

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>

A Note from Life Enrichment

October invites us to slow down and savor the cozy comforts of the season. We plan on doing just that this month with lots of pumpkin themed baking and crafting! We are also looking forward to connecting with the community as we welcome back visits from The First Bethany Girl Guides for a craft night on October 6th, EarlyON for a Halloween Parade on October 29th and Millbrook South Cavan Public School on the 30th for Trick or Treat Visits. We love seeing all the kids parade around the Home in their creative costumes! It's an annual tradition that we look forward to every year! Entertainment this month includes Oktoberfest with Don Van Halteren on October 1st, Evening Entertainment with Shane on the 21st and we end the month with a Birthday Party with Darlene on the 30th! We wish everyone a very Happy Thanksgiving! We will be having a Thanksgiving Social on Thanksgiving Monday, October 12th at 2:30pm in the Fireside Lounge. Of course we can't complete the month of October without pumpkin carving. Jack-o lantern carving will take place on October 28th at 2:15pm in the Trail Dining room! You don't want to miss it! For a complete list of all the programs offered this month please reference the Home Area Calendars. For any questions related to activities this month, as always, please feel free to reach out to Nicole or Michelle in the Life Enrichment Office!



October Bus Outing

please sign up with the Life Enrichment Team

Watson Farms

Pumpkin Patch

Monday October 19th

9:30am

New Date!

**CENTENNIAL
EXHIBITION**

October 9th 2026

1:30pm to 3:30pm

Zoo to You - Fair Food - Games - Prizes!

OCTOBER HIGHLIGHTS

October 1st

Oktoberfest with Don van Halteren! Grab your lederhosen and beer steins and settle in for an afternoon of music at 2:30pm in the Fireside Lounge!

October 6th

Special Social with the 1st Bethany Girl Guides! 6:30pm in the Fireside Lounge

October 18th

Memorial Service with Rev. Gordon Finlay 1:30pm in the Fireside Lounge
All welcome

Zumba Dates!

October 8th

October 22nd

Fireside Lounge

Join Zumba Jasmine for a good time and a good work out!

Happy Thanksgiving!

Monday October 12th

Join us for a Thanksgiving Social!

2:30pm in the Fireside Lounge

October 19th

Residents' Council & Food Committee Meeting
1:30pm Trail Dining Room

Director of Resident & Family Services

Hello everyone,
October is here and it's time to think about changing summer clothing items over to winter wear. Please ensure that all new items brought into the Home are labeled! Please leave items to be labeled with Front Desk. A reminder that lost and found items will be on display every Thursday morning during Tuck Shop. Take a peek! Items on the lost and found cart are donated periodically. A notice will be issued prior to donation.

Thanks so much,

Brittany Thorn

Director of Resident & Family Services



The children and families from EarlyON join us dressed in their Halloween Costumes on October 29th for a parade and story time. The fun starts at 9am in the Fireside Lounge!

Director of Dietary Services

On behalf of the dietary department, I would like to welcome all the residents and their families who joined our home this month.

Planning stages for the Resident and Family Christmas Dinner has begun so stay tuned for event details coming soon.

I hope everyone is enjoying the fall weather and the seasonal treats that we have been providing. Please let me know if you have any questions or concerns.

Tracey Russell, CSNM

Director of Dietary Services



Environmental Services Supervisor

Fall has arrived and we are experiencing some cooler days and nights. Temperatures in hallways and common areas are adjusted regularly. If you find your room to be too cool, please ask staff if they could turn your Air Conditioning unit off for you. We try to find the right temperature setting that meets the needs of most of our residents - let us know if you find an area too warm or cool.

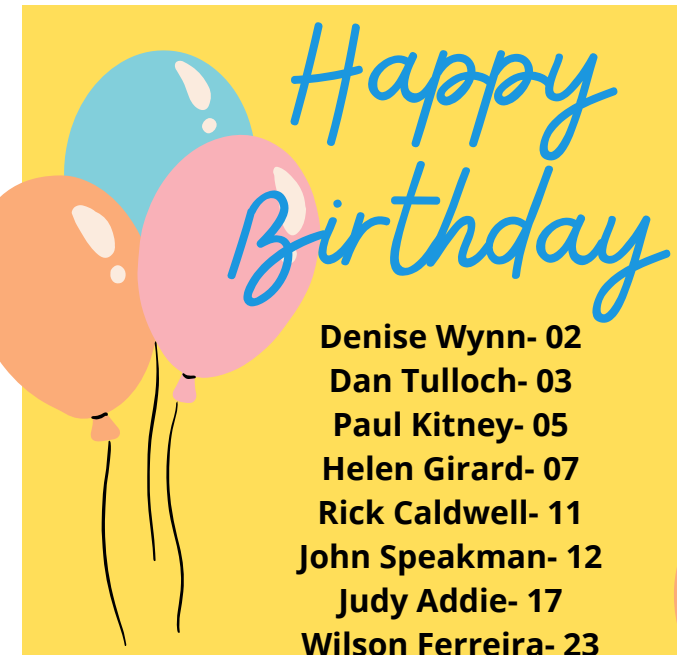
This month we will shut down our courtyard and pond fountains until next spring.

We will also shut down the irrigation system to our grounds.

Happy Thanksgiving and Halloween to all this month.

Kevin Kellow

Environmental Services Supervisor



Happy Birthday

Denise Wynn- 02
Dan Tulloch- 03
Paul Kitney- 05
Helen Girard- 07
Rick Caldwell- 11
John Speakman- 12
Judy Addie- 17
Wilson Ferreira- 23
Teresa Burrows- 27
Joe Giroux- 27
Pat Rose- 30
John Holland- 30
Maureen Patrick- 31

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

White Chocolate Pumpkin Cookies

Makes 24 servings

Ingredients

Cooking spray
1/2 cup butter, room temperature
1/2 cup brown sugar
1/4 cup sugar
1/2 cup pumpkin puree
1 egg
1 teaspoon vanilla
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon pumpkin pie spice
1 cup white chocolate chips

Directions

1. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
2. Cream together the butter and both sugars.
3. Beat in the pumpkin, egg, and vanilla.
4. Stir together the flour, baking soda, and pumpkin pie spice; gradually add to the pumpkin mixture.
5. Fold in the white chocolate chips.
6. Drop rounded tablespoonfuls onto the prepared baking sheet.
7. Bake for 11-13 minutes until the edges are lightly golden.
8. Cool for several minutes before serving.

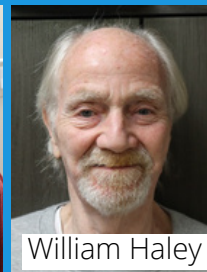
©ActivityConnection.com - White Chocolate Pumpkin Cookies



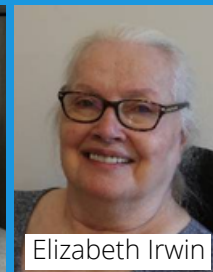
Welcome!



David Boyle



William Haley



Elizabeth Irwin



WOW! CORNER

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



CONGRATS TO BRIGITTE WHO WAS OUR WOW WINNER FOR SEPTEMBER!

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

Fall Prevention Tips!



EXERCISE REGULARLY



FOLLOW A SENSIBLE
BALANCED DIET



DO A HOME SAFETY
INSPECTION



TAKE EXTRA CARE-THINK
AHEAD



WEAR THE RIGHT SHOES



DISCUSS YOUR FEARS
WITH YOUR HEALTH
CARE PRACTITIONER

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

Winnifred 'Jean' Hutcheon
Douglas 'Doug' Woods
Betty Boustead



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



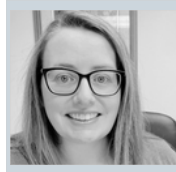
Kevin Kellow- Environmental Services Supervisor
Ext 316



Mallory Adams- Office Manager
Ext 313



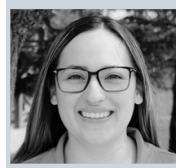
Karley Schaap- RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural Supports Coordinator
Ext 303



Nicole Vrooman- Life Enrichment Coordinator
Ext 311



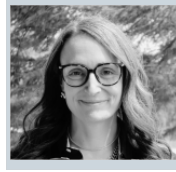
Michelle Coghlan Arroyo- Life Enrichment Coordinator
Ext 318



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