

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>

A Note from Life Enrichment

August has arrived! The last full month of summer is here and we plan on savoring every moment! The end of summer also means lots of fresh, sweet, corn on the cob! We welcome friends and families to our annual Corn Roast Lunch on Friday August 14th, Please see the poster on page 2 for more info. We hope to see you there! Other August highlights include visits from Zumba Jasmine on August 13th at 2:15pm in the Fireside Lounge and our Music Therapists Nicole & Yara join us on Mondays. We also have lots of cooking and baking programs on the calendar! From making our own juice to putting together zucchini pizza bites we will have something for everyone! August entertainment this month will take place on August 12th with WhooHoo Myles at 6:30pm and Art Lajambe on August 28th when we celebrate our August Birthdays at 2:30pm! Our Around the World Social takes us to Southern India on August 31st at 2:30pm, no passport needed! Please see the home area calendars for details of all the program events happening this month. For any questions related to activities please see Nicole or Michelle in the Life Enrichment Office.



August Bus Outings

Tuesday August 11th
9:30am

Riverview Park & Zoo

Wednesday August 19th
1:45pm

Nannyberry's Bakery

Special Event

Senior Cruises Classic Car Show

Tuesday August 4th

2:00pm

Front Parking Lot





CENTENNIAL PLACE CORN ROAST LUNCH

FRIDAY AUGUST 14TH 2026

12:00PM - 1:00PM



FAMILY & FRIENDS WELCOME
TO JOIN US!

PLEASE SIGN UP WITH THE
LIFE ENRICHMENT DEPARTMENT
BY AUGUST 6TH

2 GUESTS PER RESIDENT

Environmental Services Supervisor

The arrival of August brings the “Dog Days” of summer. July certainly was a hot one! And probably a little too dry for our local farmers and gardeners. If venturing outside on hot humid sunny days, please be mindful of the conditions. Wear light clothing, and a hat. Do not overexert yourself, relax in a shady spot. Stay hydrated. Please note that our courtyards, patio, and balconies are all equipped with nurse call devices should you or anyone else require assistance while outdoors. Let’s all safely enjoy the summer weather we have left!

Kevin Kellow

Environmental Services Supervisor



FAMILY COUNCIL MEETING
WEDNESDAY SEPTEMBER 16TH
11:00AM
FIRESIDE LOUNGE
ALL FAMILIES WELCOME!



*Happy
Birthday*

Hilda Mitteregger - 12
Carl Hudson - 15
Zack Guest - 15
Shelley McMahon - 23
Doreen Greenough - 27
Jean Hutcheon - 29

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

Welcome!



Doris King

Director of Dietary Services

Welcome to our new residents and their families. We look forward to getting to know you! We have been enjoying the seasonal fruits and vegetables that our Ontario farmers have to offer. The berries are finished now but we are enjoying the peaches, pears and nectarines and fresh corn on the cob!

I wanted to remind everyone that our private dining rooms can be booked for guest reservations again. We are looking forward to having you visit your loved ones over a meal period. To allow us to serve you better please ensure that you give us 24-hours' notice by calling the front desk. They will be able to take your reservation. We want to ensure our staff is ready for you and seating is arranged. Also please remember that the main dining room is served first so plan on being served at approximately quarter past the hour at meals in the private dining rooms. We look forward to serving you soon!

Thank you,

Tracey Russell, CSNM
Director of Dietary Services



CHILI CORN DIP

18 SERVINGS

Ingredients

- 1 (22-ounce) can mexicorn (corn mixed with bell peppers), drained
- 1 (7-ounce) can chopped green chiles, drained
- 1 cup mayonnaise
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- Dash salt and pepper

Directions

1. Combine all ingredients in a large bowl.
2. Cover and chill 30 minutes before serving.
3. Serve with tortilla chips or veggie sticks.

Cooking Tidbit

Letting this dip chill for 30 minutes is not just about temperature. It gives the spices time to blend and deepen in flavor, making the dip taste richer without adding more seasoning.

©ActivityConnection.com – Chili Corn Dip



WOW! CORNER

Welcome to the WOW Corner.
Each month we will highlight the
employee who exemplifies customer
service here at Centennial Place.

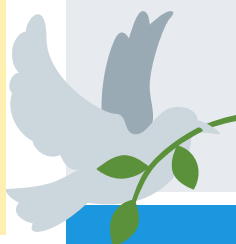


**CONGRATS TO GABRIELLA BLACK
WHO WAS OUR WOW WINNER FOR
JULY!**

Have you seen an act of extraordinary
customer service?
If so please fill out a WOW Form outside
the elevators!

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

Margaret Christie
Gordon Lowery
Terry Moore



SAVE THE DATE!

**LONG TERM CARE COMMUNITY
ENGAGEMENT DAY**

CENTENNIAL EXHIBITION

FRIDAY SEPT 18TH

1:30PM - 3:30PM



Ontario
Association
of Residents'
Councils

Residents' Council Week!

September 14th to 18th

Interested in joining Residents' Council?

All residents welcome to attend the next meeting

Monday August 24th 2026

1:30pm in the Trail Dining Room

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



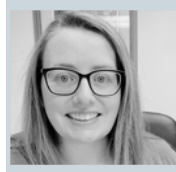
Kevin Kellow- Environmental Services Supervisor
Ext 316



Mallory Adams- Office Manager
Ext 313



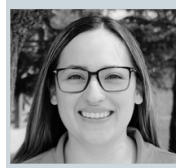
Karley Schaap- RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural Supports Coordinator
Ext 303



Nicole Vrooman- Life Enrichment Coordinator
Ext 311



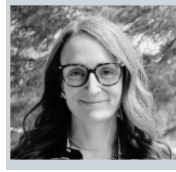
Michelle Coghlan Arroyo- Life Enrichment Coordinator
Ext 318



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