



**SORRENTO**  
RETIREMENT RESIDENCE



**JANUARY NEWSLETTER**

# **SORRENTO**

# **SCOOP**

# LIFE AT SORRENTO



## December was full of Crafts and Activities

Sorrento Residents had a great time keeping their hands busy with a variety of December 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...

### PAINTING CLASS W/ MARIA

Join us on January 20th at 2:00PM in the Bistro to do winter themed painting



### LA BEFANA CELEBRATION

Come join us on January 6th @3:30pm by the Fireside Lounge for La Befana Celebration



### OUTINGS

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



- Mall outing on January 9th from 11am to 3pm
- Lunch Outing to go to Mandarin on January 16th 11:30am to 2:30pm
- Outing to Landmark Theatre on January 23rd Details TBD
- Sign-up is mandatory so be sure to talk to Recreation or Concierge to secure your spot.

### SCOTCH TASTING

On December 25th From 2:30pm to 4:00pm come join us for the Scotch tasting in honor of Rabbe Burns Day



### DANCE CLASS W/ DIANA

Come and join us for the Dance classes w/ Diana on January 22nd and 29th @3:45pm in the Gym



### SORRENTO'S ANNUAL WINTER GALA

Join us on January 18th from 4:30pm to 7:30pm to enjoy chef's special dinner menu and huge live entertainment



### SORRENTO'S FROST FEST OPEN HOUSE

Join us on January 18th from 12pm to 4pm to explore Sorrento "Be Bright, Come in White Wear your Bling and win something"



## Vendor List:

- Sonita's Jewelry Vendor on January 27th, 2024 From 11am to 4pm



# 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 - HearWell BeWell

- Thursday, January 16th (1PM-4PM)

## Footcare - Family Footcare

- Monday, January 13th (9AM-3PM)

## Dentist - The Smile Room

- Every three months - Next visit will be on January 10th (9am -4pm)

## Doctor

- Monday & Wednesday's (9AM-11:30AM)

## At the Solstice

Shaun O'Brien

We say Next time we'll go away,  
But then the winter happens, like a  
secret

We've to keep yet never understand  
As daylight turns to cinema once more:

A lustrous darkness deep in ice-age  
cold,

And the print in need of restoration  
Starting to consume itself

With snowfall where no snow is falling  
now.

Or could it be a cloud of sparrows,  
dancing

In the bare hedge that this gale of light  
Is seeking to uproot? Let it be sparrows,  
then,

Still dancing in the blazing hedge,  
Their tender fury and their fall,  
Because it snows, because it burns.



# 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.



## Carnation

They have cultural significance and are associated with love, distinction, and motherly affection.



## Snowdrop

They are symbolic of spring, purity and religion. Snowdrops are one of the first flowers to appear in the new year.



December 22  
- January 20

### Capricorn Personality Traits

**Strengths:** They are disciplined and responsible. They are ambitious that they achieve their goals and are able to maintain stability in life.

**Weaknesses:** They are unforgiving when someone seek their forgiveness.

**Likes:** Capricorns are interested in all things that are fact-based and material.

**Dislikes:** They don't like to show off their skills and talents openly.



January 21 -  
February 19

### 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.

# SPECIAL EVENTS

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



**SORRENTO**  
RETIREMENT RESIDENCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 Walking Club (self-directed) @10:30am Italian Movie Matinee @1:30pm Knitting club (Resident Lead) Card games (self-directed)	02 Standing High Intensity Fitness w/ Emilia 1 @10am Exercise Class 2 @10:30AM Aquafit @11:15am 2:30pm Bingo 3:30pm Dominoes & Scopla 6:30pm Evening Entertainment	03 Fitness Class 1 @10am Fitness Class 2 @10:30 am Tech Workshop @11:15am Food Demo: Chocolate covered Cherries Card Game: Spoons	04 Fitness Class 1 @10:00AM Fitness Class 2 @10:30am Bingo @2:30pm Movie Night @6:30pm
05 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Movie Matinee @2:30pm Movie Night @6:30pm	06 10:00am Fitness Class 1 10:30am Fitness Class 2 Aquafit @11:15 Book Club Meeting @2pm La Befana Celebration @3:30pm	07 9:30am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:00pm Quiddler Bridge club @3:30pm Bingo Night @6:30pm	08 Outing to Walmart @10am Fitness Class 1 @10am Advanced Fitness w/ Lynn @10:30am Bingo @2:30pm English Toffee food demo @3:45pm Comedy Night @6:30pm	09 Standing High Intensity Fitness w/ Emilia 1 @10am Exercise Class 2 @10:30AM Outing to upper canada Mall (From 11:00AM to 3pm) Bingo @2:30pm Evening Entertainment @6:30pm	10 Fitness Class 1 @10am Fitness Class 2 @10:30 am Tech Workshop @11:15am Food demo: Homemade Italian cookies w/ Gina	11 Fitness Class 1 @10:00AM Fitness Class 2 @10:30am Aquafit @11:15 Food Demo: Homemade Butter @2:30pm Movie Night @6:30pm
12 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Movie Matinee @2:30pm Movie Night @6:30pm	13 Fitness Class 1 @10am Fitness Class 2 @10:30am 11:15am Aquafit 12pm Captain's Lunch Art Workshop @2:00PM Jeopardy Night @6:15pm	14 9:30am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:00pm Quiddler 3:30pm Bridge Club Bingo Night @6:30pm	15 Outing to Walmart @10am Stretch & Balance 1 @10:00am Advanced Fitness w/ Lynn @10:30AM Bingo @2:30PM Comedy Night @6:30PM	16 Standing High Intensity Fitness w/ Emilia 1 @10am Exercise Class 2 @10:30AM Aquafit @11:15am Outing to Mandarin (From 11:30AM to 2:30pm) Evening Entertainment @6:30pm	17 Fitness Class 1 @10am Fitness Class 2 @10:30 am Tech Workshop @11:15am Food Demo @2pm 3:30pm Card game: Spoons	18 Fitness class 1 @10am Fitness class 2 @10:30am 12pm to 4pm Open house Movie Matinee @2:30pm Winter Gala (4:30pm to 7:30pm)
19 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Movie Matinee @2:30pm Movie Night @6:30pm	20 Exercise Class 1 @10:00AM Exercise Class 2 @10:30am Aquafit @11:15am Art Workshop @2pm Jeopardy Night @6:15pm	21 10:00am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:00pm Quiddler 3:30pm Bridge Club Bingo Night @6:30pm	22 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	23 Standing High Intensity Fitness w/ Emilia 1 @10am Exercise Class 2 @10:30AM Aquafit @11:15am Outing to Landmark (Details TBD) Evening Entertainment @6:30pm	24 FITNESS CLASS 1 @10AM FITNESS CLASS 2 @10:30 AM TECH WORKSHOP @11:15AM FOOD DEMO @2PM 3:30PM CARD GAME: SPOONS	25 Fitness Class 1 @10:00AM Fitness Class 2 @10:30am Scotch Tasting @2:30pm Movie Night @6:30pm
26 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Sing Along w/ Pat @3:30pm	27 Exercise Class 1 @10:00AM Exercise Class 2 @10:30am Aquafit @11:15am Art Workshop @2pm Jeopardy Night @6:15pm	28 9:30am Chair Yoga 10:30am Fitness Class 2 11:15am Tech Workshop 2:00pm Quiddler 3:30pm Bridge Club Bingo Night @6:30pm	29 Outing to Walmart @10am Stretch & Balance 1 @10:00am Stretch & Balance Class 2 @10:30AM Bingo @2:30PM Comedy Night @6:30PM text	30 FITNESS CLASS 1 @10AM FITNESS CLASS 2 @10:30 AM AQUAFIT @11:15AM BINGO @2:30PM EVENING ENTERTAINMENT @6:30PM	31 FITNESS CLASS 1 @10AM FITNESS CLASS 2 @10:30 AM TECH WORKSHOP @11:15AM COME AND ENJOY HOMEMADE HOT CHOCOLATE	