

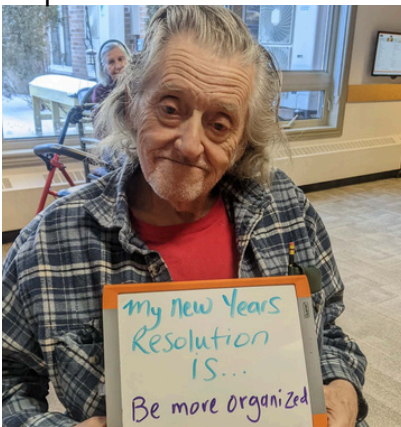
Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>

A Note from Life Enrichment

Hello February! We're embracing the season with warm smiles, caring hearts, and plenty of moments to celebrate. Even on the chilliest days, our home is filled with laughter, creativity, and meaningful connections between residents, families, and staff. Some program highlights in for this short but sweet month include our Olympics program which we are very excited to participate in with Station Place. This collaboration we hope brings out our competitive side but also brings us together as we cheer our own athletes. Go team Canada and Go Centennial Place! Please see pg. 7 for more info! We welcome back community member Jim Chaplin for another Armchair Travel segment. This month Jim will be sharing his experiences in Taiwan. You don't want to miss it! February 2nd we make our predictions for Groundhog Day. Do you think it will be an early spring? On February 10th we welcome back the 1st Bethany Girl Guides for a seasonal social in the Fireside Lounge at 6:30pm. February 16th we celebrate the Lunar New Year with a fortune reading. We will see what the year of the Horse brings for us! We have lots going on this month! If you have questions about any of the programs this month please reach out to Nicole or Michelle in the Life Enrichment Department.



February Bus Outing

please sign up with the LE Dept

February 20th 2026

Busy Brushes Pottery Painting

1:45pm



February Entertainment

February 14th 2026

Valentine's Day Social with

Jasmine Murray

2:30pm

February 18th 2026

Wine and Cheese Social with

Steve Hunter

2:15pm

February 27th 2026

Birthday Party with

Don Van Halteren

2:30pm

Environmental Services Supervisor

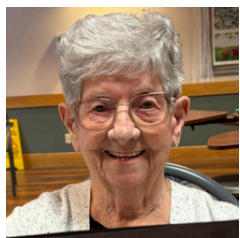
Hi Everyone,

This month, we will be testing the fire alarm system. Dyson Alarms staff does an annual check of our fire system including all detectors, fire panels, and alarm devices to ensure the fire safety system is operating properly. The alarm in all resident rooms will be briefly tested and the fire alarm will ring occasionally.

You may have noticed our Housekeeping staff cleaning and sanitizing throughout the building. As part of our increased Infection Control measures, we have additional staff cleaning handrails, public areas, and any contact surfaces. We hope with these extra efforts to keep everyone healthy over the winter season.

Kevin Kellow

Environmental Services Supervisor



February Birthdays

Regina Reford- 01

Wayne Gerrie- 03

Alvira Copping- 05

John Cummings- 13

Joe Walsh- 15

Leanne Armitage-16

Jean Monteith-21

John Parkinson - 22

Sylvia Armstrong-23

Raye Flatt- 25

If your loved one has not signed our media consent forms, you will not find them in photos or lists in our newsletter.

Welcome



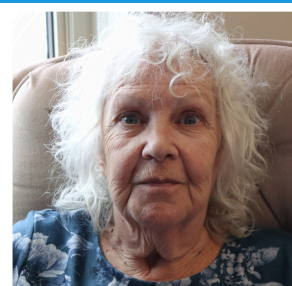
Anne Wilson



Roy Robertson



Judy Addie



Lynda Kearns

Infection Prevention & Control Lead

The health and safety of our residents remain our highest priority. As part of our ongoing efforts to protect everyone in our LTC home we will continue universal masking in all resident areas at this time.

Why is this flu season so intense?

Two main reasons:

1. One flu strain—called influenza A (H3N2)—mutated over the summer as it circulated in the Southern Hemisphere, shifting from one form (J subclade) to another slightly different form (K subclade). Mutations are very normal for flu; it's notorious for throwing curveballs. But this year's changes were more substantial than usual—not enough to spark a pandemic, but enough to fuel a severe season.

2. The timing of this mutation was also terrible, as it occurred after the flu vaccine formula was finalized in February. That means this year's vaccines likely recognize part—but not all—of the updated virus. This is just bad luck.

Vaccination still matters!

Even a mismatched flu vaccine still provides some protection against severe illness. This is because the vaccines still train the immune system to recognize viral components that haven't changed. Also, there is more than one flu strain circulating (not just H3N2). Preliminary data from the U.K. show that flu vaccination reduces hospitalization by 70–75% in kids and 30–40% in older adults.

What this means for you: It's not too late to get the flu vaccine. We still have plenty of flu season left, which usually stretches out into March. Flu tests can still detect this strain, and if you do get sick, early antiviral treatment like Tamiflu can help reduce the number of days you're sick.

Adapted from © 2026 Your Local Epidemiologist

Corinne Buntsma RPN LTC-CIP

IPAC Lead

No Bake Granola Bars

Ingredients:

- 2 cups rolled oats
- ½ cup smooth peanut butter
- ½ cup pure honey
- 1 cup mixed nuts or chocolate chips

Instructions:

- 1) In a large bowl, combine the rolled oats and mixed nuts or chocolate chips
- 2) In a separate bowl, stir the honey and peanut butter together. If the mixture is too thick, microwave it for 20-40 seconds until it has a smooth, runny consistency.
- 3) Mix all the ingredients together by pouring the wet mixture over the dry ingredients and stir until everything is thoroughly combined, ensuring there are no dry parts left at the bottom of the bowl.
- 4) Line a baking dish (9x8 or similar) with parchment paper, leaving some excess hanging over the sides for easy removal. Pour the mixture into the dish and flatten it into an even compact layer using the back of the spoon or another piece of parchment to press down firmly.
- 5) Chill and set. Cover dish and place it in the fridge for a few hours to allow the bars to set firmly.
- 6) Slice and store--or eat!



FEBRUARY

PROGRAM HIGHLIGHTS



February 5th 2026
2:15pm
Zumba with Jasmine!

February 16th 2026
Family Day!
Join us for Family Day



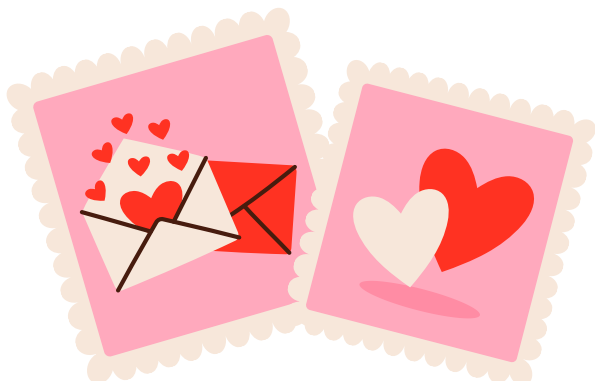
2:00pm
Fireside Lounge
Please RSVP by February 11th

**Knowing how many people are
joining us helps the LE team to set
up accordingly!**
Thank you!

February 16th 2026
2:30pm
Fireside Lounge
Armchair Travel with
Jim Chaplin
Adventures in Taiwan!

February 14th 2026
Valentine's Day Social
2:30pm
Fireside Lounge

February 23rd 2026
Residents' Council & Food
Committee Meeting
1:30pm
Trail Dining Room
all welcome!



East Central Therapy Dogs

Is your dog friendly? Doesn't jump up? Are you able to commit to a weekly, one hour visit with your therapy dog to one of our client's sites,

Upcoming Events for 2026:

Information Night: Tuesday, March 31st - 7pm-8.30pm

Evaluation/Testing: Saturday, April 11th -9am - 12 noon

Orientation: Monday, April 13th - 7pm- 8.30 pm

*Mandatory Attendance, when your dog passes the Evaluation Test.

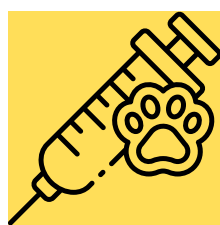
To register and for more information please visit <https://www.ectd.ca/register-for-next-evaluation>

Please do not bring your dog to the Information and Orientation evenings.

All of the above events take place at:

Applewood Retirement Residence

1500 Lansdowne St West, Peterborough



a friendly reminder

If you are bringing in your pet for visits with a friend or loved one, please ensure that Centennial Place has a copy of their most up to date vaccine history. Please drop off this paperwork at the Front Desk or to the Life Enrichment Department.

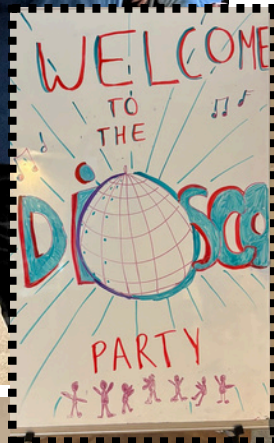
Thank you!

Pride in Foodservice Week



February 2nd-6th 2026

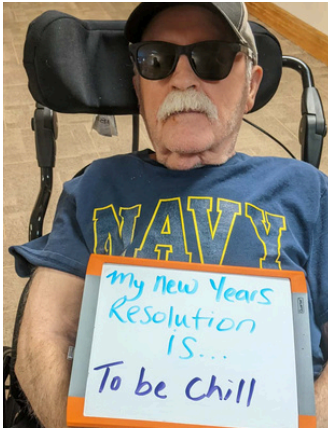
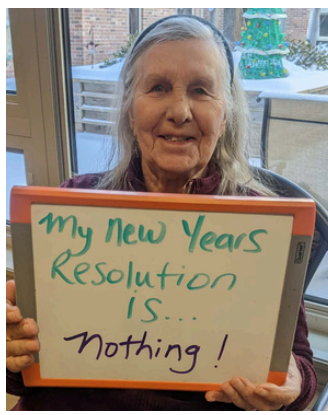
Thank you dietary team!



Thank You!

We held our first 'Ladies Lunch' on January 23rd and we couldn't have done it without the Lions Club! We are hoping to run this program monthly starting in March. If you or your resident is interested in participating in the Ladies Lunch please sign up with the Life Enrichment Team. Please note that we are limited to 10 residents per lunch.





The Life Enrichment Department is looking for YOU!

For 2026, we are searching for residents, staff, friends, family or volunteers who have an interesting talent, hobby or travel experience that they would like to share in a group setting.

We would like to add a new program to the calendars this year with a strong focus on getting to know our community and neighbors.

If this sounds like something that you would be interested in please reach out to the Life Enrichment Department in person, by phone or via email!

705-932-4464

Nicole Vrooman cplec1@aoninc.com

Michelle Erazo: cplec2@aoninc.com



We are getting into the Olympic spirit! The Olympic Winter Games Milano Cortina 2026 take place from Friday Feb 6th to Sunday Feb 22nd and we will be cheering on Team Canada. We will also be partaking in a little friendly competition with our sister home, Station Place. Go Team CP!

Feb 6th Opening Ceremony @ 2:30pm

Feb 11th Bowling @ 2:15pm

Feb 15th Darts @ 2:15pm

Feb 20th Axe Throwing @ 10:30am

Feb 24th Closing Ceremony @ 10:30am

all Olympic events will take place in the Fireside Lounge

coming soon

New 'All About Me' interviews will be taking place over the next 6-8 months as Social Service Students from Fleming College join Centennial Place for their placement. What this means for families and residents is that SSW students may approach you to chat about what makes you, you! They will also be looking for photos from the past to add to the 'All About Me' sheet. Up to date 'All About Me' sheets help staff to provide personalized care. If you have photos that you would like to submit ahead of time, please drop them to the Life Enrichment Department or email them to cplec1@aoninc.com. If you have questions please contact Alex Rawek, SSW or Nicole Vrooman, LEC.

Residents and staff would like to extend their condolences to the families and friends of:

Sharon Robson

Perry Finn



Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Victoria Woudsma- Director of Care
Ext 301



Leslie Goble- Associate Director of Care
Ext 302



Brittany Thorn-Director of Resident &
Family Services
Ext 312



Tracey Russell- Directory of Dietary
Services
Ext 304



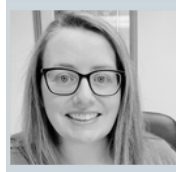
Kevin Kellow- Environmental Services
Supervisor
Ext 316



Mallory Adams- Office Manager
Ext 313



Allison Houser-RAI Coordinator
Ext 310



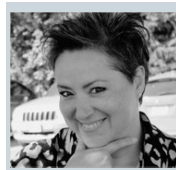
Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



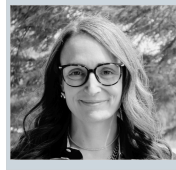
Michelle Erazo- Life Enrichment
Coordinator
Ext 318



Corinne Buntsma- IPAC Lead
Ext 323



Jami McLeod- PSW Supervisor
Ext 306



Alexandra Rawek- Social Service
Worker
Ext 307



Molly Westland- Clinical Support
Nurse



Nancy Kimball- Clinical
Assessment Coordinator

Online Resources

Alzheimer Society
www.alzheimer.ca

Canadian Diabetes Association
www.diabetes.ca

Heart and Stroke Foundation
www.heartandstroke.ca

The Arthritis Society
www.arthritis.ca



To view Centennial Place Happenings you can access
AON TV by visiting the link below:
<https://www.centennialplace.com/aon-tv/>