

# CENTENNIAL PLACE HAPPENINGS

We are pleased to be offering a Wellness Fair for residents, families, visitors and staff at Centennial Place on Thursday October 8th, 2009 starting at 10:00am until 2:00pm. There will be a variety of opportunities offered including blood pressure and medication checks, presentations on Wellness and Healthy Living along with information by the Alzheimer's society. The following presentations are also available:

Better Brains and Fall Prevention: 10:00am-10:20am and 11:00am-11:20am

Healthy Active Living: 10:30am-10:50am and 11:30am-12:00pm

Free admission and plenty of parking we hope to see you there!!



A New Tradition in Long Term Care



Don and Maegan going for a ride on the bicycle built for two.



Leonard & Shawna enjoying a nice day for a bike ride.

2 Centennial Lane, Millbrook  
**932-4464**