

WHAT'S UP DOC

July 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

DOCTOR HS TREFRY MEMORIAL CENTRE

Notice

Trefry Centre office will be closed Wed July 1st for Canada Day.
 Exercise and Adult Day out are cancelled. Meals on Wheels delivered as usual.

BRUCE MINES OH CANADA!



A WATERFRONT CELEBRATION
 3:00 PM – COMMUNITY PARADE
 4:00 PM – EXPLORE & PLAY GAME ZONE
 LIVE AT THE GAZEBO • FLATHEAD FORD
 • VENDORS •
 • FACE PAINTING •
 • CARICATURES •
 • BEER GARDEN •
 FIREWORKS AT DUSK AND MORE!
CELEBRATING CANADA-TOGETHER

150 **CELEBRATING 150 YEARS** A RICHARDS LANDING TRADITION CAN WE GET 150 TRACTORS?

JULY 1, 2026

CANADA DAY TRACTOR TROT

TRACTORS START AT THE RICHARDS LANDING LEGION - LEAVE AT 9AM SHARP!

TRACTORS TOUR TO THE MARINA
 TO TWIN ROCKS, LITTLETON SUBDIVISION AND RETURN TO THE LEGION

THE LEGION IS HOSTING A PANCAKE BREAKFAST 8AM TO NOON! ALL ARE WELCOME!

*****NEW*****
 If watching near the Legion park at the Centennial Grounds (across the street) the Legion parking lot is for tractors only.

PLEASE AVOID RICHARDS STREET AND THE 10TH SIDEROAD BETWEEN 8:45AM AND 10AM - TRACTORS WILL BE TROTTING!

*Desbarats
 Community Night
 Sat. July 11th
 5:30pm Parade
 7pm Outdoor
 Live Music*



JULY 1, 2026 AT 1PM
IF YOU CAN PADDLE IT YOU CAN PARADE IT!

Show your Canadian Pride!
 Meet at the WI beach, parade to the Marina boardwalk and back!

Decorate your paddle-craft in celebration of Canada Day!

Judging at 12:45 - Prizes for the

Adcock's Woodland Gardens

**Thursday July 16th
 2 pm to 4 pm**
 -Admission by donation
 4757 5th Side Rd. (Hwy. 548)

Beverages
 Light Snacks
 Entertainment

a Garden Tea Hosted by **The St. Joseph Island Horticultural Society**

Sno Glyders
 SNOWMOBILE CLUB
 BRUCE MINES

BEEF BBQ AND DANCE

July 11, 2026
 4:00pm – 1:00am

Bruce Mines Arena

cash bar
 door prize
 live music

locally grown beef,
 baked potato, baked beans,
 salad, dessert

\$35/person
 \$20/12 and under
 \$10/just dance

for tickets: call 249-356-5505 or message us on our Facebook page or ask any club member

Bridge the Gap
 all proceeds going to Clark bridge repairs

BRIGS TALL SHIP FESTIVAL

THESSALON MARINA



JULY 18, 2026 FESTIVAL & EVENTS

JULY 19TH, WATCH THEM SAIL AWAY

SAVE THE DATE!

Silent Auction

Mark's United Church

Richards Landing

Fri July 3rd 2-4pm

Auction, BBQ, Bake Sale,

Yard Sale

Sat July 4th 10-2pm



COMMUNITY NIGHT

**NSHN Auxiliary
Richards Landing -
Matthews Site**

Friday, July 31, 2026

Parade with Pipe & Navy bands begins at 6:30 p.m.

(PARADE ASSEMBLY AT 5:30 PM) on Littleton Street, Tag the

QR code below for Parade FLOAT categories and PRIZES!

**OUR ANONYMOUS DONOR WILL MATCH EVERY \$\$
SPENT FOR 3RD YEAR IN A ROW!!**

Game Booths - The Nip & Tuck - Kids Train -

Food Booths - Dunk Tank - Games of Chance

*An Evening of Fun, Food, and
Fundraising!*



Richards Landing Centennial Grounds



25th Anniversary Celebration

Tuesday July 28th

Royal Canadian Legion Branch 374 in Richards Landing

**Tickets
\$40**

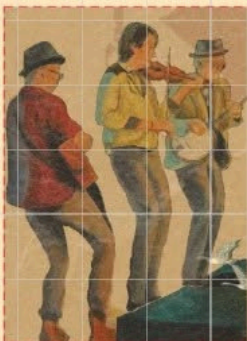
Food Trucks

Cash Bar

Music

Silent Auction

Only a limited number of tickets are available, so get yours before they are gone! We look forward to celebrating 25 years of conservation success with you.



CANADA - Believe in Your Country Concert!

**Celebrating
Stompin' Tom Connors 90th Birthday**

Starring his Band - Whiskey Jack

Hilton Beach Community Hall

Thursday, July 23/26 - Doors Open 6, Concert 7-9

Bar Service Available!

Ticket# 001

Hilton Beach



Whiskey Jack Band

Ticket# 001

Flowers Word Scramble

- | | |
|-------------------|-----------|
| 1. LLYI | 1. _____ |
| 2. NPOYE | 2. _____ |
| 3. IONRNTCAA | 3. _____ |
| 4. LLAAC LYIL | 4. _____ |
| 5. EOSR | 5. _____ |
| 6. NDRAEGAI | 6. _____ |
| 7. TAUMCMRHSEYNH | 7. _____ |
| 8. NAINIZ | 8. _____ |
| 9. LAHDAI | 9. _____ |
| 10. WOEUSRNFL | 10. _____ |
| 11. ISDYA | 11. _____ |
| 12. NORNASDGAP | 12. _____ |
| 13. NNGORMI YOGLR | 13. _____ |
| 14. ENRBEAV | 14. _____ |
| 15. INTUPAE | 15. _____ |
| 16. MRGLIADO | 16. _____ |
| 17. PPYOP | 17. _____ |
| 18. IFDDAFOL | 18. _____ |
| 19. UPTIL | 19. _____ |
| 20. DAYAGRNHE | 20. _____ |





Upcoming Programming

Promoting healthy living, arts, and culture through programs including: ukulele lessons, guided art workshops and yoga sessions.

Dr. HS Trefry Memorial Centre



1601 C Line Road
Richards Landing
705-246-0036

www.trefrycentre.ca

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada 



Flowers Word Scramble Answers

- | | |
|-------------------|-------------------|
| 1. LLYI | 1. LILY |
| 2. NPOYE | 2. PEONY |
| 3. IONRNTCAA | 3. CARNATION |
| 4. LLAAC LYIL | 4. CALLA LILY |
| 5. EOSR | 5. ROSE |
| 6. NDRAEGAI | 6. GARDENIA |
| 7. TAUMCMRHSEYNH | 7. CHRYSANTHEMUM |
| 8. NAINIZ | 8. ZINNIA |
| 9. LAHDAI | 9. DAHLIA |
| 10. WOEUSRNFL | 10. SUNFLOWER |
| 11. ISDYA | 11. DAISY |
| 12. NORNASDGAP | 12. SNAPDRAGON |
| 13. NNGORMI YOGLR | 13. MORNING GLORY |
| 14. ENRBEAV | 14. VERBENA |
| 15. INTUPAE | 15. PETUNIA |
| 16. MRGLIADO | 16. MARIGOLD |
| 17. PPYOP | 17. POPPY |
| 18. IFDDAFOL | 18. DAFFODIL |
| 19. UPTIL | 19. TULIP |
| 20. DAYAGRNE | 20. HYDRANGEA |



Easy Summer Vegetable Tarts

Puff pastry saves the day!

Serves 6-8 Prep time: 30 min By Leah Perez

<https://www.thepioneerwoman.com/>



Directions

1 Position an oven rack in the upper third of the oven and a second oven rack in the lower third of the oven. Preheat the oven to 400°F.

Line 2 baking sheets with parchment paper. Line another baking sheet with paper towels or a clean kitchen towel.

2 In a medium bowl, mix together the ricotta, pesto, ¼ cup of the parmesan cheese, and ¼ teaspoon of the salt. Use a sharp knife or a mandoline to slice the zucchini and yellow squash into ⅛-inch thick slices. Spread the vegetables on the towel-lined baking sheet and sprinkle with the remaining ½ teaspoon salt.

3 On a work surface, unfold the puff pastry sheets and cut each of them lengthwise into 3 rectangles. Place the pastry on the prepared baking sheets. Leaving a ¼-inch border, prick the center of the puff pastry rectangles with a fork and brush the border with the beaten egg.

4 Spoon about 3 tablespoons of the ricotta mixture onto each puff pastry sheet, spreading within the border. Pat dry the zucchini and yellow squash and shingle them on the tarts. Nestle the tomatoes around the vegetables, then drizzle the tarts with olive oil. Sprinkle with the pepper and remaining ¼ cup parmesan.

5 Bake until the puff pastry is golden brown, 18 to 20 minutes, rotating the pans and swapping them between the upper and lower racks after 15 minutes. Allow the tarts to cool for 5 minutes on the baking sheets before moving them to a wire rack.

6 Sprinkle with the basil before serving.

Ingredients

2/3 cup whole milk ricotta cheese

1/3 cup pesto (preferably storebought refrigerated or homemade)

1/2 cup grated parmesan cheese

3/4 tsp. kosher salt

1 medium zucchini (about 8 ounces)

1 medium yellow squash (6 to 8 ounces)

1 cup cherry tomatoes, cut in half

1 (17.3-ounce) package frozen puff

pastry, thawed

1 large egg, beaten

Olive oil, for drizzling

1/2 tsp. black pepper

1/4 cup fresh basil, cut into chiffonade

WINTERSLEEP



CELEBRATING OUR HERITAGE

WINTERSLEEP



GO NORTH

MUSIC FESTIVAL

WIDE MOUTH MASON

MADE IN CANADA

THIS SUMMER

Richards Landing, St. Joseph Island, Ontario

JULY 24/25



GONORTHMUSICFESTIVAL.CA

SATURDAY'S HEADLINER: **WINTERSLEEP** with special guests **WIDE MOUTH MASON**

FRIDAY'S HEADLINER:

MY SON THE HURRICANE

Proudly sponsored by



and



Presented By:



ALSO FEATURING: FRIDAY - LUCY'S DINER - YASSIN AND SEAN TERRIO - SATURDAY - THE THINKING CAPS - CASS FM - KEEGAN POWEL AND THE JETPACKS - LOVIET - JACKIE -



SUPPORTED BY THE GOVERNMENT OF ONTARIO

Healthy Aging & Wellness Fair

September 15, 2026

RC Legion Richards Landing

10:30 a.m. - 2:30 p.m.

Free Admission



Please join us at our **Healthy Aging & Wellness Fair!**
All ages welcome

CHECK OUT

Learn about health services, social groups, and local clubs.

Caregivers, please bring a friend, shut-in, or older relative out for a fun afternoon.

If you are new to the community, this is a perfect way to learn about the available services and talk face-to-face with providers.



Local Services



Caregiver Resources



Safety Tips



Local Activities



Light Lunch Provided



Resources & Support

PROUDLY HOSTED BY:



North Shore
Health Network



Réseau Santé
Rive Nord



Yoga on the Dock



Every Tuesday & Saturday • 9:00 AM

Hilton Beach Marina Pier

\$10 per class

July 4 – August 15

A peaceful start to your summer mornings.

Chair•ity Yoga

Tuesdays & Saturdays • 10:30 AM

Under the tent in Hilton Beach

Thursdays • 6:30 PM

Cenotaph Park, Richards Landing



By donation – 100% of funds support local PSWs.

Word Search

BRAZILIAN ANIMALS WORD SEARCH



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

Anteater

Anaconda

Ocelot

Sloth

Macaw

Capybara

Marmoset

Maned Wolf

Iguana

Tapir

Piranha

Caiman

Toucan

Dolphin

Eagle

Otter

Jaguar

Hummingbird

Giant Otter

Eel

Word Search

BRAZILIAN ANIMALS WORD SEARCH



		I _→	G	U	A	N	A						
	J _→	A	G	U	A	R							A _↓
M _↓		T _↓	H _↓			P _→	I	R	A	N	H	A	N
A		A	U			A _↓	G _↓	M _→	A	C	A	W	A
N		P	M	O _↓		N	I					C _↓	C
E		I	M	C	M _↓	T	A			T _↓		A	O
D		R	I	E	A	E	N	C _↓		O	D _↓	I	N
W		S _↓	N	L	R	A	T	A		U	O	M	D
O		L	G	O	M	T	O	P	E _↓	C	L	A	A
L		O	B	T	O	E	T	Y	A	A	P	N	
F	E _↓	T	I		S	R	T	B	G	N	H		
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	O _→	T	T	E	R			A					

Anteater

Anaconda

Ocelot

Sloth

Macaw

Capybara

Marmoset

Maned Wolf

Iguana

Tapir

Piranha

Caiman

Toucan

Dolphin

Eagle

Otter

Jaguar

Hummingbird

Giant Otter

Eel

Trefry Centre Program Info



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, Richards Landing 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 @ Bar River Hall- Margo**
All classes are from 10-11am . Free of charge.

****NEW LOCATION****



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.