


November 2026

# Centennial Place Newsletter

705-932-4464
https://www.centennialplace.com

AON
Where community develops.

## A Note from Life Enrichment

Hello November! As the crisp autumn air settles in and the days grow shorter, November is a wonderful time to reflect on the importance of connection, kindness, and community. We are grateful for the many special moments that bring smiles, laughter, and warmth to our home. We also wish to extend a big thank you to all who joined us for our CNE extravaganza last month! We are still thinking about all that cotton candy! This month, we have an exciting lineup of programs and special events. We look forward to welcoming the Girl Guides for a visit, getting moving and having fun with Zumba Jasmine, and coming together for Remembrance Day as we honour and remember those who have served. The televised Remembrance Day service from Ottawa will be streamed in the Fireside Lounge the morning of November 11th. We will also celebrate our residents with a special Birthday Party featuring Terry Maxwell, filled with music, dancing and birthday cheer! Looking ahead to December, our Resident & Family Christmas Dinner will take place on December 3rd. Please purchase your dinner tickets at the front desk. Ticket sales will end firmly on November 19th. Due to the nature of this event please note that we will not be able to accommodate RSVPs past the November 19th deadline. Thank you! For a complete list of all the activities happening this month please reference the home area calendars! Wishing you a warm and cozy month!







## November Bus Outing

**please sign up with the Life Enrichment Department**

Oshawa Centre
Shopping & Lunch
November 25th 2026
9:30am

Don't miss the Big Christmas Tree Set Up
November 18th
2:30pm in the Fireside Lounge

Join us for

# The Resident & Family Christmas Dinner

at

## Centennial Place

December | 3rd | 2026

5:00pm

Tickets available at the front desk until November 19th

$20.00 per meal

*2 guests per resident maximum*

*Let's celebrate!*

# Infection Prevention & Control Lead

**Reminders for cold and flu season:**

We have been preparing for the upcoming cold and flu season and taking steps to help protect our residents, families, and staff from respiratory illnesses.
Vaccination remains one of the most important ways to help reduce the risk of serious illness and complications associated with influenza and other respiratory viruses, particularly for older adults living in long-term care.

Everyone has a role in preventing illness, in addition to vaccines there are other important measures that families, visitors, residents and staff can take to help prevent the spread of illness and reduce the risk of outbreaks in our home.
Hand Hygiene, please sanitize your hands frequently, upon entering the home and before and after visiting with a resident.

Delay your visit when you're sick or have been around others who are ill. If you or someone in your home is experiencing a sore throat, cough, runny nose, vomiting or diarrhea please postpone your visit.

Please wear a mask when appropriate, masking can help prevent illness from circulating within the home. Please follow any masking recommendations or requirements communicated by Centennial Place.
We appreciate your continued support as we work together to keep our residents safe and healthy throughout the upcoming respiratory illness season.

Thank you for partnering with us in protecting our long-term care community.

**Corinne Buntsma**
**RPN LTC-CIP**
IPAC Lead














# Environmental Services Supervisor

Fall weather has arrived and with the change in season comes a change in time. Daylight savings time ends on November 1st. Make sure you set your clocks back one hour.
We will be cutting back our gardens, and shutting down fountains in preparation for winter. Let's hope we still have a few nice fall days this month.
In this month of remembrance, "Lest we forget"

**Kevin Kellow**
Environmental Services Supervisor

# 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.

We have started the fall & winter menus and so far, the feedback has been great. Planning stages for the Resident and Family Christmas Dinner have 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





## Happy Birthday

John Adamson - 03
Jake Wind - 04
Jim Sutherland - 06
Thelma Frizzelle - 08
Margaret Publicover - 12
John Monaghan - 14
Sue-Ellen Pink - 14
Wendy Haley - 15
Jo Pritchard - 16
Joyce Bullied - 20
Jack Sharman - 25
Sam Kennedy - 29
Han Bok Lee - 29
Sheryl Hopkins - 30

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

JOIN US FOR A

# CHRISTMAS VENDOR MARKET

FIRESIDE LOUNGE

NOVEMBER 21ST 10 AM- 2 PM

CENTENNIAL PLACE
2 CENTENNIAL LANE, MILLBROOK

BRING YOUR WALLET & YOUR CHEER THERE IS LOTS TO PURCHASE THIS YEAR!

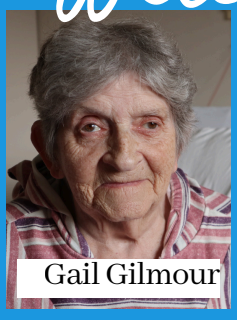
CRAFT ITEMS JEWLERY BAKED GOODS PAMPERED CHEF AND MORE!



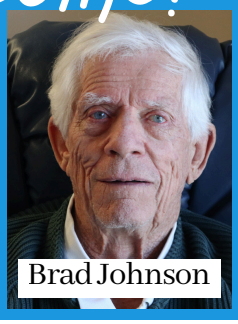




## Welcome!



Gail Gilmour



Brad Johnson










Residents' Council Meeting
Monday November 16th 2026
1:30pm - Trail Dining Room

## WOW! CORNER

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



### CONGRATS TO ZACK WHO WAS OUR WOW WINNER FOR OCTOBER!

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

## Lest We Forget

Remembrance Day is November 11th

*We remember those who served and sacrificed for the freedom we share.*



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

Joan McCormack
Paul Lafond
Elizabeth 'Joyce' McCallum
George Ewald
John Speakman
Jerry Larose

# 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

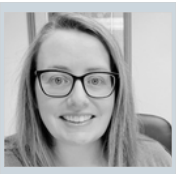
## Online Resources

**Alzheimer Society**
www.alzheimer.ca
**Canadian Diabetes Association**
www.diabetes.ca
**Heart and Stroke Foundation**
www.heartandstroke.ca
**The Arthritis Society**
www.arthritis.ca

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**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

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