



SORRENTO
RETIREMENT RESIDENCE



OCTOBER NEWSLETTER

SORRENTO
SOOOOP

LIFE AT SORRENTO



Charity Car Show

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 Stained Glass.

There is truly never a dull moment at Sorrento!

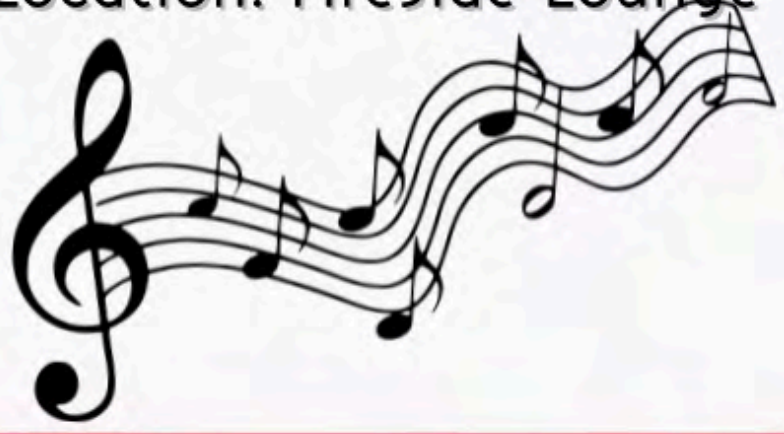
SING ALONG



Sing Along W/ Pat.

Sunday October 22nd ,2023
Time: 2:30pm

Location: Fireside Lounge



OUTING

Outing

Shopping @ Walmart

Date: Wednesdays, October 4th,
11th and 18th, 2023

Timing: 10:00am to Noon (12pm)



Spaces are Limited and going fast

Sign up @Concierge

MESSAGE FROM DIRECTOR OF RECREATION

Absolutely Gourd-geous

Anyone who's attended a county fair is probably familiar with gargantuan, record-breaking pumpkins. Last October, Travis Gienger grew the largest pumpkin in America at 2,560 pounds. But in September of 2021, Italian farmer Stefano Cutrupi set a new world record for the world's largest when his colossus weighed in at 2,702.9 pounds. Why grow pumpkins to such enormous sizes? A better question to ask is how do pumpkins get so big? And can you grow a giant in time for Pumpkin Day on October 26?

Pumpkins are members of the genus Cucurbita. These fruits are related to the cucumber family and include squashes, gourds, zucchini, and, of course, pumpkins. All these plants are native to tropical and subtropical areas of North and South America. They grow on vines and can naturally grow as large as 200 pounds, making them the heaviest fruits on the planet.

Over the years, farmers moved these plants out of the tropics and began to grow them around the world. They selected certain species and explored which cultivars could be cross-bred to create the largest pumpkins. At the 1893 Chicago World's Fair, William Warnock wowed crowds with a 365-pounder. In 1900, Warnock showed off a 400-pound pumpkin at the World's Fair in Paris. His giant pumpkins had become major attractions.

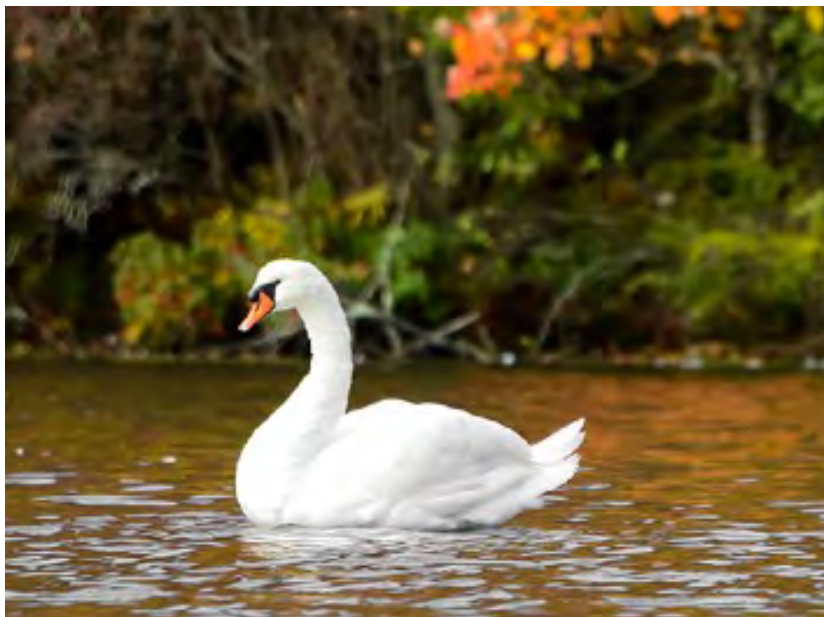
It wasn't until the 1970s that Howard Dill of Nova Scotia bred a pumpkin known as the "Atlantic Giant," a cross between the Rennie's Mammoth (itself descended from the Goderich Giant) and Mammoth Chile pumpkins. Over the next decade, pumpkins would grow to 700 pounds.

Growing an Atlantic Giant takes 130 days, with plenty of full sunshine, fertilizer, and water. A frost will ruin the growth, so it's important to keep the pumpkin warm early in the season. Once the vine bears a pumpkin, choose the best to focus on and remove the rest. Even nonprofessionals can grow Atlantic Giants as large as 500 pounds!

Teresa Harrington, Director of Recreation

BIRD OF THE MONTH

SWAN



Revered for their beauty and grace, swans are fast, agile fliers and speedy swimmers with excellent hearing and vision. Like elephants, these extremely intelligent birds have superb memories and can remember their interactions with humans. Swans are typically white, but some types are black and white, all black, or even pinkish. Their chicks, which are called cygnets, are gray until their adult plumage comes in.

Swans live in and around coastal bays, lakes, slow-moving rivers, and ponds. Aquatic vegetation is their meal of choice, and they are known to aggressively defend their nests during breeding season. A group of swans is called a flock. These lovely, majestic birds symbolize loyalty, trust, companionship, and love—and for good reason.

Swans often mate for life, and especially romantic pairs are known to swim together with their necks entwined or beaks together in a heart shape.



UPCOMING EVENTS

*October 3rd Resident Town Hall @ 1:30pm**Sign up***

*October 4th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)**Sign up***

*October 4th Evening Entertainment with Woody @6:00pm **Sign up***

*October 5th Mobile Boutique Vendor from 10am to 2pm **Sign up***

*October 5th The Silk Road Pres with Lianne Harris @ 3:30pm**Sign up***

*October 6th Food Demo: Pumpkin Muffin@2:00pm**Sign up***

*October 11th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)**Sign up***

*October 11th Evening Entertainment w/ Martin Wall @ 6:00pm**Sign up***

*October 13th Food Demo: Large Soft Pretzels @2:00pm**Sign up***

*October 13th Polka Music w/ Beer & Pretzels @3:00pm **Sign up***

*October 16th Art Workshop: DIY-Pumpkin Fall Flowers@ 2:00pm **Sign up***

*October 18th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)**Sign up***

*October 18th Dance Class w/ Maria @ 2:30pm**Sign up***

*October 18th Evening Entertainment w/ Josie @ 6:00pm**Sign up***

*October 19th Culinary Creations: Polenta @ 2:00pm**Sign up***

*October 20th Mary Kay Vendor from 10am to 2pm**Sign up***

*October 20th Food Demo: Cinnamon Buns w/ Chris@ 2:00pm**Sign up***

*October 22nd Sing along w/ Pat P.@2:30pm **Sign up***

*October 23rd Art Workshop: DIY Masquerade Masks **Sign up***

*October 24th Classy Jewellery Vendor from 10am to 2pm**Sign up***

*October 25th Outing: Lunch to Swiss Chalet from 11am to 1:30pm**Sign up***

*October 25th Evening Entertainment w/ Jay Vasquez @ 6:00pm**Sign up***

*October 26th Creative Aging Books & Ideas w/ Author Deborah Dundas @ 2:00pm**Sign up***

*October 27th Food Demo: Pumpkin Chocolate Cookies @ 2:00pm **Sign up***

*October 27th Sorrento Celebrates @ 3:00pm**Sign up***

*October 30th String Quartet for Masquerade Ball @ 6:30pm **Sign up***

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