



SORRENTO
RETIREMENT RESIDENCE



OCTOBER NEWSLETTER

SORRENTO SCOOP

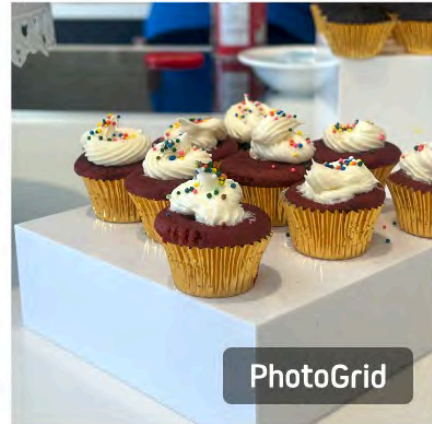
LIFE AT SORRENTO



September was full of Crafts and Activities

Sorrento Residents had a great time keeping their hands busy with a variety of September 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 decorating mini cupcakes, Pizzelle, Chocolate Covered Strawberries, homemade Granola, Aioli Dip, 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 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...



**NAIL POLISH/
MINI HAND
MASSAGE**
Join us on October 11th at 2:00PM in the Spa on P1 to get a mini hand massage or get your nails painted.

**WINE & CHEESE
TASTING**
Join us for the Wine & Cheese Tasting on October 9th @ 3:30pm
RSVP @Concierge by October 7th, 2024



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


- Lunch Outing to Villa Caledon Inn on October 17th (From 12pm to 1:30pm)
- Landmark Theatre on October 8th (Details TBD)
- Sign-up is mandatory so be sure to talk to Recreation or Concierge to secure your spot.



OKTOBERFEST OPEN HOUSE
On October 5th From 2pm to 4:00pm come join us for an Oktoberfest open house with Live Entertainment, Snacks and refreshments.



DANCE CLASS W/ DIANA
Come and join us for the Dance classes w/ Diana on October 2nd and 23rd @3:30pm in the Gym



**Fall themed painting w/
Maria**
Join us on October 7th @2:30pm for painting in the Bistro
Sign up is required



MASQUERADE BALL
Join us on October 31st from 2pm to 4pm for Masquerade Ball Party w/ Live entertainment, snacks & refreshments



**AFTERNOON
KARAOKE**
On Thursday October 24th @3:30pm join us for the Afternoon Karaoke with DJ Saverio in the Fireside Lounge



Vendor List:

- Triple 8 Clothing (October 5th 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, October 17th (2PM-4PM)

Footcare - Family Footcare

- Monday, October 21st (9AM-3PM)

Dentist - The Smile Room

- Every three months:

Doctor

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

The Beauty of Elderly Hands

Although the hands of the elderly may not be
Smooth, supple, and unblemished,
They have a beauty all their own.
Each line, each spot, each scar
Has its own tale to tell.

Some are tales of tragedy, others are tales of triumph,
But they all combine to tell the unique story
Of that treasured person's life.
So the next time you're with an elder,
Gently take that person's hands within your own,
And look with wonder at a life truly lived.



By Kelly Roper

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.



Marigold

Marigolds were often linked to the powerful strength of the sun and represent power, strength, and light that lives inside of a person. The marigold has also come to symbolize a feeling of despaired love.



Cosmos

cosmos flowers symbolise order, harmony and balance. Cosmoses also represent peace, tranquillity, innocence, modesty and joy



September
23 - October
22

Libra Personality Traits

Strengths: Diplomatic, Idealistic, Clever, Balanced, Social, Fair .
Weaknesses: Libras want to avoid conflict at any cost, which means they put themselves last most of the time.
Libra likes: They love to take an objective viewpoint, find the fairest solution to any issue.
Libra dislikes: They hate mess, chaos, disorder and conflict,



October 23
- November
21

Scorpio Personality Traits

Strengths: loyal and devoted partners, but they can also be possessive and jealous.
Weaknesses: Scorpios' intense passion often degrades into a controlling spirit. Scorpios can become overly obsessed with power.
Scorpio likes: Their interests often dive into the depths of human experience, from psychology and the occult to transformative art and music
Scorpio dislikes: fake personalities and people who would keep hurtful secrets from them.

SPECIAL EVENTS

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 Fitness Class 1 @10am Fitness Class 2 @10:30 am Resident Townhall Meeting @1:30pm	02 Outing to Walmart (10am to 12pm) Advanced Fitness w/ Lynn @10:30am Evening Entertainment@ 6:30PM	03 High Intensity Fitness w/ Emilia @10:00AM Stretch & Balance @10:30am Aquafit @11:15AM Italian Movie Night @6:30pm	04 Fitness Class 1 @10am Fitness Class 2 @10:30 am Nail Polish/ Mini Hand Massage (From 2pm to 4pm) Food Demo: Cinnamon Buns w/ Kris @2pm	05 Fitness Class 1 @10am Fitness class 2 @10:30am Oktoberfest open house From 2pm to 4pm Billiards w/ Concierge @2:00PM
06 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking Club w/ Concierge @2pm	07 Fitness Class 1 @10am Fitness Class 2 @10:30 am Aquafit @11:15am Art workshop: Fall painting @2:30pm Jeopardy Night @6:15pm	08 Fitness Class 1 @10am Exercise Class 2 @10:30AM Tech Workshop @11:15AM Therapy Dog Visit @6:30pm Comedy Night @6:30	09 Outing to Walmart @10am Fitness Class 1 @10am Fitness Class 2 @10:30 am Wine & Cheese Tasting @3:30pm Evening Entertainment @6:30PM	10 High Intensity Fitness w/ Emilia @10:00AM Stretch & Balance @10:30am Aquafit @11:15AM Italian Movie Night @6:30pm	11 Fitness Class 1 @10am Fitness Class 2 @10:30 am Tech Workshop @11:15am 2:00pm Nail polish/ Mini hand massage @2pm	12 9:30am Fitness Class 10:15am Aquafit Sorrento's Mini Farmer's Market @2PM Walking Club w/ Concierge @2pm Billiards w/ Concierge @2:00PM
13 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM	14 Fitness Class 1 @10am Stretch & Balance @10:30am Art Class @2pm Movie Night @6:30	15 Fitness Class 1 @10am Exercise Class 2 @10:30AM Tech Workshop @11:15AM Therapy Dog Visit @6:30pm Comedy Night @6:30pm	16 Outing to Walmart @10:00AM Fitness Class 1 @10am Advanced Fitness w/ Lynn @10:30 am Tech Workshop @11:15 Evening Entertainment @6:30PM	17 High Intensity Fitness w/ Emilia @10:00AM Stretch & Balance @10:30am Aquafit @11:15AM Lunch outing @12pm Italian Movie Night @6:30pm	18 Fitness Class 1 @10am Fitness Class 2 @10:30 am Tech Workshop@11:15am 2:00PM Food Demo: Tea Cookies w/ Nona Rita	19 Walking Club @10:30AM Walking Club w/ Concierge @2:00PM Kings in the Corner @3pm
20 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM	21 Stretch & Balance 1 @10:00am Stretch & Balance Class 2 @10:30AM Aquafit @11:15am Art Workshop: Table Centerpieces @2:00PM Jeopardy Night @6:15PM	22 Fitness Class 1 @10am Exercise Class 2 @10:30AM Tech Workshop @11:15AM Comedy Night @6:30pm Therapy Dog Visit @6:30	23 Outing to Walmart @10:00AM Fitness Class 1 @10am Fitness Class 2 @10:30 am Dance Class w/ Diana @3:30PM Evening Entertainment @6:30PM	24 High Intensity Fitness w/ Emilia @10:00AM Stretch & Balance @10:30am Aquafit @11:15AM Italian Movie Night @6:30pm	25 Stretch & Balance @10:00AM Stretch & Balance Class 2 @10:30AM Food Demo: Homemade Pasta w/ Kitchen Staff @2PM Sorrento Celebrates @3PM	26 Exercise Class 1 @10:00AM Exercise Class 2 @10:30am Bingo @2:00pm Walking Club w/ Concierge @2:00PM
27 10:30am Walking Club w/ PSWs 11:15am Spiritual Activity Walking club w/ Concierge @2:00PM Sing Along w/ Pat @3:30PM	28 Art Workshop: Masquerade Masks @ 2:00PM Kings in the corner @3PM Jeopardy Night @6:15PM	29 Fitness Class 1 @10am Exercise Class 2 @10:30AM Tech Workshop @11:15AM	30 Outing to Walmart (10am to 12pm) Advanced Fitness w/ Lynn @10:30am Evening Entertainment@ 6:30PM	31 High Intensity Fitness w/ Emilia @10:00AM Stretch & Balance @10:30am Aquafit @11:15AM Italian Movie Night @6:30pm		