



Happy Birthday to You!

Robert T.	10/4
Bernice H.	10/10
Mildred A.	10/16
Betty B.	10/17
Frances D.	10/26
Melba D.	10/29



Pumpkin Pancakes Recipe

by Allrecipes



Ingredients (Yields 12 pancakes)

1 ½ cups milk	
1 cup pumpkin puree	2 tablespoons vegetable oil
1 egg	2 tablespoons vinegar
2 cups all-purpose flour	3 tablespoons brown sugar
2 teaspoons baking powder	1 teaspoon baking soda
1 teaspoon ground allspice	½ teaspoon ground ginger
1 teaspoon ground cinnamon	½ teaspoon salt

Directions

Step 1 - In a bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.

Step 2 - Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot

October 2022

Sabal Palms



Note from the Executive Director

As we end our Summer Season, we reflect on all of the wonderful memories that were made for our Dear Residents and Families during that time. With Autumn approaching us soon, comes changes in the weather and daylight savings time to follow. One thing however that will not change here at Sabal Palms is how we strive to give your loved one an extraordinary experience, from care, meals, activities and above all, Dignity and Love. Our common goal here at Sabal Palms with my management team is achieving the best for both our Staff and your loved one!

The Best is yet to Come.



Monthly Highlights

Resident Activity Meeting	10/5
Shopping Trip	10/7
Chef Chat	10/12
Lunch Bunch Outing	10/19
Scenic Mystery Ride	10/21
Monthly Birthday Celebration	10/26
Halloween Celebration/Party	10/31

Activities Meeting is the first Wednesday of each month at 2PM.

Your input is Important. Provide feedback about current programs and offer suggestions for new options.