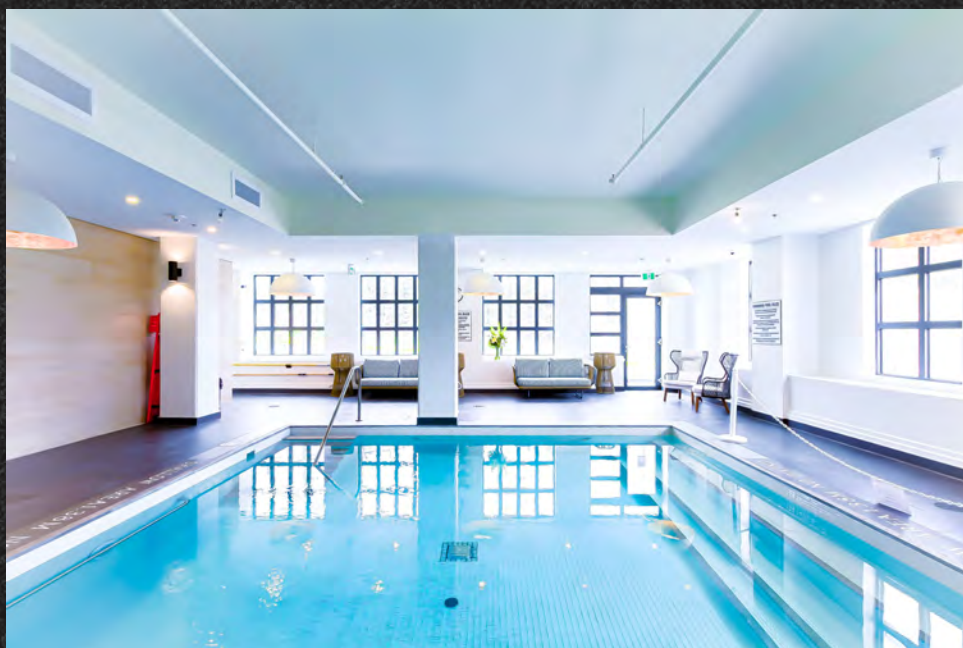




SORRENTO
RETIREMENT RESIDENCE



NOVEMBER NEWSLETTER

SORRENTO
SCOOP

LIFE AT SORRENTO



Special Events

Masquerade Ball

It is about spending time with family, friends (old and new), making new connections and new possibilities. There is always great food and new experiences to enjoy.

Here are some fun events and programs that took place at Sorrento.

OUTING: FALL LEAVES COLOUR TOUR





MESSAGE FROM DIRECTOR OF RECREATION

Cran-tastic

Cranberries are largely forgotten until Thanksgiving, when they grace the table as a jelly, relish, sauce, or chutney to go with the Thanksgiving turkey.

Foods that are a vibrant color are often good for you, and the shiny, red cranberry is a case in point. Cranberries are chock full of vitamins, minerals, and antioxidants, and they famously protect against urinary tract infections (UTIs). While cranberries may taste exceedingly tart or bitter when eaten raw, they become tasty and sweet when cooked or dried.

The Native Americans living around Cape Cod of southeastern Massachusetts had harvested cranberries, known as sasumuneash, for 12,000 years before the Europeans arrived. The colonists found that the sasumuneash of New England resembled the *craneberries* of their native England, so called because the flowers resembled the head of a sandhill crane.

Cranberries grow in wetlands commonly called bogs, which require a special set of conditions to yield a harvest. Soils at the bottom of a bog must be acidic and made of peat; the bogs must have access to plenty of fresh water; and the growing season has to last from April to November, providing a cool period of dormancy. Luckily, the famous bogs of Cape Cod provide just the right conditions and climate. But cranberry bogs are not limited to just Cape Cod. They are found in Maine, Rhode Island, New Jersey, Delaware, Wisconsin, Michigan, and Oregon, as well as in Canada and Chile.

Cranberry sauce may be traditional for Thanksgiving, but these sweet, tart berries also make great additions to cheesecake, muffins, scones, pies, cheeses, sandwiches, rice, and drinks. With so many recipes, you could celebrate Eat a Cranberry Day every month of the year.

Sincerely,

Teresa Harrington, Director of Recreation

WRITER'S CORNER

Eulogy on the Dog

Gentlemen of the Jury: The best friend a man has in this world may turn against him & become his enemy. A son or daughter he has nearest & dearest to us, those who we trust with our happiness & our good name, may become traitors.

The money that a man has he may lose. It flies away from him, perhaps when he needs it most. A man's reputation may be sacrificed in moment of ill considered action. The people who are prone to fall on their knees to do us honor when success is of us may be the first to throw the stone of malice when failure settles its cloud upon our heads. The one absolute, devoted friend that man can have in this selfish world, the one that will never abandon him, the one that will never prove ungrateful or treacherous, is his dog.

Gentlemen of the Jury: a man's dog stands by him in prosperity & in poverty, in health & in sickness. He will sleep on the cold ground where the wintry winds blow & the snow drives fiercely, if only he can be near his master's side. He will kiss the hand that has no food to offer. He will lick the wounds & sores that result from encounters with the roughness of the world. He guards the sleep of his pauper master as if he were a prince.

When all other friends desert, he remains. When riches take wing, & reputation fall to pieces, he is as constant in his love as the sun in its journey to the heavens. If fortune drives the master forth an outcast in the world, friendless & homeless, the faithful dog asks no higher privilege than that of accompanying him to guard against danger, to fight against his enemies, & when the last scene of all comes, & death takes the master in its embrace & his body is laid away in the cold ground, no matter if all other friends pursue their way, there by his graveside will the noble dog be found, his head between his paws, his eyes sad but open in alert watchfulness, faithful & true even to death.

Submitted by Nena B.

DOG OF THE MONTH

Golden Retriever



Golden retrievers are well known and admired for having cheerful, exuberant personalities, hard-working natures, endearing smiles, and lovely golden coats. It's no wonder they are one of the most popular dog breeds and are often picked as family pets. They live 10 to 12 years and stand about 24 inches tall.

While they are strong and active, they are also very gentle, affectionate, mellow, and snuggly. These highly adaptable, trainable, and eager-to-please pups were originally Scottish hunting dogs, trained to retrieve game. They are smart and do well as skilled workers, including tracking and locating contraband for police.

They also make excellent therapy and service animals. The breed comes in three different shades: golden, dark golden, and light golden. They are also divided into English, Canadian, and American golden retrievers. However, they are all part of the same breed.



UPCOMING EVENTS

*November 2nd Art Workshop: Winter Table Centerpieces w/ Pat C. @ 2:00pm ****Sign up*****

November 3rd Ancient Egypt Presentation w/ Lianne Harris @ 3:30pm

*November 4th Food Demo: Homemade Ice Cream @ 2:00pm ****Sign up*****

*November 4th Happy Fridays: Baileys Hot Chocolate @ 2:30pm ****Sign up*****

November 7th Resident Information Meeting @ 1:30pm

November 8th Afternoon Entertainment w/ Singer Tristan @ 2:00pm

*November 9th Art Workshop: Personalized wooden plaque w/ Merav @ 2:00pm ****Sign up*****

*November 14th Art Workshop: Wine Bottle Centerpieces for Taste of Autumn @ 2:00pm ****Sign up*****

*November 15th Outing: 5 pin bowling @ 1:00pm ****Sign up*****

November 16th Jazz Duo w/ Peter & Richard @ 2:00pm

*November 16th Henna Tattoos w/ Manpreet @ 3:30pm ****Sign up*****

*November 18th Taste of Autumn Event @ 5:00pm to 8:00pm ****Sign up*****

*November 18th Taste of Autumn Event @ 5:00pm to 8:00pm ****Sign up*****

*November 20th 2022 FIFA World Cup Begins. Games will be played at the Bar & Theatre.
Please see attached Schedule.*

*November 21st Outing: Upper Canada Mall @ 9:30am ****Sign up*****

*November 22nd Dementia Presentation w/ Home Instead @ 2:00pm ****Sign up*****

*November 23rd Estate Planning w/ Marco from CIBC @ 2:00pm ****Sign up*****

November 24th Spain Theme Dinner @ 4:30pm

*November 25th Food Demo: Homemade Mini Tacos @ 2:00pm ****Sign up*****

*November 25th Happy Fridays: Classic Margaritas @ 2:30pm ****Sign up*****

*November 29th Talent Show @ 2:00pm ****Sign up*****

*November 30th Art Workshop: Design your Canvas @ 2:00pm ****Sign up*****

****Sign up required for all events listed****

For more information, please contact Teresa, Director of Recreation