

# WHAT'S UP DOC

June 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](mailto: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

THE  
**WORD SEARCH BATTLE**

**Weather**

Difficulty: Hard

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/weather>

AIR  
ANEMOMETER  
BLIZZARD  
CIRRUS  
CLOUDS  
CUMULUS

EVAPORATION  
FOG  
HAIL  
HUMIDITY  
HURRICANE  
LIGHTNING

RADAR  
SLEET  
SNOW  
STORM  
STRATUS  
TEMPERATURE

THERMOMETER  
TORNADO  
WATER



# READY TO START SAVING?

There is no catch. See if you qualify for FREE upgrades today to reduce your energy bills and increase your home comfort.

**FREE**

insulation,  
air sealing,  
replacement  
appliances and more.

## IT'S EASY TO APPLY

Start saving today!

**1-844-770-3148**

**SaveOnEnergy.ca/EAP**



# GREEN BEAN & POTATO SALAD WITH FRENCH VINAIGRETTE

Canadia Living Magazine,  
Apr 1, 2019

## INGREDIENTS

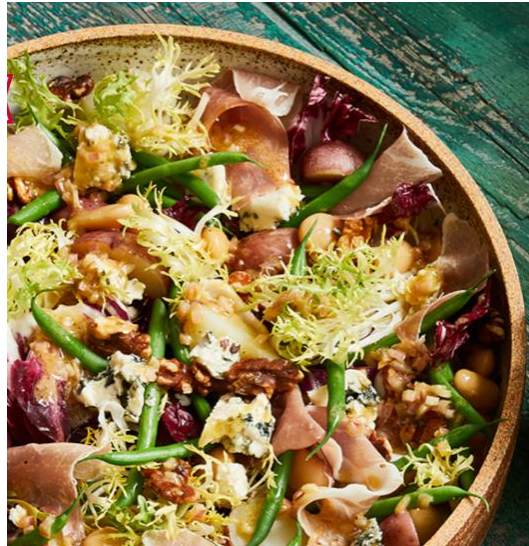
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### French Vinaigrette:

- **3 tablespoons** red wine vinegar
- half shallot, finely chopped
- **2 teaspoons** Dijon mustard
- **1/4 teaspoon** salt
- **1/4 teaspoon** pepper
- pinch granulated sugar
- **1/4 cup** olive oil

### Salad:

- **12** mini red-skinned potatoes
- **3 cups** haricots verts
- **1** head frisée or leaf lettuce, torn (about 4 cups)
- **1** head radicchio, torn
- **1 cup** rinsed drained canned butter bean
- **4** slices prosciutto, torn
- **1/3 cup** crumbled blue cheese
- **1/3 cup** toasted walnuts, chopped



## METHOD

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**French Vinaigrette** In small bowl, stir together vinegar, shallot, mustard, salt, pepper and sugar; stir in oil. Set aside.

In pot, cover potatoes with salted cold water; bring to boil. Cook until fork-tender, 12 to 15 minutes. With slotted spoon, transfer to plate; when cool enough to handle, quarter. Add haricots verts to boiling water; cook until tender-crisp, about 2 minutes; drain. Chill in bowl of ice water; drain and pat dry.

In bowl, toss together potatoes, haricots verts, frisée, radicchio, beans, prosciutto, blue cheese and walnuts. Drizzle with half of the French Vinaigrette; toss to coat. Serve with more vinaigrette on the side, if desired.

# DOCTOR HS TREFRY MEMORIAL CENTRE

# Notice

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

Bruce Mines Ag Society  
Kitchen Fundraiser Dance  
*Featuring Flathead Ford*  
June 13<sup>th</sup> 2026  
BM Fair Grounds (arena)  
cash bar  
Tix \$20  
call 705-785-3288

Annual Royal Canadian Legion  
Branch 374

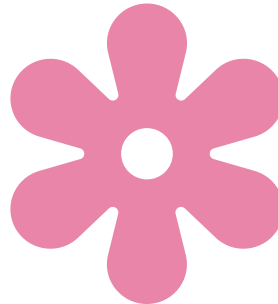


Lobster Fest

June 19

Ticket available until June 13,

Call 705-246-2494



**INDOOR WALKING GROUP**

**EVERY MON-FRI 9-12**

**LEGION RICHARDS LANDING**

**FREE EVERYONE WELCOME**

**65+ SENIORS SOCIAL**

**3RD TUESDAY EVERY MONTH**

**1-3 PM**

**THESSALON MARINA  
HARBOUR VIEW BUILDING**

**TEA, COFFEE, GAMES,**



Poker Paddle  
June 20

Thessalon River  
at Peace Park  
10 am



St. Joseph Island  
Lions Club

**ALL YOU CAN EAT  
Monthly Breakfast**

**EVERY 4TH SUNDAY OF THE MONTH**

Legion Ladies Auxiliary  
Strawberry Tea

June 14 11 am - 2pm

Royal Canadian Legion Branch  
374, Richards Landing



Digital device workshops  
June 8<sup>th</sup> & 22<sup>nd</sup> 3pm drop in  
St. Joseph Twp Library.



**SENIOR'S COFFEE CLUB**

**THURSDAYS 9AM**

**\$2 DONATION**

**ECHO BAY**

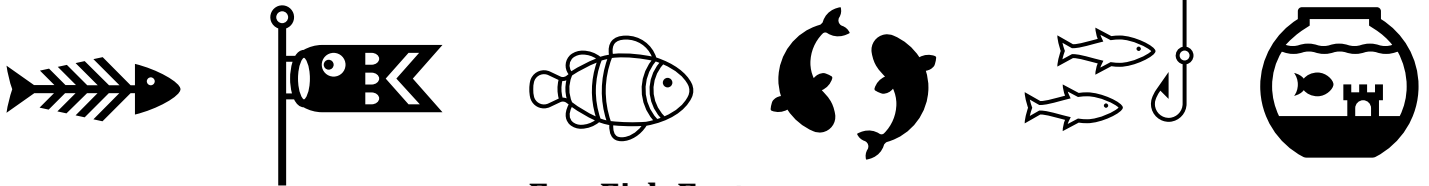
**COMMUNITY HALL**

## The Cuckoo Clock

At around 3AM, I was drunk as a skunk. I came home just in time to hear the cuckoo clock cuckoo three times. Quickly coming up with a plan, I cuckooed nine more times, hoping my wife would think it was midnight. I was very proud of myself.

The next morning, my wife asked me what time he got in, and I told her 12 o'clock. She didn't seem disturbed at all.

Then she told me we need a new cuckoo clock. When I asked her why, she said "Well it cuckooed 3 times, then 'Hiccuped', cuckooed 4 more times, cleared its throat, cuckooed another 3, giggled, cuckooed 2 more times and farted."



## Fun Fish Facts

Seahorses are the only fish that swim upright.

Electric eels and electric rays have enough electricity to kill a horse.

The biggest fish in the world is the giant whale shark, which can grow to nearly 60 feet, or the length of two school buses. It weighs over 25 tonnes and eats mainly plankton. It has over 4,000 teeth, although they are only 3mm long.

The word 'piranha' comes from the Tupis (Brazilian Indians) and it means 'scissors'. Piranhas are found in rivers in South America, they have razor-sharp teeth. They eat fish, fruit, insects and if they can find cattle they will eat this too.

While in motion, tornedos pick up fish and carry them overland where the fish rain down. 'Fish showers' have occurred for thousands of years. This phenomenon was described in the 1st century A.D

Hagfish are the slimiest animal on earth. An Atlantic hagfish can make enough slime in one minute to fill a bucket.

Teach a man how to fish  
And he will eat for a day

Teach a man how to fish  
And he will sit in a boat and drink beer all day..

# Trefry Centre Diner's Club

*Annual BBQ & Senior of the Year Awards*

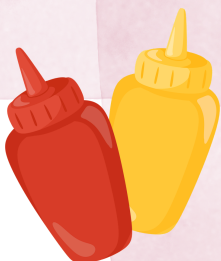


**Tuesday June 23rd**  
**RC Legion Richards Landing**  
**Doors open 11am**  
**\$16/person**



tickets online @ [www.trefrycentre.ca](http://www.trefrycentre.ca)  
or at Trefry Centre office

**Burger, Sausage,  
Summer Salads, Rhubarb Cake,  
and Beverage**



**BBQ**



# SAVE THE DATE ! HEALTHY AGING WELLNESS EVENT



**FREE**

**JUNE 17TH, 2026**  
**12:00PM-3:00PM**

**THESSALON MEMORIAL ARENA**

The 4th Annual Wellness Event, brought to you by the Town of Thessalon, will provide information and education on local agencies, opportunities for social, recreational and medical needs. Lunch Provided, details to follow.



Call Us  
705-842-2217



Email  
Lue@thessalon.ca

Visit Our Website  
www.thessalon.ca



**HARMONY ST. MARK'S UNITED CHURCH  
RICHARDS LANDING**

# **SILENT AUCTION**

**Friday July 3, 2026**

**2:00 p.m. to 4:00 p.m.**

**(Silent Auction only)**



**Saturday July 4, 2026**

**10:00 a.m. to 2:00 p.m.**

**Silent Auction, BBQ, Bake Sale and  
White Elephant/Yard Sale**

**Something for Everyone:**

Art, Crafts, Collectibles, Antiques, Tools, Books, Home Baking,  
Furniture, Outdoor Accessories, Plants and Planters and much  
more!

Proceeds to:

*Harmony St. Mark's Building Fund  
and Community Outreach*

# 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](mailto:manager@trefrycentre.ca) [www.trefrycentre.ca](http://www.trefrycentre.ca)