



SORRENTO
RETIREMENT RESIDENCE



DECEMBER NEWSLETTER

SORRENTO SCOOP



LIFE AT SORRENTO



Special Events

Food Demos

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.

Here are some fun events and programs that took place at Sorrento.

Art Workshop: Personalized Wooden Plaques



MESSAGE FROM DIRECTOR OF RECREATION

A Fresh Take on Peppermint

Peppermint (*Mentha × piperita*) is an aromatic herb in the mint family that is a cross between watermint and spearmint. Native to Europe and Asia, it has been used for thousands of years for its pleasant, minty taste and health benefits.

Peppermint is used as a flavoring in breath mints, candies and other foods. Additionally, many people consume peppermint as a refreshing, caffeine-free tea.

Peppermint leaves contain several essential oils including menthol, menthone and limonene. Menthol gives peppermint its cooling properties and recognizably minty scent. While peppermint tea is often drunk for its flavor, it may also have several health benefits. The tea itself has rarely been studied scientifically, but peppermint extracts have.

Here are 12 science-backed benefits of peppermint tea and extracts.

1. May Ease Digestive Upsets
2. May Help Relieve Tension Headaches and Migraines
3. May Freshen Your Breath
4. May Relieve Clogged Sinuses
5. May Improve Energy
6. May Help Relieve Menstrual Cramps
7. May Fight Bacterial Infections
8. May Improve Your Sleep
9. May Aid Weight Loss
10. May Improve Seasonal Allergies
11. May Improve Concentration
12. Easy to Add to Your Diet

WRITER'S CORNER

It sifts from leaden sieves

By Emily Dickinson

It sifts from leaden sieves,
It powders all the wood,
It fills with alabaster wool
The wrinkles of the road.

It makes an even face
Of mountain and of plain, —
Unbroken forehead from the east
Unto the east again.

It reaches to the fence,
It wraps it, rail by rail,
Till it is lost in fleeces;
It flings a crystal veil

On stump and stack and stem, —
The summer's empty room,
Acres of seams where harvests were,
Recordless, but for them.

It ruffles wrists of posts,
As ankles of a queen, —
Then stills its artisans like ghosts,
Denying they have been.

DOG OF THE MONTH

Poodle



Poodles are clever, affectionate pets well-known for their curly coats, elegant look, and friendly demeanors.

Poodles come in three sizes: standard (15+ inches at the shoulder), miniature (15–10 inches), and toy (under 10 inches). They come in white, black, or apricot and are unique in that they have a low-allergen coat, meaning they are usually better tolerated by people with dog allergies. Their lovely coats require daily brushing to prevent matting. These beautiful dogs are often bred with other types of pups, which is how we get prized pets like labradoodles and golden-doodles.

Poodles make excellent companions, are good with children, are quite smart, and have agile, muscular bodies. They are easily trained and enjoy activities like swimming and running. As they were bred as hunting dogs, they have keen retrieval instincts and like playing fetch. They have also been used as lively performers in the circus.



UPCOMING EVENTS

December 1st Desire & Greed (Luxury Goods) pres w/ Lianne Harris @ 3:30pm

*December 2nd Food Demo: Panettone w/ Desiree @ 2:00pm ****Sign up*****

*December 2nd Happy Fridays: Clover Club Cocktail @ 2:30pm ****Sign up*****

December 5th Resident Information Meeting @ 1:30pm

*December 9th Food Demo: Coconut Truffles @ 2:00pm ****Sign up*****

*December 9th Happy Fridays: Winter Cranberry Cocktail @ 2:30pm ****Sign up*****

December 12th Casino Afternoon (Black Jack) w/ Dealer Eddie @ 2:00pm

*December 13th Art Workshop: Snowflake Pendant Making w/ Merav @ 2:00pm ****Sign up*****

*December 14th Art Workshop: Table Centerpieces for Winter Gala @ 2:00pm ****Sign up*****

*December 14th Outing: Lights Tour @ 5:30pm ****Sign up*****

*December 15th Outing: Indoor Golfing @ Caledon CC @ 10:30am ****Sign up*****

*December 16th Donut Wall @ 2:00pm to 4:00pm ****Sign up*****

*December 16th Happy Fridays: Irish Coffee @ 2:30pm ****Sign up*****

December 18th FIFA World Cup FINALS ~Brunch~ @ 9:45am

December 19th Sorrento Indoor Winter Market from 10am to 2pm

*December 20th Outing: 5 Pin Bowling @ 1:00pm ****Sign up*****

*December 21st Outing: Lights Tour @ 5:30pm ****Sign up*****

*December 22nd Winter Gala (Photobooth, Live Band & Dinner) from 4pm to 7pm ****Sign up*****

*December 28th Flute + Guitarist Duo ~ Broadway Showtunes ~ @ 2:00pm ****Sign up*****

December 30th Trio Performance @ 6:00pm

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

For more information, please contact Teresa, Director of Recreation