

# Centennial Place Newsletter

705-932-4464

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



## A Note from Life Enrichment

Welcome to March! Spring is just around the corner (March 20th) and we can't wait for warm days and sunny skies! March also means maple syrup season and we are excited to welcome local syrup producer Red Mill to Centennial Place on March 5th. The Red Mill team will present on how they make the syrup, and we will even get to sample some fresh maple taffy, made right in front of our eyes! Yum! March 8th is International Women's Day and we will be celebrating all of the special ladies at Centennial Place with a themed social at 2:00pm in the Fireside Lounge. The second week of March marks Life Enrichment Week--March 10th to March 14th! Please see the poster outside the LE office for themed dressed down days and other exciting events that will take place all week long! March 17th is St. Patrick's Day and we will be wearing green and sipin' milkshakes during the Tunes and Shakes Social at 2:30pm in the Fireside Lounge. We also take a virtual visit to Ireland this month during the Around the World program on March 27th at 2:15pm. We hope that you are feeling lucky for Friends and Family Bingo as it returns on Sunday March 30th at 2:30pm. Please RSVP with Life Enrichment by March 28th! We have such a busy month of programs and entertainment! Please reference the home area calendars for a full list of activities this month. If you have any questions please reach out to Michelle or Nicole in the LE office! Happy March!



### March Bus Outings

March 10th  
**Casino & Dinner at Kawartha Downs**  
*\*reschedule from February\**  
Fraserville

March 13th  
**Russ' Woodworking Shop**  
Cavan Monaghan

### March Entertainment

March 12th  
**6:30pm Keith Kirkpatrick**

March 4th  
**2:30pm Mari Gras Party with Carling**

March 14th  
**2:30pm Danny Bronson**

March 18th  
**2:30pm Darlene & The Shamrockers**

March 19th  
**6:30pm Gary Burkhoff**

March 28th  
**2:30pm Birthday Party with Leigh**

# Environmental Services Supervisor

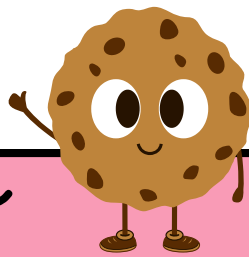
March 20th is the first day of spring! The days are getting longer, and hopefully the snow will begin to melt, and the days will get a bit warmer as spring approaches.

This month daylight savings time begins on Mar 9th. Remember to "spring forward" and move your clocks ahead one hour. Please ask our staff if you require assistance changing any of your clocks.

It is hard to believe spring is just around the corner. As the weather improves, we will begin work on the outside grounds, in preparation for what hopefully will be a fantastic summer!

## Kevin Kellow

Environmental Supervisor



## Cookies

Have a cookie craving? No problem! Every Thursday during Tuck Shop (10:30-11:30) LE will be selling fresh cookies from our new cookie oven! Get yours for just .50 cents a piece!



Congrats to Noreen K of Harvest who won the 'Date Night' basket put together by Family Council members. The beautiful basket had a variety of goodies, including chocolate, gift cards and cute decorative items! Enjoy Noreen!



## March Birthdays

Anna Hottinger- 03

Anna Riel- 08

Elsie McAsey-11

Jenny Harbert- 11

Dorothy Ling-13

Bob Young- 13

Heather Gardiner- 18

Thomas Leach- 19

Leslie Riley- 20

Brian Best- 22

Les Phillips- 25

Eileen MacMillan- 27



## Family & Friends BINGO

Rescheduled for  
Sunday, March 30th 2025

2:30pm

Fireside Lounge

Please RSVP to the Life Enrichment  
Department by March 28th 2025

We hope to see you there!

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

## Director of Dietary Services

Thank you to everyone who participated in Dietary Services week last month! It was a great success, and it was great to see so many staff and residents involved. We are lucky to have such a great dietary team!

Our next Food Committee meeting will be March 17th, 2025, at 1:30 in the Trail dining room. I hope to see you there. Everyone is welcome!

We are busy preparing this month's resident choice meal themed luncheon.

### Vicki Coppins, CNM

Director of Dietary Services



## Green Goddess Salad

Yields: 4-6 servings

Prep Time: 15 minutes

### For the Dressing:

- 2 cups baby spinach (about 2 ounces)
- 1/2 cup fresh basil leaves
- 1/2 cup fresh parsley leaves
- 5 Tbsp. fresh lemon juice (from about 2 lemons)
- 1/4 cup olive oil
- 1/4 cup grated parmesan cheese (about 1 ounce)
- 1 1/2 tsp. kosher salt, plus more to taste
- 1 tsp. ground black pepper
- 2 garlic cloves
- 1 avocado
- 1 shallot, quartered

### For the Salad:

- 8 oz. sugar snap peas, sliced on the diagonal into 1/4-inch pieces
- 4 green onions, thinly sliced
- 1 English cucumber, finely chopped (about 2 cups)
- 1/2 head green cabbage, finely chopped (about 4 cups)

### Directions

For the dressing: In a blender, combine the spinach, basil, parsley, lemon juice, oil, parmesan cheese, salt, pepper, garlic, avocado, and shallot. Blend until smooth, 1 to 2 minutes.

For the salad: In a large bowl, toss together the snap peas, green onions, cucumber, and cabbage. Add the dressing and toss to coat well. Taste for seasoning and add more salt if you like.



<https://www.thepioneerwoman.com/food-cooking/recipes/a63457646/green-goddess-salad-recipe/>

Residents' Council Meeting  
Monday March 17th  
1:30pm  
Trail Dining Room

Family Council Meeting  
March 12th  
11:15am  
Upstairs in the Chapel

### SAVE THE DATE!

Was you income less than \$35,000 or your family income less than \$45,000 for 2024?

Need a hand with your income taxes?

### FREE TAX CLINIC AT CENTENNIAL PLACE

TUESDAY APRIL 1ST 2025

10:00am - 3:30pm

Please bring all information such as T4s, T5s, T5007, T2202 and rental info such as number of months, location and landlord's name.



INTRODUCING  
**CENTENNIAL  
PLACEWAY  
COOK  
BOOK**

Life Enrichment is looking for  
your favourite recipes!  
Please share your loved one's  
go-to recipes and help us create  
our first legacy cook book!  
TALK TO LIFE ENRICHMENT OR EMAIL  
[CPACTIVITIES@AONINC.COM](mailto:CPACTIVITIES@AONINC.COM)

# Social Service Worker

## Setting Goals to Move Our Bodies

One thing I encounter a lot when speaking with people who are wanting to improve on their well being is, "I would like to exercise more, but I am having trouble getting started".

While many of us are fully aware of the benefits of regular exercise, it can be intimidating to start a new fitness plan.

A common mistake people often make is taking an "all or nothing approach" to an exercise routine. We set lofty goals to exercise for 1 hour, several times a week, and feel discouraged when we inevitably cannot sustain that intensity and frequency of exercise.

A more sustainable approach is to pare down our goals to meet us where we are at. If we are new to exercise that might look like setting a goal to walk for 10 minutes twice a week, join a seated exercise class once a week, or setting an alarm to go off daily to remind you to do 5 minutes of stretching. Small changes like this can have a big impact in the long run.

It is also important to choose an activity that feels good and is enjoyable. Peddling on a stationary bike, for example, is not for everyone. We are more likely to keep doing something if it does not feel like a chore. So be creative when thinking about a joyful way to move your body.

We tend to be more successful at completing our goals if they are specific. This means instead of saying "I'm going to start exercising", you say "I am going to dance to three songs in my living room, before dinner on Monday and Wednesday this week". The second statement is more likely to be adhered to as there is a specific plan in place covering what, where, when, how often and for how long. A good measure of whether we have a sustainable goal in place is to assess how confident we are we will complete our goal. An easy way to assess our confidence is to ask "on a scale of 1 to 10 (with 1 being not confident and 10 being very confident), how likely am I to complete my goal this week?" If the answer is a 6 or less, it is a sign that your goal is too lofty and may need to be simplified in order to increase your confidence. The more confident we are, the more likely we are to complete our goal.

Exercise is most commonly associated with weight loss however there are many other benefits such as improved cognition, improved mood and lower stress. It is important to point out that we can find health and wellbeing at any body size and we are all deserving of feeling good in our bodies, regardless of what the scale says.

Examples of joyful movement to try

- Seated exercise program – search for videos to follow on YouTube
- Dancing
- Stretching
- Yoga (chair yoga) – search for videos to follow on YouTube
- Nature walk with a friend
- Gardening

**Alex Rawek**

Social Service Worker



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

Daryl Hudgin

Norman Ling

James 'Keith' Lynch

Sandra Fallis

Peter Mucha

Ronald Coleman

# 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



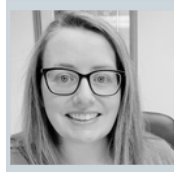
**Kevin Kellow**- Environmental Services  
Supervisor  
Ext 316



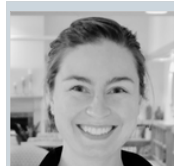
**Mallory Adams**- Office Manager  
Ext 313



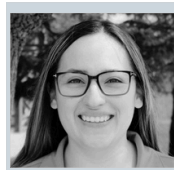
**Allison Houser**-RAI Coordinator  
Ext 310



**Lisa van Bruinessen**- Behavioural  
Supports Coordinator  
Ext 303



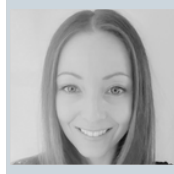
**Nicole Vrooman**- Life Enrichment  
Coordinator  
Ext 311



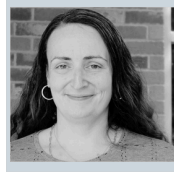
**Michelle Erazo**- Life Enrichment  
Coordinator  
Ext 318



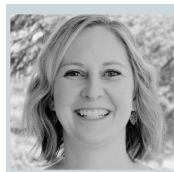
**Corinne Buntsma**- IPAC Lead  
Ext 323



**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](http://www.alzheimer.ca)

### **Canadian Diabetes Association**

[www.diabetes.ca](http://www.diabetes.ca)

### **Heart and Stroke Foundation**

[www.heartandstroke.ca](http://www.heartandstroke.ca)

### **The Arthritis Society**

[www.arthritis.ca](http://www.arthritis.ca)

**AON**  
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Where community develops.



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