day, making plans can feel overwhelming. Why not start by weaving moments of connection into existing tasks within your schedule? This could look like:

*Taking a few moments to chat with a neighbour when picking up the mail

*Meal prepping with a friend over the weekend (in-person or over the phone – whatever works for you!)

*A phone call with someone in your life while cleaning up after dinner or during a 5-minute break from your care tasks

Connection doesn't always require long conversations or elaborate plans. Small, intentional moments add up.

Notice

Office closed Easter weekend April 3rd and 6th.

Town of Thessalon
Community Wellness & Recreation Committee
Presents:

ANNUAL EASTER EGG HUNT!

The Easter Bunny is Coming!
Get Ready to Hunt!

Meet the Easter Bunny | Games | Prizes | 1000's of Eggs to collect!

Friday, April 3rd, 2026

Register at 10:30 AM,
Hunt at 11:00 AM
Peace Park Thessalon

Volunteers needed to fill eggs March 26 at 6 p.m. & hide eggs at 9:00 a.m. April 3

For more information or to volunteer, contact susan@thessalon.ca



MAPLE SYRUP FESTIVAL
APRIL 4TH, 5TH, & 11TH, 12TH
THE ROYAL CANADIAN LEGION BRANCH 374
8:00 A.M. TO 3:00 P.M



ADULT GAMES NIGHT

FRIDAY, APRIL 17TH
DOORS OPEN: 6:00 PM
GAMES START: 7:00 PM
APPROXIMATE END TIME: MIDNIGHT
HOSTED AT THE ECHO BAY ELKS

Teams of 8 Players – \$80 per team
Compete in exciting Minute-to-Win-It style challenges with your team throughout the evening!

Get ready for an unforgettable night filled with fun, friendly competition, and plenty of laughs — you won't want to miss it!

GATHER YOUR TEAM AND MARK YOUR CALENDARS!



SENIOR'S COFFEE CLUB
THURSDAYS 9AM
\$2 DONATION
ECHO BAY
COMMUNITY HALL



INDOOR WALKING GROUP
EVERY MON-FRI 9-12
LEGION RICHARDS LANDING
FREE EVERYONE WELCOME



50+ GAME CLUB – HELD
EVERY MONDAY (EXCEPT
STATUTORY HOLIDAYS) FROM
1:00–3:00 P.M. AT THE BRUCE
MINES COMMUNITY HALL



65+ SENIORS SOCIAL
3RD TUESDAY EVERY MONTH
1-3 PM
THESSALON MARINA
HARBOUR VIEW BUILDING
TEA, COFFEE, GAMES,

RED DIRT SKINNERS
HILTON BEACH
COMMUNITY HALL
APRIL 28, 2026



Antique Guessing Game: National Cherish an Antique Day, celebrated annually on April 9th, invites us to explore the rich history and personal stories behind treasured antiques and family heirlooms. These items often hold sentimental value far beyond their price tag, offering a unique glimpse into the past.

1

QUESTION



What is this?

2

QUESTION



What is this?

3

QUESTION



What is this?

4

QUESTION



What is this?

5

QUESTION



What is this?

6

QUESTION



What is this?

7

QUESTION



What is this?

8

QUESTION



What is this?

9

QUESTION



What is this?

Antique Guessing Game: National Cherish an Antique Day, celebrated annually on April 9th, invites us to explore the rich history and personal stories behind treasured antiques and family heirlooms. These items often hold sentimental value far beyond their price tag, offering a unique glimpse into the past.

1

ANSWER

Tobacco Cutter - Larger tobacco cutters, often used by shops or small manufacturers, were designed to sit on a table or countertop. These typically had a larger, rotating blade system and a crank handle to power the cutting process. They were often more durable and efficient for cutting larger quantities of tobacco.

2

ANSWER

Hair Dresser Hood - These hoods were designed to provide even heat or airflow over the hair to help with styling, setting, or drying, particularly for perming or curling hair.

3

ANSWER

Hearing Aid/Ear Horn - These devices were typically used in the 18th, 19th, and early 20th centuries to amplify sound for people with hearing loss. The ear horn functioned by gathering sound from the environment and funneling it toward the user's ear, making sounds louder and more audible.

4

ANSWER

Meat Grinder - These grinders were common in households during the 19th and early 20th centuries. As you turned the crank, the gears inside would rotate and move the meat toward the grinding plate. The pressure exerted on the meat would cause it to be minced finely or coarsely, depending on the size of the holes in the plate.

5

ANSWER

Iron - To use a manual iron, you would first heat it on a stovetop or fill the iron's cavity with hot coals. Once the iron was sufficiently hot, you would use it like any other iron to smooth out wrinkles in clothing.

6

ANSWER

Coffee Grinder - To use the grinder, you would place coffee beans into the top chamber, turn the handle to grind the beans, and then collect the ground coffee in the drawer or tray at the bottom. The amount of grind produced depended on how much you turned the handle and how finely the burrs or blades were set.

7

ANSWER

Hand Drill - a manual tool used for boring holes in various materials

8

ANSWER

Nut Cracker - simply a device for cracking nuts

9

ANSWER

Wine Funnel - Wine Funnels were developed towards the end of the 17th century as they were a necessity for decanting wines from the bottle to a decanter.

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10

QUESTION



What is this?

11

QUESTION



What is this?

12

QUESTION



What is this?

13

QUESTION



What is this?

14

QUESTION



What is this?

15

QUESTION



What is this?

16

QUESTION



What is this?

17

QUESTION



What is this?

18

QUESTION



What is this?

Antique Guessing Game: National Cherish an Antique Day, celebrated annually on April 9th, invites us to explore the rich history and personal stories behind treasured antiques and family heirlooms. These items often hold sentimental value far beyond their price tag, offering a unique glimpse into the past.

10

ANSWER

Ink Well - An inkwell was a permanent and decorative container to hold ink, it was a relatively expensive item. Ink bottles on the other hand were disposable, less fancy vessels for ink storage.

11

ANSWER

Butter Bell - This is a kitchen dish that keeps butter fresh. The way it works is by packing the butter into the bell-shaped lid and then placing it upside down into the base. The base is filled with cold water, which creates a seal around the butter. This seal keeps the butter fresh for a longer period without it spoiling or becoming too hard, as the water prevents air from reaching the butter.

12

ANSWER

Vise - hold raw materials in place, allowing crafts persons to plane, carve, cut, or drill a piece of wood or metal to precise specifications

13

ANSWER

Victorian Fly/Wasp Catcher - These devices were typically made of metal, glass, or ceramic and were designed to be both functional and ornamental. They often had a funnel or trap mechanism that would lure the insects inside, where they would become trapped.

14

ANSWER

Mining Goggles - protecting the miner's eyes from smoke or soot

15

ANSWER

Theremin - The Theremin is a monophonic instrument that involves the use of two antennas, one used to control the pitch, the other the volume. It holds a unique distinction in the world of music in that it's the only instrument that you play without actually touching

16

ANSWER

Elephant Claw Bell - The purpose of the elephant bell is to warn pedestrians traveling the narrow paths of India that an elephant was approaching. They date back to the 17th century when they were first seen hanging from cords on either side of a "domesticated" elephant.

17

ANSWER

Metronome - is a device that makes a click sound at regular intervals, based on the beats per minute (BPM) to which it's set. Original metronomes are mechanical devices with a pendulum that swings back and forth to produce this clicking sound.

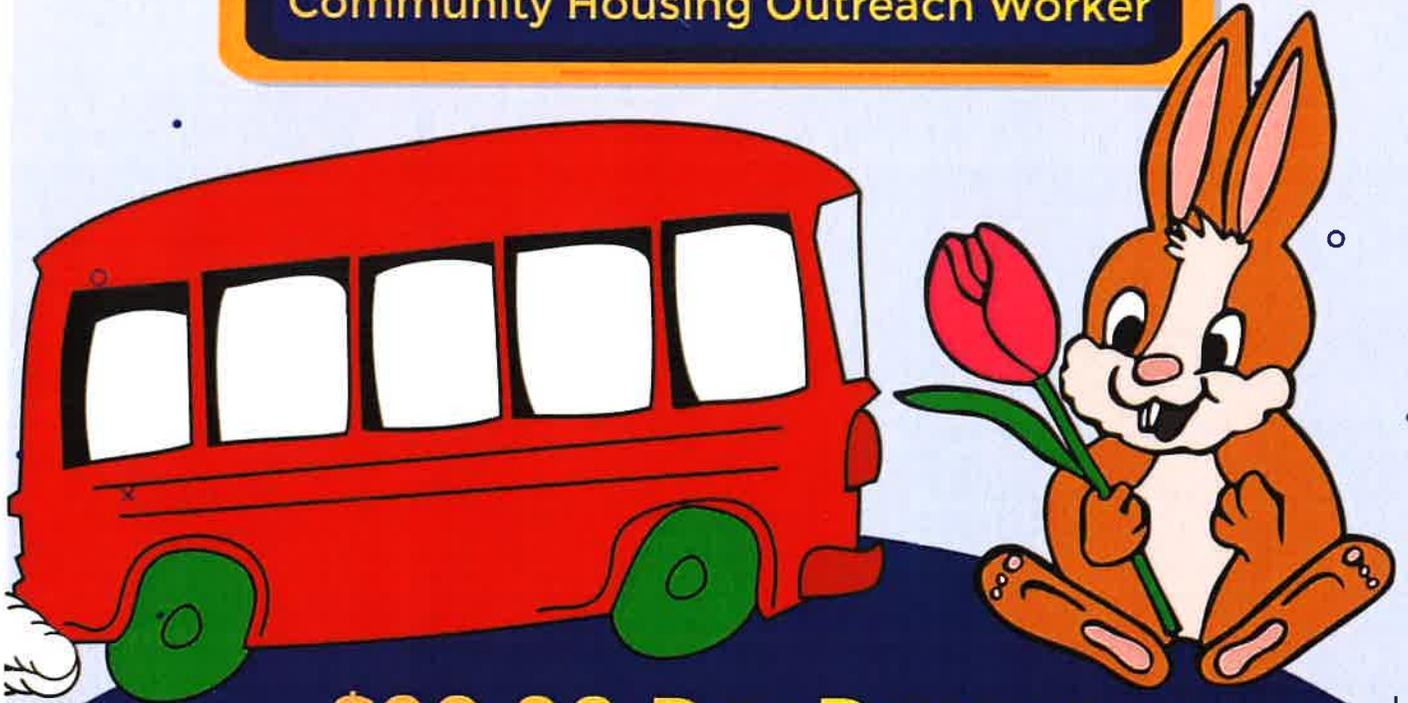
18

ANSWER

Potato Masher - this type of masher was used in Victorian times. It is still used in Scotland and is known as a 'Potato-Beetle' or just a 'Beetle'.

YOU SPOKE, WE LISTENED
MONTHLY
Shopping Trips

Allie Hoek
Community Housing Outreach Worker



\$20.00 Per Person

Saturday, April 4th 2026

Starting at: 7:00am pickup in Blind River
Pick ups can be made in MFN, Iron Bridge, Thessalon FN, Thessalon,
Bruce Mines.

Approx return to Blind River 3:30-4:00pm

We will be stopping at for a total of 4 hours shopping:
Walmart

Station Mall (movie theatre, Dollarama, Bath & Body, Showcase and more)

Call or text to book your spot! 705-297-9198

The oddest town names in Ontario — and how they got them

Adapted from Village Media, Written by Teagan Sliz

Across the province, hazy oral histories, quirky events that grew into town lore, and words lost in translation have led to some exceptionally odd, funny, and even mystical place names.

Most Ontario towns have names that don't elicit a double take. Many, like Toronto, Kapuskasing, and Wasaga, have roots in Indigenous words or phrases, while others like Kitchener, Ajax, or Oakville are the namesakes of lords or historical ships and geographic identifiers. In Ontario, there is usually a clear line that can be drawn between a place and its history. But for some locales, this line is more akin to a winding road.

Across the province, hazy oral histories, quirky events that grew into town lore, and words lost in translation have led to some exceptionally odd, funny, and even mystical place names. Here are six of the strangest town, hamlet, and village names in Ontario:

Punkeydoodles Corners Starting off strong, this oddly-named hamlet is located an eight-minute drive from downtown New Hamburg, where Oxford, Perth and Waterloo Counties meet. Punkeydoodles — a word that might be mistaken for a My Little Pony name — has a contested origin story. Some say it started as a nickname for an early Swiss settler named John Zurbrigg who grew pumpkins. Apparently, it was an apt moniker as Zurbrigg was short and stout, just like his crop. But others say it comes from a German Innkeeper named John Zurbuchen who frequently mixed up the lyrics to “Yankee Doodle,” belting out “Punkeydoodle” instead.

Moose Factory It doesn't get more strange (or more Canadian) than Moose Factory, Ontario. This small community sits on Moose Factory Island on Moose River across from, you guessed it, Moosonee. It's located roughly 20 km downstream of James Bay and is largely inhabited by the Moose Cree First Nation. Settled in 1672 by the Hudson's Bay Company as a fur trading post, Moose Factory is the oldest community on our list. It gets its unique name from the settlers who combined the Cree word *môsonihk*, meaning "at the Moose River" with “Factor,” which was what managers in charge of trading pots for the HBC were called.

Moonbeam This enchantingly-named northern Ontario town sits a 20-minute drive from Kapuskasing on the Trans Canada Highway. It gets its name from early-1900s settlers who reported seeing strange “moonbeams” falling from the sky in the area. It's likely the settlers, who had travelled north via the recently completed Canadian National Rail, were seeing the northern lights for the first time and mistakenly referred to them as moonbeams. So when a town was founded nearby in 1922, it was christened Moonbeam, Ontario. Decades later, alleged UFO sightings over the town in the 1970s upped the town's paranormal edge, leading to a large flying saucer and alien monument being erected along the highway, making a great photo-op for roadtrippers.

Pickle Lake While its name suggests something brinier, this northern Ontario town is centered around a freshwater lake that settlers thought was shaped like a pickle. And thus, Pickle Lake was born. The area around the lake had been settled since fur traders established a nearby outpost in 1786, but when gold was struck on the banks of the nearby Kawinogans River in 1928, Pickle Lake became the main transportation centre in the area. Today, it remains a transportation hub for goods and people travelling to northern communities.

Snowball No, Snowball isn't the setting of a cheesy Hallmark Christmas movie, it's a small hamlet located just north of Toronto in King Township. Originally, called Coates' Corners after a local blacksmith, Snowball came by its name in the 1850s when the construction of a log church was delayed due to snow being wedged in the wood joints. The crew had to wait until the next snowmelt to continue construction, and when it was completed, it was nicknamed "Snowball." The name stuck and the surrounding hamlet eventually adopted the festive title as well.

Pain Court Pain Court may sound like Dante's forgotten Eighth Circle of Hell, but the origins of this southwestern Ontario village's name are actually quite pleasant. In fact, it comes from baked goods. Located in the municipality of Chatham-Kent, Pain Court was one of the earliest French-speaking settlements in southern Ontario. The name comes from French settlers who farmed the land in the late 1700s and made short bread, or "pain court," for travelling Catholic missionaries who visited the region.

Join us for a refreshing walk along the trails...

THESSALON TRAILS

THESSALON COASTAL TRAILS

Healthy Steps

MEET AT THESSALON COASTAL TRAILHEAD

FRIDAYS

APRIL 17 @12:00PM - 2:00PM
LUNCH PROVIDED - IF - YOU REGISTER!

MAY 1 @ 4:00PM - 5:00PM
MAY 22 @ 4:00PM - 5:00PM
SNACKS PROVIDED

JUNE 5 @12:00PM - 2:00PM
LUNCH PROVIDED - IF - YOU REGISTER!

WALK, BREATHE, RECHARGE

All ages and fitness levels are welcome

Let's take steps together. Move your body, boost your mood, learn more and connect with your community while walking the trails in Thessalon. Special facilitators with health and land based knowledge will guide us along the way.

To register, call or visit the Town of Thessalon Offices: 705-842-2217 or register online →

Algoma PUBLIC HEALTH
Santé publique Algoma

Ontario

NARVA SPORDES
FAMILY HEALTH TEAM
ADVANCING THE HEALTH OF THE COMMUNITY

A Clothesline Poem

A clothesline was a news forecast
To neighbors passing by,
There were no secrets you could keep
When clothes were hung to dry.
It also was a friendly link,
For neighbors always knew,
If company had stopped on by
To spend a night or two.
For then you'd see the "fancy sheets"
And towels upon the line;
You'd see the "company tablecloths"
With intricate designs.
The line announced a baby's birth,
From folks who lived inside,
As brand-new infant clothes were hung
So carefully with pride!
The ages of the children could
So readily be known,
By watching how the sizes changed—
You'd see how much they'd grown.
It also told when illness struck,
As extra sheets were hung;
Then nightclothes and a bathrobe too,
Haphazardly were strung.
It also said, "On vacation now,"
When lines hung limp and bare.
It told, "We're back!" when full lines sagged
With not an inch to spare.
New folks in town were scorned upon
If wash was dingy and grey,
As neighbors raised their brows and turned,
And looked the other way.
But clotheslines now are of the past,
For dryers ease the chore.
And what goes on inside a home
Is private evermore.
I truly miss that way of life—
It was a friendly sign,
When neighbors knew each other best
By what hung out on the line.

Author Unknown

Going on an Egg Hunt

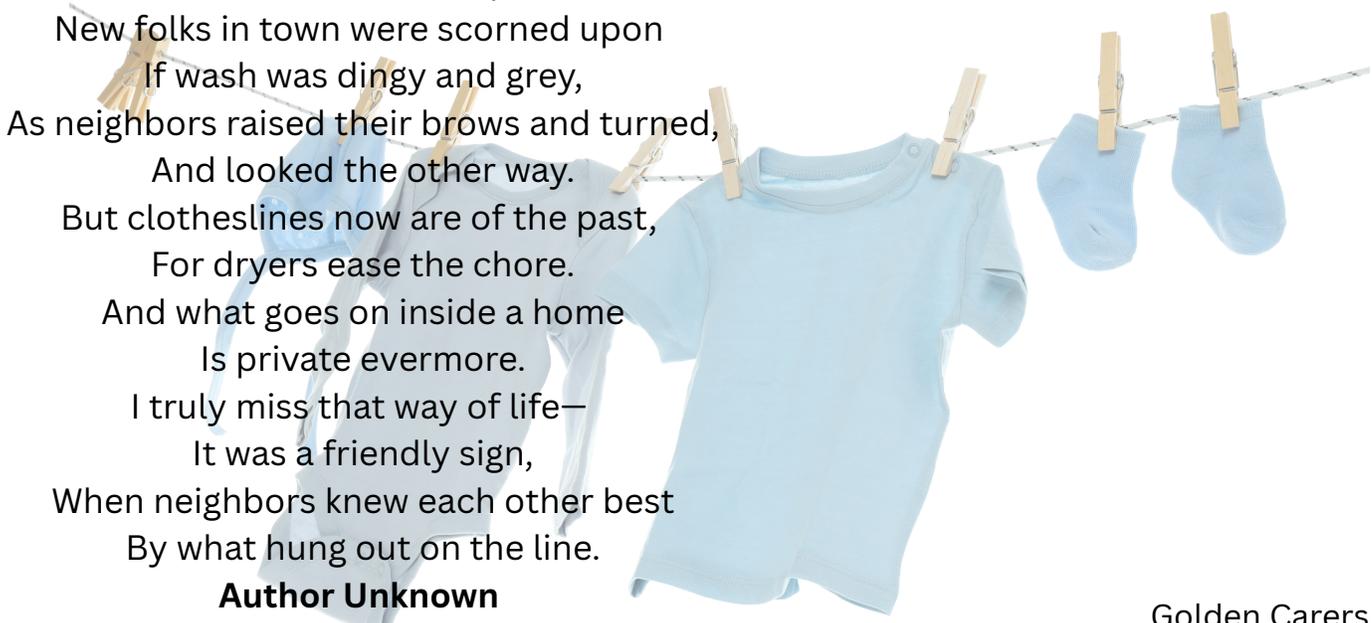
By Lill Pluta

I'm on the hunt for Easter eggs
My basket's in my hand
It's empty now, but not for long
I have a master plan.

I'll look beneath the flower pots
All lined up in a row
And then I'll go out to the shed
And look both high and low.

I'll poke around in tufts of grass
And by the roots of trees
But I'll be extra careful
Not to bother any bees.

I hope to find the golden egg
The one that holds the prize
Oh Wow Oh look! I see it now!
It's super duper size.



Golden Carers

Trefry Centre Program Info

**NEW
MENU**

Meals on Wheels: Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Available for everyone 65+ (not just for low income or house bound seniors)



Transportation: Volunteer drivers provide rides for medical appointments, Trefry Centre programs, shopping or banking.



Adult Day Out: Providing respite for caregivers. A safe, fun environment for loved ones to spend time with our caring staff & amazing volunteers.

Tuesdays-Bruce Station, Wednesdays- Echo Bay, Thursdays- Trefry Centre 9:30am -3pm



Home Maintenance Program: Reimbursing low income seniors for costs like snow removal, housekeeping, and yard work to help keep them living at home.



Exercise Classes:

Mon & Thurs- Anne @ Bruce Station Hall

Wed @ Trefry Centre- Margo Fri @ Laird Hall- Margo

All classes are from 10-11am . Free of charge.



Coffee Connections: Join us for coffee, muffin and social @ Trefry Centre Tuesdays 9:30-10:30am.

Diner's Club: Luncheon on last Tuesday, every other month at the RC Legion Richards Landing \$16



Friendly Calls: A trained volunteer phones each week to chat with seniors who are living alone and are socially isolated.

705-246-0036 manager@trefrycentre.ca www.trefrycentre.ca