



SORRENTO
RETIREMENT RESIDENCE



JULY NEWSLETTER

SORRENTO

SCOOP



LIFE AT SORRENTO



June was full of Crafts and Activities

Sorrento Residents had a great time keeping their hands busy with a variety of June themed crafts.
Here are some pictures of all the fun we had.

LIFE AT SORRENTO



PhotoGrid

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 Pappardelle pasta, 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



PORT OF CALL: BRAZIL

Come join us on July 18th @2:00pm to enjoy the Food demo: Brazilian dessert w/ Rhuan @3:30pm Join us to enjoy Live music



OUTINGS

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

- Picnic Outing to on July 22nd From 2:00pm to 4:00pm
Sign-up is required to be sure to talk to Recreation or Concierge to secure your spot.



ART CLASSES OF THE MONTH

July 7th Strawberry themed decorations @3pm
July 14th Brazilian themed decorations @3pm



DANCE CLASS W/ DIANA

Come and join us for the Dance classes w/ Diana on July 16th and 30th at 4:15pm in the theatre



STRAWBERRY SOCIAL AFTERNOON

Come join us on July 11th from 2:00pm to 4:00pm for our Strawberry social afternoon to enjoy Homemade strawberry Ice cream and Strawberry themed Crafts and more



LA DOLCE VITA- LIMONCELLO OPEN HOUSE

Sorrento will be hosting a Limoncello open house on July 25th from 2pm to 5pm come join us to:

- ✓ Take a tour of our facilities
- ✓ Meet our team and leadership
- ✓ Learn about our programs/services
- ✓ Enjoy light refreshments and giveaways
- 🎉 Free & Open to the Public



Vendor List:



- Triple Eight Clothing Vendor on July 2nd from 10am to 3pm
- Mary Kay cosmetics Vendor on July 7th from 10am to 3pm
- Sonita's Jewellery on July 21st from 11am to 4pm
- EZ Fit shoes on July 29th 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 - Hear Well Be Well

- Thursday, July 17th (1PM-4:00PM)

Footcare - Family Footcare

- Monday, July 14th (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)

" July "

July arrives in golden threads,
With sun that crowns our tousled
heads,

The days stretch long with
laughter's tune,
And nights are kissed by silver
moon.

Cicadas hum in midday heat,
While barefoot children race the
street,

The scent of grills, the splash of
waves,
Fireworks bright on twilight's
stage.

The skies wear blue with bold
delight,
The stars burn fierce in velvet
night—

Oh, July, your fire and bloom
Turn every hour a sunlit room.
So let the summer days unfold,
In stories ripe and sunsets bold,
For in your blaze, we come alive—
A month where hearts and hopes
both thrive.



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.



Larkspur

symbolizes positivity, love, and a light-hearted nature,



Water Lilly

represent purity, innocence, and tranquility.



June 21 -
July 22

Cancer Personality

Traits

Strengths: nurturing nature, loyalty, and strong intuition
Weaknesses: Cancers can be prone to mood swings, overthinking, and insecurity, sometimes leading to passive-aggressive behavior
Likes: enjoy stability, tradition, and security
Dislikes: They dislike change, surprises, and situations that make them feel unsafe or insecure.



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.

SPECIAL EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	2:30pm: Live ⁰¹ Music 6:30pm Canada day special Bingo Night	10:00am ⁰² Shopping to Walmart	6:30 pm ⁰³ Evening Entertainment	2:00pm Food ⁰⁴ Demo: Homemade Cookies w/ Rita	Fitness class ⁰⁵ 10:30am 3:00pm Bingo	11:15AM ⁰⁶ Spiritual Activity
3:00pm ⁰⁷ Strawberry themed decorations	11:15am Tech ⁰⁸ Workshop 2:15pm Resident Townhall Meeting 6:30pm Bingo Night	10:00am ⁰⁹ Shopping to Walmart	6:30 pm ¹⁰ Evening Entertainment	11:15am Tech ¹¹ Workshop *Sign up* 2:00 pm to 4pm Strawberry Social Afternoon	Fitness class ¹² 10:30am 3:00pm Bingo	11:15AM ¹³ Spiritual Activity
3:00pm Art ¹⁴ Workshop: DIY Brazilian decorations *Sign up*	11:15am Tech ¹⁵ Workshop 6:30pm Bingo Night	Shopping to ¹⁶ Walmart (10am to 12pm)	6:30 pm ¹⁷ Evening Entertainment	2:30pm Port of ¹⁸ Call: Brazil (Food demo, dance & refreshments)	Fitness class ¹⁹ 10:30am 3:00pm Bingo	11:15am ²⁰ Special spiritual activity
3:00pm ²¹ Beauty Hour *Sign up*	11:15am Tech ²² Workshop 2:00pm Picnic Outing *Sign up*	Shopping to ²³ Walmart (10am to 12pm)	6:30 pm ²⁴ Evening Entertainment	Limoncello ²⁵ Open House (2pm to 4pm)	Fitness class ²⁶ 10:30am 3:00 PM Bingo	11:15am ²⁷ Special spiritual activity
3:00pm ²⁸ Beauty Hour *Sign up*	11:15am Tech ²⁹ Workshop *Sign up* 3:00pm Cards afternoon	Shopping to ³⁰ Walmart (10am to 12pm)	6:30 pm ³¹ Evening Entertainment			



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