



SORRENTO
RETIREMENT RESIDENCE



NOVEMBER NEWSLETTER

SORRENTO

SCOOP

LIFE AT SORRENTO



Oktoberfest

Sorrento Residents had a great time perusing all the amazing cars.

Here are some pictures of all the fun we had!

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.



LIFE AT SORRENTO



Art Workshop

Sorrento Residents showed their artistic side during an Art Workshop by creating stunning Pumpkins for the fall.

There is truly never a dull moment at Sorrento!



Knitting Club Donations to the community (Ukrainian Refugees)

Thank you to two of our Sorrento Residents (Danai & Gina) for their contributions. As part of our knitting club, the ladies worked very hard and knit over 30 sets of items. The donations will be going to the Ukrainian refugees. If you would like to help contribute to this amazing cause, the ladies do accept donations of yarn, care of Sorrento Retirement Residence, 10 Station Road, Bolton ON, 647-317-7242 and can be dropped off at the front desk Concierge.

Great job Ladies! and everything you do makes a difference.



SENIOR'S HEALTHY LIVING FAIR



SORRENTO
RETIREMENT RESIDENCE

JOIN US AT

SORRENTO'S HEALTHY LIVING FAIR

In Partnership with Golden Transitions Consulting

November 9th, from 1:30PM - 4PM

**Complimentary Snacks, Mini Massages,
Food Demos, Fitness Classes & More!**



10 Station Rd, Bolton

Call 647-317-7242 to RSVP

Vendors now being accepted.

MESSAGE FROM DIRECTOR OF RECREATION

On Sunday November 5, 2023, whether you savor the extra sunlight in the summer or dread the jarring time jump, daylight saving time is inevitable.

Here are fascinating facts about daylight saving time:

- Official credit for the daylight saving time idea goes to an entomologist.
- Daylight saving time gained new popularity during the energy crisis.
- Daylight saving time may actually be an energy waster.
- Daylight saving time might also be a health hazard.
- Daylight saving time can deter crime.
- Daylight saving time is not mandated by law.
- Daylight saving time starts at 2 a.m. for a reason.
- Different countries use different terms for daylight saving time.
- Daylight saving time wouldn't help countries near the equator.
- The correct term is daylight saving (not savings) time.
- Less than 40 percent of the world observes daylight saving time.
- The push to observe daylight saving time year-round is growing.
- Most farmers actually oppose daylight saving time.
- Department stores love daylight saving time.
- The number of months of daylight saving time keeps growing.
- Pets notice changes in humans' behavior during daylight saving time.
- Daylight saving time is expensive for airlines and other modes of transportation.
- The Network Time Protocol allows cell phones and other devices to update to daylight saving time automatically.
- Some think that daylight saving time killed drive-in movie theaters.
- A study found that most people lose 40 minutes of sleep when daylight saving time starts.

Teresa Harrington, Director of Recreation

BIRD OF THE MONTH

ROOSTER



Roosters are male chickens, a domesticated species originally from India whose ancestors were wild jungle fowl. They are now found all over the world, with an estimated population of 23 billion. Roosters are loyal, protective birds that look after the hens of their flock. If they feel threatened, they will attack with flapping wings and spurs. Spurs are sharp bone protrusions that grow from their ankle area and are used for defense.

Roosters' most dangerous predators are foxes, coyotes, and raccoons. By about five months of age, roosters crow each morning to greet the dawn and encourage the flock to forage for food. They also crow to alert their fellow chickens of danger.

Roosters are omnivorous and will eat almost anything, including grains, fruits, vegetables, and insects. They are quite sociable birds and mate with the entire flock.

UPCOMING EVENTS



*November 1st Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon) **Sign up***

*November 1st Fun Facts About Cinnamon @6:00pm **Sign up***

*November 1st Family Night & Evening Entertainment with John M. @6:00pm **Sign up***

*November 2nd India, her 10,000 year Journey Presentation with Lianne Harris @ 3:30pm **Sign up***

*November 3rd Food Demo: Sugar Free Gummies @ 2:00pm **Sign up***

*November 7th Resident Town Hall@ 1:30pm **Sign up***

*November 8th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon) **Sign up***

*November 8th Art Workshop with Humberview Secondary School@1:40pm **Sign up***

*November 8th Evening Entertainment w/ Sean D. @ 6:00pm **Sign up***

*November 9th Senior Healthy Living Fair from 1:30pm to 4:30pm **Sign up***

*November 10th Food Demo: Homemade Granola Butter @ 2:00pm **Sign up***

*November 11th Remembrance Day programs **see Calendar for details***

*November 13th Art Workshop:Amazing Origami**Sign up***

*November 13th Evening Entertainment w/ Woody@6:00pm **Sign up***

*November 14th Dance Classes w/ Maria @ 2:30pm **Sign up***

November 15th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm

*(noon) **Sign up***

*November 15th Vendor Simply Jewellery @10am to 1pm **Sign up***

*November 15th Evening Entertainment w/ Tristan @ 6:00pm **Sign up***

*November 16th Culinary Creations: Couscous @ 2:00pm **Sign up***

*November 17th Food Demo: Mickey Mouse Oreos @2:00pm **Sign up***

*November 17th Disney Music & Fun Facts@ 3:00pm **Sign up***

*November 18th Learn to play Sudoku w/ Chris@2:00pm **Sign up***

*November 21st How to say hello in different languages @ 2:00pm **Sign up***

November 22nd Outing: Shopping to Wal Mart @ 10:00am to 12:00pm

*(noon) **Sign up***

*November 22nd Art Workshop with Humberview Secondary School@1:40pm **Sign up***

*November 22nd Evening Entertainment w/ pianist & trumpet player @5:45pm *Sign up**

*November 24th Food Demo: Gingerbread Cookies @ 2:00pm *Sign up**

*November 26th Sing along/ Pat P. @2:30pm *Sign up**

*November 27th Food Demo:Lemon Blueberry Cake @2:00pm *Sign Up**

*November 27th Evening Entertainment w/ Accordion player Sebastian @6:00pm*Sign Up**

November 29th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm

*(noon) **Sign up***

*November 29th Evening Entertainment w/ Martin Wall @6:00pm*Sign Up**