



SORRENTO
RETIREMENT RESIDENCE



FEBRUARY NEWSLETTER

SORRENTO

SCOOP



LIFE AT SORRENTO



January was full of Crafts and Activities

Sorrento Residents had a great time keeping their hands busy with a variety of January 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 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!



LIFE AT SORRENTO



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...

MINI HAND MASSAGE/ NAIL PAINT

Join us on February 7th at 2:00pm in the SPA on P1 to get a mini hand massage or nails painted



SORRENTO CELEBRATES

Come join us on February 21st @3:00pm by the Bar w/ Live entertainment by DJ Saverio



OUTINGS

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



- Lunch Outing to go to the **TURKISH CUISINE** on February 27th from 12:00pm to 2:00pm
- Sign-up is mandatory so be sure to talk to Recreation or Concierge to secure your spot.

WINE TASTING

On February 18th From 3:30pm to 4:30pm come join us for the Wine tasting in honor of National Drink Wine Day



DANCE CLASS W/ DIANA

Come and join us for the Dance classes w/ Diana on February 5th and 19th @3:45pm in the Gym



ELVIS PRESLEY DAY CELEBRATION

Join us on February 25th from 2:30pm to 3:30pm to celebrate National Elvis Presley Day with live Entertainment (Elvis Forever) snacks and refreshments



VENETIAN CARNEVALE CELEBRATION

Join us on February 28th from 2:30pm to 3:30pm to celebrate Venetian Carnevale w/ Live entertainment, snacks & Refreshments



Vendor List:

- Classy Jewelry by Maria on January 6th From 10am to 2pm
- Abstract Painting Art Show (10am to 2pm)
- Sugar by Grace on February 14th (From 11am to 2pm)
- Nelly's Comfort Shoes on January 20th from 11am to 3pm



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 - HearWell BeWell

- Thursday, February 20th (1PM-4PM)

Footcare - Family Footcare

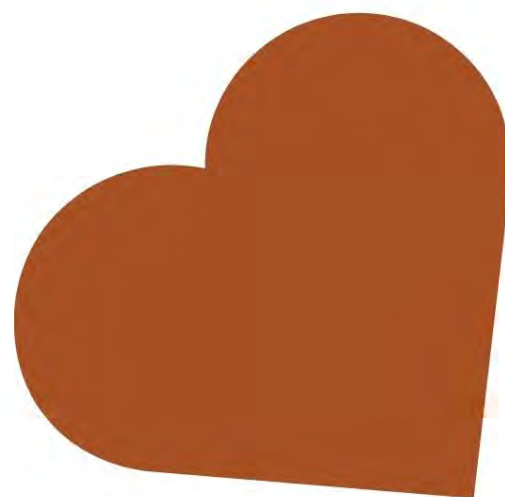
- Monday, February 10th (9AM-3PM)

Dentist - The Smile Room

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

Doctor

- Monday & Wednesday's (9AM-12PM)



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.



Violets

The violet can signify "Modesty" and "Humility" and is often looked upon as a sign of innocence..



Irises

The most common meanings include hope, wisdom, trust and valour, making it a great flower to have around the house.



January 20 -
February 18

Aquarius Personality

Traits

Strengths: are independent people who do not need anyone to tend to their emotional and physical well-being.
Weaknesses: they can struggle to effectively communicate those emotions with others
Likes: Aquarians are attracted to genuineness and intellect.
Dislikes: Limitations, broken promises, being lonely, dull or boring situations.



February 19 -
March 20

Pisces Personality

Traits

Strengths: They are imaginative, creative, kind, supportive, people-smart, emotional and intelligent
Weaknesses: They can be particularly sensitive to criticism.
Likes: They are boundless and like to spend time with themselves in solitude
Dislikes: They don't like to show off their skills and talents openly.

SPECIAL EVENTS

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



SORRENTO
RETIREMENT RESIDENCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01 Fitness Class 1 @10:00AM Fitness Class 2 @10:30am Bingo @2:30pm Movie Night @6:30pm
02	03	04	05	06	07	08
10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Movie Matinee@2:30pm Movie Night @6:30pm	10:00am Fitness Class 1 10:30am Fitness Class 2 Aquafit @11:15 Book Club Meeting @2pm Jeopardy Night @6:15pm	10:00am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:00pm Quiddler Bridge club @3:30pm Bingo Night @6:30pm	Outing to Walmart @10am Fitness Class 1 @10am Advanced Fitness w/ Lynn @10:30am Bingo @2:30pm Dance Class w/ Diana @3:45pm Comedy Night @6:30pm	Standing High Intensity Fitness w/ Emilia 1 @10am Exercise Class 2 @10:30AM Abstract Painting Art show @ 10am Vendor: Classy Jewelry(10am to 2pm) Bingo @2:30pm Evening Entertainment @6:30pm	Fitness Class 1 @10am Fitness Class 2 @10:30am Tech Workshop @11:15am Mini Hand Massage/ Nail Polish (From 2pm to 3:30pm)	Fitness Class 1 @10:00AM Fitness Class 2 @10:30am Bingo @2:30pm Bid Euchre w/ Mary & Howard @3pm Movie Night @6:30pm
09	10	11	12	13	14	15
10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Movie Matinee @2:30pm Movie Night @6:30pm	Fitness Class 1 @10am Fitness Class 2 @10:30am 11:15am Aquafit 12pm Captain's Lunch Art Workshop @2:00PM Jeopardy Night @6:15pm	10:00am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:00pm Quiddler 3:30pm Bridge & Bid Euchre Club Bingo Night @6:30pm	Outing to Walmart @10am Stretch & Balance 1 @10:00am Advanced Fitness w/ Lynn@10:30AM Bingo@2:30PM Comedy Night @6:30PM	Standing High Intensity Fitness w/ Emilia 1 @10am Exercise Class 2 @10:30AM Aquafit @11:15am Bingo @ 2:30pm Evening Entertainment @6:30pm	Fitness Class 1 @10am Fitness Class 2 @10:30am Tech Workshop @11:15am Valentine's Day Celebration @2:30pm 3:45pm Hearty Chocolate Making	Fitness class 1 @10am Fitness class 2 @10:30am Bingo @2:30pm Bid Euchre w/ Mary & Howard 6:30pm Movie Night
16	17	18	19	20	21	22
10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Movie Matinee @2:30pm Movie Night @6:30pm	Exercise Class 1 @10:00AM Exercise Class 2 @10:30am Aquafit @11:15am Art Workshop @2pm Jeopardy Night @6:15pm	10:00am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:00pm Quiddler 3:30pm Wine Tasting Bingo Night @6:30pm	Outing to Walmart @10am Fitness class 1 @10am Fitness w/ Lynn @10:30am 11:15am Spiritual Activity Bingo @2:30PM Dance class @3:45pm Comedy Night @6:30pm	Standing High Intensity Fitness w/ Emilia 1 @10am Exercise Class 2 @10:30AM Aquafit @11:15am Bingo @2:30pm Evening Entertainment @6:30pm	FITNESS CLASS 1 @10AM FITNESS CLASS 2 @10:30 AM TECH WORKSHOP @11:15AM FOOD DEMO@2PM 3:30PM SORRENTO CELEBRATES W/ DJ SAVERIO	Fitness Class 1 @10:00AM Fitness Class 2 @10:30am Bingo @2:30pm Bid Euchre w/ Mary & Howard @3pm Movie Night @6:30pm
23	24	25	26	27	28	
10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Sing Along w/ Pat @3:30pm	Exercise Class 1 @10:00AM Exercise Class 2 @10:30am Aquafit @11:15am Art Workshop @2pm Jeopardy Night @6:15pm	10:00am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:30pm Elvis Presley Day Celebration 3:45pm Elvis Presley Trivia Bingo Night @6:30pm	Outing to Walmart @10am Stretch & Balance 1 @10:00am Advanced Fitness w/ Lynn @10:30AM Bingo@2:30PM Comedy Night @6:30PM text	FITNESS CLASS 1 @10AM FITNESS CLASS 2 @10:30 AM AQUAFIT @11:15AM BINGO@2:30PM EVENING ENTERTAINMENT @6:30PM	FITNESS CLASS 1 @10AM FITNESS CLASS 2 @10:30 AM TECH WORKSHOP @11:15AM VENETIAN CARNIVAL CELEBRATION @2:30PM	