



**SORRENTO**  
RETIREMENT RESIDENCE



**AUGUST NEWSLETTER**

# **SORRENTO**

# **SCOOP**

# LIFE AT SORRENTO



## July was full of Crafts and Activities

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

Here are some pictures of all the fun we had.



# LIFE AT SORRENTO



## 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 Crostata, Polish Crepes, Pizzelle, Chocolate Covered Strawberries, homemade Granola, 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!



# LIFE AT SORENTO



## 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...

### BEAUTY HOUR

Join us for the beauty hour on Mondays @3:30pm in the spa area check calendar for more details



### NATIONAL BEER DAY

Come join us on August 1st @2:00pm to enjoy the Live Food demo: Beer & Pretzel meatballs @3:00pm Beer Day special Happy Hour



### OUTINGS

Join us on our weekly outing for shopping to Walmart every Wednesday From 10am to 12pm

- August 19<sup>th</sup> Lunch Outing at Fratelli Trattoria Restaurant from 12:30pm to 2:30pm

Sign-up is required to be sure to talk to Recreation or Concierge to secure your spot.



### SALSA FOR SENIORS

Come Join us on August 15<sup>th</sup> from 2:30-4pm on the patio to enjoy doing salsa moves with professionals & enjoy snacks & refreshments.



### DANCE CLASS W/ DIANA

Come and join us for the Dance class w/ Diana on August 6<sup>th</sup> at 4:15pm in the theatre



### AFTERNOON DELIGHT

Come join us on August 8th from 2:00pm to 4:00pm for Tuxedo Manicure, pampering session w/ Mary Kay cosmetics & Special happy hour drinks



### FERRAGOSTO CELEBRATION

Join us on August 22<sup>nd</sup> to celebrate Ferragosto at 2pm enjoy live food demo: Pizzelle making served w/ Spomone ice cream and at 3pm enjoy live entertainment with Coro Italia



Coro Italia Toronto

## Vendor List:



- Express Clothing on August 27th from 11am 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- 4PM)

## Hearing - Hear Well Be Well

- Thursday, August 21st (1PM- 4:00PM)

## Footcare - Family Footcare

- Monday, August 18th (9AM- 4:00PM)

## Dentist - The Smile Room

- Every three months - Next visit will be on August 15th (9:00am -4:00pm)

## Doctor

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

# "August"

The sun was gone, and the moon was  
coming  
Over the blue Connecticut hills;  
The west was rosy, the east was flushed,  
And over my head the swallows rushed  
This way and that, with changeful wills.  
I heard them twitter and watched them  
dart  
Now together and now apart  
Like dark petals blown from a tree;  
The maples stamped against the west  
Were black and stately and full of rest,  
And the hazy orange moon grew up  
And slowly changed to yellow gold  
While the hills were darkened, fold on  
fold  
To a deeper blue than a flower could  
hold.  
Down the hill I went, and then  
I forgot the ways of men,  
For night-scents, heady, and damp and  
cool  
Wakened ecstasy in me  
On the brink of a shining pool.



# 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.



## Gladius

This flower's name comes from the Latin word "gladius," meaning sword, and it is often associated with strength, integrity, and infatuation.



## Poppy

Poppies have a rich history and symbolism, with different colors representing various meanings. In general, they are associated with remembrance, peace, and sleep.



July 22-  
August 22

### Leo Personality

#### Traits

**Strengths:** Leos are full of confidence and charisma. They have a great leadership quality. Their generous nature make them Centre of attraction

**Weaknesses:** Leos are arrogant, stubborn and no one can change their decision whether it is good or bad.

**Likes:** Leo's generally enjoy being the center of attention, leading, and receiving praise and admiration.

**Dislikes:** they dislike being ignored, criticized, or bossed around.



August 23-  
September 22

### Virgo Personality

#### Traits

**Strengths:** analytical, reliable, organized, and practical. They are known for their attention to detail, problem-solving skills, and helpful nature. Virgos are also diligent, kind, and enjoy improving the world around them through their work.

**Weaknesses:** their meticulous attention to detail—is also their most significant, and most severe, weakness.

**Likes:** They are known as perfectionists and clean freaks.

**Dislikes:** They dislike cluttered and messy things make them shudder in distaste.



# SPECIAL EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				11:15am Tech Workshop *Sign up* 2:00 pm to 4pm Beer Day celebration	01 Fitness class 10:30am 2:30pm Bingo	02 11:15AM Spiritual Activity
04 2:00pm Homemade chocolate chip cookies	05 11:15am Tech Workshop 2:30pm Sing along 6:30pm Bingo Night	06 10:00am Shopping to Walmart	07 6:30 pm Evening Entertainment w/ Aldo	08 11:15am Tech Workshop *Sign up* 2:00 pm to 4pm Afternoon Delight	09 Fitness class 10:30am 2:30pm Bingo	10 11:15AM Spiritual Activity
11 3:00pm Art Workshop: Salsa Themed *Sign up*	12 11:15am Tech Workshop 2:15pm Resident Townhall Meeting 6:30pm Bingo Night	13 Shopping to Walmart (10am to 12pm)	14 6:30 pm Evening Entertainment w/ Tina's Talent	15 2:30pm Salsa for Seniors (Dance, snacks & refreshments)	16 Fitness class 10:30am 2:30pm Bingo	17 11:15am Special spiritual activity
18 3:00pm Beauty Hour *Sign up*	19 11:15am Tech Workshop 12:00pm Lunch Outing *Sign up*	20 Shopping to Walmart (10am to 12pm)	21 6:30 pm Evening Entertainment w/ Antinella	22 Ferragosto celebration (2pm to 4pm)	23 Fitness class 10:30am 2:30 PM Bingo	24 11:15am Special spiritual activity
25 3:00pm Beauty Hour *Sign up*	26 11:15am Tech Workshop *Sign up* 2:00pm Special Movie Matinee	27 Shopping to Walmart (10am to 12pm)	28 6:30 pm Evening Entertainment w/ Josie & Nick	29 2:30pm Tarantella Sorrento Celebrates	30 Fitness class 10:30am 2:30 PM Bingo	31 11:15am Special spiritual activity



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