



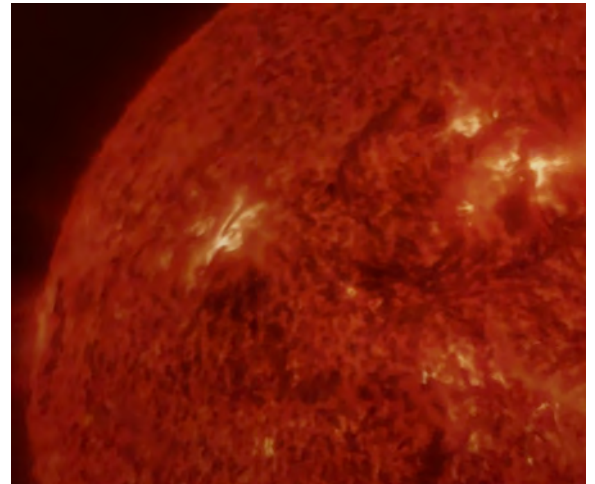
SORRENTO
RETIREMENT RESIDENCE



OCTOBER NEWSLETTER

SORRENTO SCOOP

LIFE AT SORRENTO



Special Events

Astronomy in Action

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.

COMMEMORATIVE HIGH TEA IN HONOUR OF QUEEN ELIZABETH II



MESSAGE FROM DIRECTOR OF RECREATION

October is Cybersecurity Awareness Month

Cybersecurity Awareness Month, promotes the importance of staying safe and secure online. It's hard to imagine life without our devices, immediate access to global information, thousands of pictures retrievable at a moment's notice, and effective management of confidential data for our professional- and personal electronic lives. Cybersecurity didn't exist 50 years ago but, today, our world requires an ever-increasing amount of cyber protection. While most of the cybersecurity news are about massive data breaches and hackers, it can seem overwhelming and feel like you're powerless against it. But Cybersecurity Awareness Month reminds everyone that there are all kinds of ways to keep your data protected. It can make a huge difference even by practicing the basics of cybersecurity.

10 ways to stay safe online

1. Get the latest anti-virus and firewall software
2. Update your internet browser
3. Create a strong and easy-to-remember password
4. Use a different password to the one you use for other services
5. Change your password on a regular basis
6. Never share your password
7. Don't let your browser remember your log on details
8. Look after your e-statements
9. Learn to spot fake emails and websites
10. Avoid online fraud and con tricks

Sincerely,

Teresa Harrington, Director of Recreation

RESIDENT LIFESTORIES



On **Tuesday October 18th 2022 @ 3:30pm**, you get an opportunity to get to know Pat as she shares her interesting life stories.
See you there.

Here is a sneak peek:

- She has done skydiving
- She is a professional musician

WRITER'S CORNER

A Dog's Plea

Treat me kindly, my beloved friend, for no heart in all the world is more grateful for kindness than the loving heart of me.

Do not break my spirit with a stick for tho I should lick your hand between blows, your patience & understanding will more quickly teach me the things you would have me learn.

Speak to me often, for your voice is the world's sweetest music, as you must know by the fierce wagging of my tail when your footsteps falls upon my waiting ear.

Please take me inside when it is cold & wet, for I am a domesticated animal, no longer accustomed to bitter elements. I ask no greater glory than the privilege of sitting at your feet beside the hearth.

Keep my pan filled with fresh water, for I cannot tell you when I suffer
thirst.

Feed me clean food that I may stay well, to romp & play & do your bidding, to walk by your side & stand ready, willing & able to protect you with my life, should your life be in danger.

And, my friend, when I am very old, & I no longer enjoy good health, hearing & sight, do not make heroic efforts to keep me going. I am not having fun. Please see that my trusting life is taken gently. I shall leave this earth knowing with the last breath I draw that my fate was always safest in your hands.

Submitted by Nena B.

DOG OF THE MONTH

Pembroke Welsh Corgi



The adorable Pembroke Welsh corgi was originally bred in Wales as a cattle herding dog in the 10th century or earlier. Commonly called the corgi, this active, chipper dog has become a popular family pet. This sweet, loving breed is known for intelligence, strength, agility, and loyalty. Corgis are small, friendly dogs with short coats in a range of colors: black and tan, fawn, red, and sable, with or without white markings. Pembrokes often compete in dog sporting competitions in activities like herding, obedience, and conformation. They also make excellent companions and watchdogs. Pembroke Welsh corgis were once thought to be enchanted by fairies and elves. You can't help but smile along with these cheerful dogs who are affectionate, highly trainable, and love to run in circles—a practice called “frapping,” “zooming,” and “frantic random acts of play.”

UPCOMING EVENTS

October 3rd Resident Information Meeting @ 1:30pm

October 5th Vendor: Fifth Avenue Jewellery @ 11:00am to 2:00pm

*October 11th Outing: Fall leaves colour tour & lunch @ 11:00am ****Sign up*****

October 12th Afternoon Entertainment w/ Singer Marcus @ 2:00pm

*October 13th Interactive Technology Workshop: Government Resources @ 10:00 am to 11:30am ****Sign up*****

*October 14th Food Demo: Homemade Paneer Pakoras (Fritters) @ 2:00pm ****Sign up*****

*October 14th Happy Fridays: Mango Cooler Cocktail @ 2:30pm ****Sign up*****

*October 17th Outing: Bramalea City Centre- Mall trip @ 10:30am ****Sign up*****

*October 18th Guess the Chocolate Flavour~ Guessing game @ 2:00pm ****Sign up*****

October 18th Resident Lifestories @ 3:30pm

*October 19th Art Workshop: Making Masks for Masquerade Ball @ 2:00pm ****Sign up*****

*October 20th Interactive Technology Workshop: Social Media (Facebook) @ 10:00 am to 11:30am ****Sign up*****

October 20th Secret Lives of Romans Presentation w/ Lianne Harris @ 3:30pm

****Sign up****

October 21st Food Demo: Chocolate Covered Dates @ 2:00pm

****Sign up****

*October 21st Happy Fridays: A selection of wines, beers & liquours @ 2:30pm ****Sign up*****

*October 24th Masquerade Ball w/ String Quartet @ 6:00pm ****Sign up*****

*October 26th Beer Tasting @ 2:00pm ****Sign up*****

*October 27th Interactive Technology Workshop: Online Shopping @ 10:00 am to 11:30am ****Sign up*****

*October 28th Food Demo: Homemade Pumpkin Muffins @ 2:00pm ****Sign up*****

*October 28th Happy Fridays: Pumpkin Spice Martini @ 2:30pm ****Sign up*****

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

For more information, please contact Teresa, Director of Recreation