

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com> *Where community develops.*



A Note from Life Enrichment

Hello November! We are pleased to announce that our Ladies Luncheon was a big success in October and we are looking forward to being able to continue with a ladies program once a month. On November 17th we will be having a ladies special high tea with goodies and good company! Please sign up for the event with the Life Enrichment Team. Don't worry gentleman, we will still be continuing with the Lions Men's Breakfast program on the third Thursday of the month at 8am in the Harvest Activity Room! We will be streaming the Remembrance Day Service from Ottawa on the projector screen in the Fireside Lounge on November 11th starting at 10:30am. We will be holding a moment of silence at 11:00am to reflect and remember the sacrifices that have been made for our freedom. The last Sunday in November, November 24th, we will be holding another Friends and Family Bingo event. We welcome families to come for the afternoon and test your luck! The fun gets started at 2:00pm in the Fireside Lounge. Please note that residents are free to play and families are \$2 per card. We would love to see you there! We are also excited to be hosting another Christmas Vendor Market from 10:00am to 2:00pm in the Fireside Lounge. We will have a variety of local artisans and creators selling their wares. Don't miss out! Please see the programs calendar for a complete list of all activities happening at Centennial Place this month! As always, feel free to call (x 311/ x 318) or stop by the LE office and chat with Nicole or Michelle for any programming questions!



November Bus Outings

November 8th 2024

Canadian Canoe Museum

Peterborough

November 22nd 2024

Giant Tiger

Peterborough

November Entertainment

November 1st
Leigh Kemp

November 4th
Vintage Brass

November 13th
Whoo Hoo Music

November 20th
Terry Maxwell

November 26th
Surprise Guest

November 30th
Darlene & The Shamrockers





Environmental Services Supervisor

Fall weather has arrived and with the change in season comes a change in time. Daylight savings time ends on November 3rd. Make sure you set your clocks back one hour.

Patio furniture will be removed, and we will be cutting back our gardens 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

November Birthdays

Joan McCormack- 03

Sue Davis- 03

Jake Wind

Gail Bannister- 05

Keith Lynch- 07

Thelma Frizzelle- 08

John Monaghan- 14

Jo Pritchard- 16

Lois Lefley- 18

Ken Moreton- 23

Carol Sornberger- 23

Jack Sharman- 25

Sam Kennedy- 26

Han Bok Lee- 29



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

The Dietary Department Invites You To: The Resident & Family Christmas Dinner

Join us on

Thursday December 12th

for a festive dinner at Centennial Place!



Please sign up with Ella at the front desk to reserve your spot.

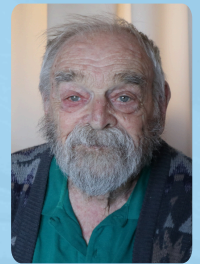
Meal charge is \$18.00/ person and there is a 2 guest/ resident maximum.

The cut-off date is Monday December 9th.

* cash or cheque accepted.*



welcome



Zackary Guest

Jake Wind

Thomas Leach

Director of Dietary Services

On behalf of the dietary department, I would like to welcome 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 of the Resident and Family Christmas Dinner has begun so stay tuned for event details coming soon. Our next Food Committee Meeting will be held in the Trail dining room on November 18th at 1:30pm. Feel free to join us.

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.

Vicki Coppins, CNM

Director of Dietary Services



Homemade Crock-Pot Apple Cider

Prep Time 10 minutes

Cook Time 8 hours

Total Time 8 hours 10 minutes

Ingredients

- 6 quart slow cooker (reduce the amounts for a smaller cooker)
- 8-10 medium sized apples (I like McIntosh, Golden Delicious, Pink Lady, Honeycrisp, and Braeburn. Do NOT use Red Delicious. *See note below about using Granny Smith)
- 1 orange
- 2 cinnamon sticks
- ½ teaspoon whole cloves
- 1 teaspoon whole allspice
- 1 cup sweetener (granulated sugar, brown sugar, honey, maple syrup, or a combo)

Instructions

Prep

1. Peel the apples (8-10 medium) and discard the peel. Chop into large chunks or use an apple slicer.
2. Remove the peel from the orange (1) leaving behind the white fibrous pith. The pith will turn the cider bitter.

Slow cook

1. Place the apple pieces, orange peel, cinnamon sticks (2), whole cloves (½ teaspoon), and whole allspice (1 teaspoon) into the slow cooker.
2. Fill the slow cooker with enough water to reach the bottom of the top layer of apples. It should be pretty close to the top of the slow cooker.
3. Turn it on low and put the lid on. Brew on low for 8-12 hours. 12 hours on low is ideal but if you're in a crunch brew on high for at least 4 hours.
4. Add the sweetener of your choice (1 cup) and stir to mix together and melt.
5. Using a potato masher, mash all of the apples in the slow cooker.
6. If a more clear cider is desired, very carefully strain the cider through a fine mesh sieve or a cheesecloth and pour back into the slow cooker.
7. Let cool slightly and taste. Add more sweetener if desired. If you'd like a more concentrated flavor, turn the slow cooker to high and boil off some of the water (keeping the lid off). Alternatively, reduce the cider on the stovetop.
8. Store leftover cider in the refrigerator for up to 5 days.



Source: bakerbettie.com/homemade-apple-cider/



JOIN US FOR A



CHRISTMAS VENDOR MARKET



FIRESIDE LOUNGE

NOVEMBER **27TH** 10 AM- 2 PM

CENTENNIAL PLACE



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



CRAFT ITEMS **JEWELRY** BAKED GOODS **LOCAL HONEY**



Office Manager

Do you have a Trust Account at Centennial Place? As the holiday season approaches many of us start to think about shopping!

Having a Trust Account allows you to:

-Shop at the weekly Tuck Shop and purchase items on bus outings without having to have cash on hand!

Having a Centennial Place Trust Account keeps your money safe and secure. Setting up or adding to your account is easy! Please see the front desk staff and ask for Mallory. Cash and cheques accepted.

Mallory Adams

Office Manager

Family Council Meeting

Wednesday November 6th

11:15am

2nd Floor Chapel

Family Council is always looking for enthusiastic new members!

Residents' Council & Food Meeting

Monday November 18th

1:30pm

Trail Dining Room

Come out and have your say!



Lest We Forget

Remembrance Day Ceremony

November 11th starting at 10:30am in the

Fireside Lounge



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

Ken Riley

Lillian 'Betty' McFaul

George Nader

Art Dwyer

Mary Fabiano



Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Victoria Woudsma- Director of Care
Ext 301



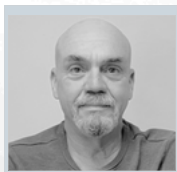
Leslie Goble- Associate Director of Care
Ext 302



Brittany Thorn-Director of Resident &
Family Services
Ext 312



Vicki Coppins-Directory of Dietary
Services
Ext 304



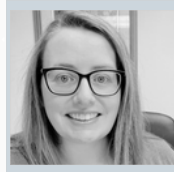
Kevin Kellow- Environmental Services
Supervisor
Ext 316



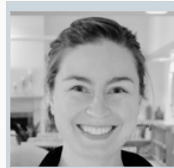
Mallory Adams- Office Manager
Ext 313



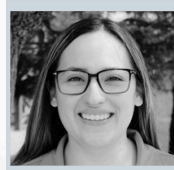
Allison Houser-RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



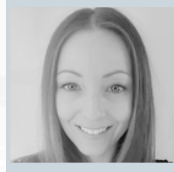
Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



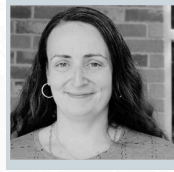
Michelle Erazo- Life Enrichment
Coordinator
Ext 318



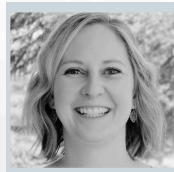
Corinne Buntsma- IPAC Lead
Ext 323



Jami McLeod- PSW Supervisor
Ext 306



Alexandra Rawek- Social Service
Worker
Ext 307



Julie Parcels
Quality Risk Nurse
Ext. 302

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



HELLO
November

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