



SORRENTO
RETIREMENT RESIDENCE



SEPTEMBER NEWSLETTER

SORRENTO

SCOOP



LIFE AT SORRENTO



August was full of Crafts and Activities

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

BEAUTY HOUR

Join us for the beauty hour on Monday September 29th from 2:30pm - 4pm in P1 spa area



GRAPE & WINE FESTIVAL

Come join us on September 5th @2:30pm to taste the 3 featured wines paired with cheese in honor of National Chianti Day



OUTINGS

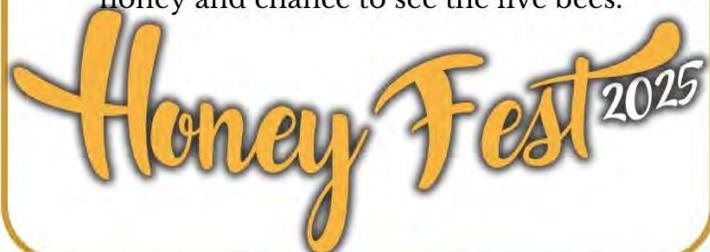
Join us on our weekly outing for shopping to Walmart every Wednesday From 10am to 11:45am

- September 11th Lunch Outing at Red Lobster from 11:30am to 2:30pm
Sign-up is required to be sure to talk to Recreation or Concierge to secure your spot.



HONEY FEST W/ LIVE BEES

Come Join us on September 12th from 2:00pm-5pm for the Honey fest where you get to see the presentation on the process of how do bees make honey? Chance to taste the natural honey and buy goodies made with honey and chance to see the live bees.



SORRENTO'S SUMMER

LAST SIZZLING BBQ

Come join us on September 27th from 12pm to 2pm to end the summer with our Summer last sizzling BBQ and for more information or to RSVP please reach out to concierge.



HIGH TEA IN HONOR OF QUEEN ELIZABETH

Join us on September 19th for the High Tea in honor of Queen Elizabeth II from 2:30pm till 3:30pm along with live instrumental music
RSVP to concierge to reserve your spot



Vendor List:



- Sonita's Jewelry on September 16th 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- 4PM)

Hearing - Hear Well Be Well

- Thursday, September 18th (1PM- 4:00PM)

Footcare - Family Footcare

- Monday, September 8th (9AM- 4:00PM)

Dentist - The Smile Room

- Every three months - Next visit will be on November 21st (9:00am -4:00pm)

Doctor

- Thursdays (9AM-12PM)
(Book your appointment with the Nurse on Duty)

"September"

Autumn In My Mind

By TT

Temperatures cool to signal the
change

clothing layers increase to
acknowledge the same

leaves fade and trees grow bare
the vibe of autumn is clearly in the
air.

As squirrels hurry to improve the
cache

The bears eat thinking of a sleep that
last

Colors once green, go orange then
gold

Mother nature's beauty can never
grow old

So we all watch this transition a
glitter

and await the next coming of winter



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.



Aster

Aster flower symbolism includes love, wisdom, patience, elegance, and faith.



Morning Glory

Morning glory flowers symbolize affection, love, and the dawn, but also mortality and unrequited love,



August 23-
September 22

Virgo Personality Traits

Strengths: analytical, reliable, organized, and practical. They are known for their attention to detail, problem-solving skills, and helpful nature. Virgos are also diligent, kind, and enjoy improving the world around them through their work.

Weaknesses: their meticulous attention to detail—is also their most significant, and most severe, weakness.

Likes: They are known as perfectionists and clean freaks.

Dislikes: They dislike cluttered and messy things make them shudder in distaste.



September 23-
October 22

Libra Personality Traits

Strengths: They are diplomatic and have a strong mind. They have a great ability to solve big conflicts and build harmonious relationship

Weaknesses: They are indecisive, and avoid confrontation when it comes to confess love.

Likes: Libras likes harmony, social interactions, beauty, and fairness

Dislikes: they dislike violence, injustice, confrontations, and disorder



SPECIAL EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 10:30am Walking Club (Self- directed)	02 11:15am Tech Workshop 2:30pm Honey Fest Decorations 6:30pm Bingo Night	03 Shopping to Walmart (10am to 11:45am)	04 6:30 pm Evening Entertainment w/ Carmen	05 11:15am Tech Workshop *Sign up* 2:30pm Grape & Wine Festival - Featuring wine Tasting	06 Fitness class 10:30am 2:30pm Food Demo	07 11:15AM Spiritual Activity
08 DIY Fascinator Making for High	09 11:15am Tech Workshop 2:15pm Resident Townhall Meeting 6:30pm Bingo Night	10 10:00am Shopping to Walmart (10am to 11:45am)	11 6:30 pm Evening Entertainment w/ Alicia	12 11:15am Tech Workshop *Sign up* 2:00 pm to 5pm Honey Fest	13 Fitness class 10:30am 2:30pm Food Demo	14 11:15AM Spiritual Activity
15 2:30pm- Guest Speaker (CIBC SEMINAR)	16 11:15am Tech Workshop 2:30pm Sing A- long on the patio 6:30pm Bingo Night	17 Shopping to Walmart (10am to 11:45am)	18 6:30 pm Evening Entertainment w/ Greg N.	19 2:30pm High Tea in honor of Queen Elizabeth w/ Live music	20 Fitness class 10:30am 2:30pm Food Demo	21 11:15am Special spiritual activity
22 2:30pm Apple themed decorations for the fest	23 11:15am Tech Workshop 2:00pm Special Italian Movie Matinee	24 Shopping to Walmart (10am to 11:45am)	25 6:30 pm Evening Entertainment w/ Josie & Nick	26 2:30pm Savor September: Apple Fest: Sorrento Celebrates	27 Fitness class 10:30am 12pm Sorrento's Summer Last Sizzle BBQ	28 11:15am Special spiritual activity
29 2:30pm Beauty Hour *Sign up*	30 11:15am Tech Workshop *Sign up* 2:00pm Special Movie Matinee					



SORRENTO
RETIREMENT RESIDENCE