

Important Information for Seniors, Persons with a Disability, & Caregivers



Dr. Harold S. Trefry Memorial Centre



“Connecting People and Programs for a Stronger Community”

The Dr. Harold S. Trefry Memorial Centre opened in 1994 as a Provincial pilot project to provide affordable and necessary services to seniors 65+ and persons with a disability which would allow them to remain in their home and community and be close to family and friends.

The Centre’s 7 programs include:

Meals on Wheels	Delivery of a hot, nutritious meal right to your front door three times a week.
*Transportation	A friendly volunteer driver can take you to medical appointments, groceries, banking and scheduled activities such as Adult Day program. *Now also servicing Bruce Mines to Thessalon. Volunteer drivers needed.
Congregate Dining Day Services	Three social dining events, monthly and weekly, promoting health and wellness. A day away that includes lunch and fun activities for the client and needed respite for caregivers. The program is offered twice a week and in 2 locations - Richards Landing and Echo Bay. Transportation can be provided.
Home Maintenance Visiting/Telephone	Provides subsidy for housekeeping, yard work and snow removal expenses. A volunteer will provide regular social contact and safety check with those who may be living alone or unable to leave home. We also offer a <i>Reading</i> service.
Exercise Classes	Free one-hour community exercise classes offered to seniors twice a week with trained fitness instructors. Two locations: Richards Landing and Laird.

Additional services: Hosting **LifeLabs** Mobile Wednesdays from 9:30 to 10:30_{AM} and **Foot Care** on Tuesday twice a month.

Our **catchment area** includes the following eight+ Municipalities: MacDonald, Meredith & Aberdeen Additional (**Echo Bay**), Laird, Tarbutt, Johnson (**Desbarats**), Village of Hilton Beach, Townships of Hilton, Jocelyn, and St. Joseph (**St. Joseph Island**), and part of Plummer Additional to Centre Line Road (western border of Bruce Mines).

For **Home and Community Care** referrals or more information, please go to the following websites:

www.northeastcss.ca www.northeasthealthline.ca www.stjoseph township.com/seniors

Also find us at: <http://search.211north.ca> and Facebook: **Dr. Harold S. Trefry Memorial Centre**

The Trefry Centre is located at 1209 Catherine Street, P.O. Box 158, Richards Landing, Ontario P0R 1J0

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Office Hours are Monday to Friday, 8:30 _{AM} to 4 _{PM}

Operating in the memory of Dr. Harold S. Trefry and his service to this community from 1936 until 1960.



We are very grateful to the NE LHIN for providing funding for our programs.

Supported by:

