

Trefry Centre Program Info

To register for a program call 705-246-0036
or visit www.trefrycentre.ca or follow us on Facebook



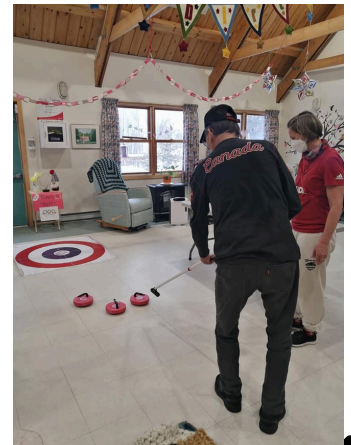
Friendly Visiting

Seniors living alone, or lonely can be matched up with a volunteer for weekly in home visits.

Adult Day Out

Providing respite for caregivers. A safe, fun environment for loved ones to spend time with our staff & volunteers.

Tues-Bruce Station, Wed- Echo Bay,
& Thurs-Trefry Centre 9:30am -3pm



Transportation Services

providing rides to medical appointments, programs, shopping and community outings.

Exercise Classes

- * 10am Monday & Thursday with Anne at Bruce Station Hall
- *10am Friday with Margo at Laird Hall

- *10am Wed with Margo at Trefry
- *Wed classes are also on Zoom. Call us to get a link for the Zoom class.

Meals on Wheels

Freshly prepared meals delivered hot to your door, every Monday, Wednesday and Friday. Reduced rates may be offered, based on household income.