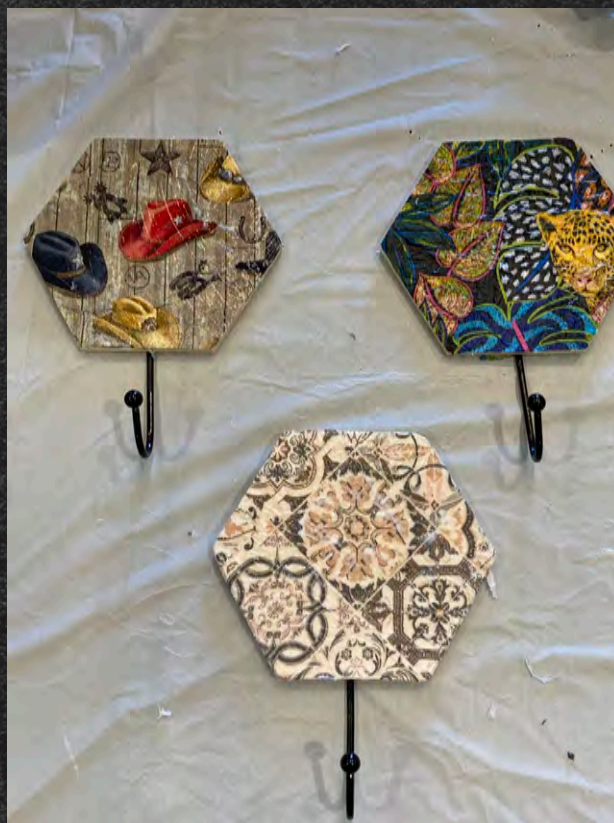




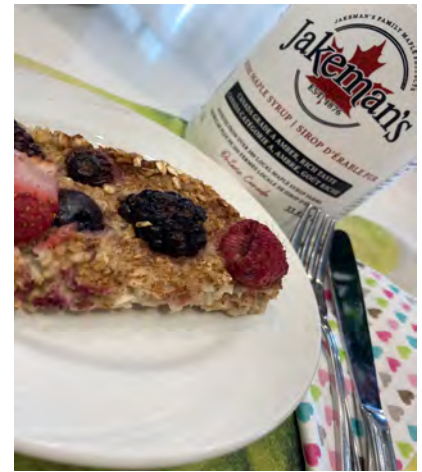
SORRENTO
RETIREMENT RESIDENCE



JANUARY 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: Jewellery- Pendant Making





MESSAGE FROM DIRECTOR OF RECREATION

January Fun Facts

In the northern hemisphere, January is the coldest month. The lowest temperature ever recorded in the United States was minus 80 degrees Fahrenheit (-62.2°C). This was recorded by a weather observer at Prospect Creek Camp in Alaska on January 23, 1971.

The month of January is represented by the sweet and pretty yet hearty carnation. The carnation is one of the most unassuming, yet charming flowers and is known for its delicate petals and plethora of stunning colors. A bouquet of carnations will last longer than any other flower, which fits in perfectly with the cold, tough and hearty month of January. We think a bouquet of carnations is the perfect present to buy someone. It's definitely cheaper than a garnet that's for sure!

On January 2nd, 1960 the hottest ever southern hemisphere temperature was recorded in Oodnadatta, Australia, at a scorching 50.7°C (123°F). That's blisteringly hot! We melt in anything over 30°C. This record for January heat has stood for 59 years. Saying that, with new heat records falling in the northern hemisphere year after year, it won't be long before that record is smashed. That means not only is January the coldest month, it's also the hottest too!

Be sure to tell your friends, family, neighbors, and strangers just how wonderful they are on January 24. Why? It's National Compliment Day. Let them know what you appreciate about them—it's sure to make their day!

London is famous for its extensive subway system, nicknamed "The Tube." This makes sense because they're also responsible for opening the first operational underground railway on January 10, 1863.

*"You are never too old to set another goal
or to dream a new dream."*

~ Les Brown ~

Teresa Harrington, Director of Recreation

WRITER'S CORNER

Don't Sweat the small Stuff

Written by Pat P.

As they approach me hand in hand
A smile adorns each face.
Healthy complexions, lightly tanned,
They keep a smooth, brisk pace ..

I slow my steps, the more to see
Of this delightful pair.
She in blue capris, white Tee,
Pink ribbon in grey hair.

They're closer now, and notice me,
Alone, without a mate.
Their hands unclasp, they strain to see
Why I have slowed my gait.

Can they tell from my face, I know
Of outings such as this?
That not so very long ago
Each started with a kiss?

An errant deed, harsh words ensued,
Sad space devoid of talk.
A "Sorry, love!", a change of mood
A kiss, and then the walk.

We pass, we wave, we smile: I know
This duo understands
That fleeting life's too short a go
For piddling reprimands.

They know full well when next we meet
And wave and smile "hello"
There well might be one less to greet
One less on this life's go.

So they meander with no fear.
They wave, though we don't talk.
They've learned to say that "sorry, dear!"
And take that love-filled walk.

BIRD OF THE MONTH

Owl



Owls, with their huge eyes and stoic, patient, knowing faces, have long been considered to hold great wisdom. These impressive birds of prey are found nearly all over the world, the exceptions being the polar ice caps and some secluded islands.

Owls have large broad heads, flat faces, binocular vision, and necks that can turn quite far around (as much as 270 degrees) to let them completely view their surroundings from a fixed position.

Owls are predators that hunt insects, small mammals, and smaller birds. Their sharp talons, silent flight, excellent hearing, depth perception, and vision give them a big advantage when pursuing their prey, particularly in low light.

There are two types of owls: true owls (also called typical owls) and barn owls. When these primarily solitary creatures gather in a group, it's called a parliament—a nod to these birds' symbolic association with intelligence and leadership.



UPCOMING EVENTS

January 5th The Vikings pres w/ Lianne Harris @ 3:30pm

*January 6th Food Demo: Shortbread Cookies @ 2:00pm ****Sign up*****

*January 6th Happy Fridays: Winter Cranberry Cocktail @2:30pm ****Sign up*****

*January 7th *NEW* Tai Chi Class @10:30am ****Sign up*****

January 9th Resident Information Meeting @ 1:30pm

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

January 11th Cello Performance w/ Xinya Zhou @2:00pm

*January 13th Food Demo: Crinkle Cookies @ 2:00pm ****Sign up*****

*January 13th Happy Fridays: Clover Club Cocktail @2:30pm ****Sign up*****

January 16th Afternoon Entertainment w/ Marcus @ 2:00pm

*January 17th Outing: Trip to the ROM (Royal Ontario Museum) @ 10:00am ****Sign up*****

*January 18th Hands on Exotics: Furry Friends (Interactive Show) @2:00pm ****Sign up*****

*January 20th Food Demo: Nacho Scoop Bites @ 2:00pm ****Sign up*****

*January 20th Happy Fridays: Choice of Beer @2:30pm ****Sign up***

*January 23rd Art Workshop: Table Centerpieces for Winter Gala @2:00pm ****Sign up*****

January 24th "High Strung" Duo Performance @2:00pm

*January 25th Art Workshop: Tissue paper flowers @2:00pm ****Sign up*****

*January 26th Winter Gala (Photobooth, Live Band & Dinner) from 4pm to 7pm ****Sign up*****

*January 27th Food Demo: Chocolate Cake @ 2:00pm ****Sign up*****

*January 27th Happy Fridays: Irish Coffee @2:30pm ****Sign up*****

*January 30th Sorrento Indoor Winter Market from 10am to 2pm ****Sign up*****

*January 31st Outing: 5 Pin Bowling @ 1:00pm ****Sign up*****

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

For more information, please contact Teresa, Director of Recreation