



SORRENTO
RETIREMENT RESIDENCE



APRIL NEWSLETTER

SORRENTO

SCOOP



LIFE AT SORRENTO



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March was full of Crafts and Activities

Sorrento Residents had a great time keeping their hands busy with a variety of March themed crafts.

Here are some pictures of all the fun we had.

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Food Demos

Sorrento Residents are so wise and love to share their knowledge. Residents had the opportunity to take part in making goodies such as Cinnamon Buns, Tea Cookies, Pizzelle, Chocolate Covered Strawberries, homemade Granola, Crostata, Chocolate Zucchini Cake, and No Bake Snowballs. Our second floor residents also enjoy their time in the kitchen as they have made a Layered Taco Dip, Greek Salad Dressing, and Chocolate Covered Fruit.

There is truly never a dull moment at Sorrento!

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Special Events: Entertainment

Special events are a great way to bring people together.

Here are some pictures of all the fun we had during our Special events.



Things to keep an eye out for...

NAIL POLISH & MINI HAND MASSAGE

Join us on April 4th from 2:00pm to 4:00pm to get mini hand massage/ Nail polish on P1 Spa



ABSTRACT ART EXHIBIT SHOW W/ KINROSS ART

Come join us on April 4th from 10am to 6pm in Mama Mia's Kitchen to explore some unique art pieces



OUTINGS

Join us on our weekly outing to Walmart Every Wednesday From 10am to 12pm



- Upper Canada Mall on April 15th from 11:00am to 3:00pm
- Lunch Outing to Swiss Chalet on April 22nd From 12pm to 2pm
- Outing to Landmark Theatre on April 29th *Details TBD*
- Sign-up is mandatory so be sure to talk to Recreation or Concierge to secure your spot.

INTRODUCTION TO PUPPETRY: MAKE YOUR OWN PUPPETS

On April 7th From 2:15pm to 3:15pm come join us for an introductory session and make your own Puppets



DANCE CLASS W/ DIANA

Come and join us for the Dance classes w/ Diana on April 9th and 23rd at 3:45pm in the theatre



HANDS ON EXOTICS: MEET FURRY FRIENDS

Come join us on April 8th from 3:30pm to 4:30pm to meet our Furry Friends in honor of zoo lover's day



1960S & 1970S GOLDEN OLDIES PARTY

Join us on April 24th from 3:45pm to 7:30pm for 60s & 70s golden oldies party with Pizza and live entertainment where you can invite your families and friends.



Vendor List:



- Triple Eight Clothing on April 10th From 10am to 3pm
- Abstract Art Exhibit w/ Kin Ross Art on April 4th from 10am to 6pm
- Classy Jewelry Vendor on April 23rd From 10am to 2pm



Service Providers

Don't forget about all of our amazing additional services that we provide. If you would like an appointment with any of the below Service Providers be sure to book your appointment through Concierge in advance.

Hair - Anthony Avola

- Wednesday's (9AM- 3PM)

Hearing - Hear Well Be Well

- Thursday, April 17th (1PM- 4:00PM)

Footcare - Family Footcare

- Monday, April 14th (9AM-3PM)

Dentist - The Smile Room

- Every three months - Next visit will be on May 2nd (9:30am -4:30pm)

Doctor

- Mondays (9AM-12PM)
(Book your appointment with the Nurse on Duty)

Spring Song



Author Unknown

Frogs croak
Rains soak
Chicks peep
Crickets leap
Bees hum
Robins come
Birds sing
It's spring!



FLOWER OF THE MONTH

Why Are There Two Birth Flowers Per Month? You'll notice that some months have two birth flowers. Not all cultures agree on which flowers correspond to which months, plus some flowers simply aren't as available in different regions. Listed is the most traditional primary flower as well as a secondary flower when there is one.



Daisy

The daisy is known as the sacred flower for the goddess of love, beauty and fertility.

Sweet Pea

sweet peas
symbolize delicate
pleasure, blissful
moments,
friendship, gratitude,
and goodbyes.



March 21 -
April 19

Aries Personality

Traits

Strengths: are bold, energetic, full of vitality, charismatic, fun, lively, passionate, and driven by their hearts and desires..
Weaknesses: Aries are very impatient and cannot wait for longer to let things happen and this way they miss out on opportunities.
Likes & Dislikes: While Aries like competition, they don't like to play games



April 20 -
May 20

Taurus Personality

Traits

Strengths: Taurus individuals are characterized by their reliability, practicality, and appreciation for beauty.
Weaknesses: They need to be mindful of their stubborn streak.
Likes: music, gardening, greenery, romance, finest things, nature, books, philosophy, solitude,
Dislikes: changes, insecurity, small talks, arguments, boasting, being in lime light, social attention.

SPECIAL EVENTS

****Sign up is required****

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 11:15am Tech Workshop *Sign up*	02 Shopping to Walmart (10am to 12pm)	03 6:30 pm Evening Entertainment	04 11:15am Tech Workshop *Sign up* 2pm to 4pm Nail polish/ Mini hand massage	05 Fitness class 10:30am 2:30pm Bingo
06	07 2:15pm Introduction to Puppetry: Make your own puppets *Sign up*	08 11:15am Tech Workshop *Sign up* 2:15pm Resident Townhall Meeting	09 Shopping to Walmart (10am to 12pm)	10 6:30 pm Evening Entertainment	11 11:15am Tech Workshop *Sign up*	12 Fitness class 10:30am 2:30pm Bingo
13	14 2:00pm Art Workshop *Sign up*	15 11:00am outing to upper Canada Mall *Sign up* 11:15am Tech Workshop *Sign up*	16 Shopping to Walmart (10am to 12pm)	17 6:30 pm Evening Entertainment	18 11:00am Special spiritual activity	19 Fitness class 10:30am 2:30pm Bingo
20 Easter Brunch (11:45am to 2pm)	21 Fitness class 10:30am	22 11:15am Tech Workshop *Sign up* Swiss chalet outing 2:00pm Earth day themed art workshop	23 Shopping to Walmart (10am to 12pm)	24 60s & 70s Golden Oldies Party 6:30 pm Evening Entertainment	25 11:15am Tech Workshop *Sign up* Sorrento Celebrates at 3pm	26 Fitness class 10:30am Open House 2pm to 4pm
27	28 2:00pm Art Workshop *Sign up*	29 11:15am Tech Workshop *Sign up*	30 Shopping to Walmart (10am to 12pm)			



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