



SORRENTO
RETIREMENT RESIDENCE



APRIL NEWSLETTER

SORRENTO SCOOP



LIFE AT SORRENTO



Special Events

Mixology Event & Tarte Tatin

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.

WRITER'S CORNER

A Trilogy

YESTERDAY

'Yesterday, the Beatles say.
 Believe in it.
 Let it hold sway.
 A day of youth, of carefree play.
 Of bold mistakes, naivete.
 A day long gone and far away.
 I'll not waste time on yesterday.

TOMORROW

A day from now, the sun might come out.
 The clouds just might clear. There is no doubt
 That things will change.
 A day from now, a rose just might bloom.
 There could be a move.
 Might be a new room To rearrange.
 A day from now, I may be so strong
 That I will withstand all the right and the wrong.
 I do hope I will.
 A day from now I cannot control
 From where I sit now. It might fill up my bowl,
 Or add up to nil.
 A day from now, I just cannot know
 Which seeds I will sow
 And which will take hold.
 A day from now is an uncertainty.
 I'll just wait and see
 How life will unfold.

TODAY

Today is now, the precious time
 I underestimate.
 No need to guess, to seek the rhyme,
 Nor deeds anticipate.
 Today's the day I must make count,
 To do what must be done.
 To take the reins, drink from the fount,
 Squeeze out each ounce of fun.
 Today is the day to say the words
 I'm saving for tomorrow.
 Enjoy the sky, the warbling birds,
 And put aside my sorrow.
 " Today is the day the Lord hath made".
 The Bible tells me so.
 Yesterday, tomorrow they must fade
 If I'm to thrive and grow.

NEW SERVICE PROVIDERS

On April 17th @ 2pm, join us at The Smile Room Meet & Greet. Come and meet our dental technician who will be onsite once a month, beginning on Friday April 21st from 9am to 5pm. To reserve your spot, sign up at concierge.

Join us at the BeautyDel Meet and Greet on Tuesday April 25th from 11:30am to 1:30pm for a great nail care experience!

Indulge in our luxurious hand massage and mini nail design services that will leave your nails looking stunning. Let our talented professionals, Veronica & Kiara unleash their creativity and dress up your nails. Don't miss out! To reserve your spot, sign up at concierge.

Should you require additional information, please see Teresa, Director of Recreation.



Meet
&
Greet



FASHION SHOW

CASTING CALL

WALK THE RED CARPET @ SORRENTO'S
FIRST FASHION SHOW!

APRIL 18TH, 2023 @ 2PM

RSVP BY APRIL 10TH, 2023

MESSAGE FROM DIRECTOR OF RECREATION

Fun Facts About April

April is known for beautiful spring weather, the start of warmer weather, and right about the time when the Easter bunny will make an appearance!

Here are some fun Facts below.

1. We know it is the fourth month of the year, but that's only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.
2. April also only had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.
3. In the Southern Hemisphere, April is the seasonal equivalent of October.
4. No one is sure how the month ended up with its name, but we do know the Romans named it "Aprillis."
5. The etymology behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers begin to "open" or bloom.
6. Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.
7. There are two zodiac signs in April. Aries, which is until April 19th, and Taurus, which is April 20th and onwards.
8. April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.
9. There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.
10. On April 14, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.

As you can see, there's more to April than just April Fool's Day, although that is definitely one of the most fun days of the month!

And, of course, as we all know, "April showers bring May flowers," so if the rain of April ever gets you down, never forget the silver lining!

Submitted by Teresa Harrington, Director of Recreation

BIRD OF THE MONTH

Canary



Canaries are lovely, bright yellow songbirds from the Canary Islands off the coast of West Africa. These beautiful birds evolved from finches. They have an enchanting song, making them a popular pet. Wild canaries tend to have stripes or spots of black, brown, white, or other colors on their feathers, while domestic canaries are typically all yellow —a trait breeders cultivated. Their stunning yellow hue is so appreciated that this sunny color is known as canary yellow. Canaries are also known for their history of helping to keep coal miners safe.

In the early 20th century, they were taken into coal mines to detect leaks of poisonous gases like carbon monoxide. Canaries show signs of distress when the air becomes unsafe, giving miners a chance to escape. Interestingly, while both male and female canaries sing, the males sing more often and are known as the better singers.



UPCOMING EVENTS

April 3rd Resident Information Meeting @ 1:30pm

*April 4th Walker Clinic from 9:30am to 1:30pm ****Sign up*****

*April 5th Art Workshop: Egg Painting @ 2:00pm ****Sign up*****

*April 6th "From Paris with Love" pres with Lianne Harris @ 3:30pm ****Sign up*****

*April 6th Saxophone Performance @ 6:00pm ****Sign up*****

*April 11th Fashion Show Fitting @ 10:00am ****Sign up*****

*April 12th Outing: Lunch @ St. Phillips @ 11:00am ****Sign up*****

*April 13th Violin Performance @ 6:00pm ****Sign up*****

*April 14th Food Demo: Make your own mini Grilled Cheese @ 1:15pm ****Sign up*****

April 14th Art Workshop: Watercolour Class Session A w/ Humberview SS @ 2:00pm

****Sign up****

*April 14th Happy Fridays: Cappucino @ 2:30pm ****Sign up*****

*April 16th Brunch @ 11:00am ****Sign up*****

*April 17th Meet & Greet "The Smile Room Dental" w/ Tina @ 2:00pm ****Sign up*****

*April 18th Fashion Show @ 2:00pm ****Sign up*****

*April 19th "Getting to Know You" ****Sign up*****

*April 20th Culinary Creations: Cinnamon Buns @ 2:00pm ****Sign up*****

*April 20th Jazz Guitar Performance @ 6:00pm ****Sign up*****

*April 21st The Smile Room Onsite Dental (9:00am to 4:00pm) ****Sign up*****

*April 22nd "The Decluttering Battle Plan" pres w/ Sharon Parenteau ****Sign up*****

*April 25th "Pace Setters" Exercise Class w/ Marc ****NEW**** @ 10:30am ****Sign up*****

*April 25th Meet & Greet Aesthetician Veronica & Kiara @ 11:30am ****Sign up*****

*April 26th Outing: Aga Khan Museum @ 10:00am ****Sign up*****

*April 20th Jazz Piano Performance @ 6:00pm ****Sign up*****

*April 28th Food Demo: Dark Chocolate Nut Bark @ 1:15pm ****Sign up*****

April 28th Art Workshop: Watercolour Class Session B w/ Humberview SS @ 2:00pm

****Sign up****

*April 28th Happy Fridays: Scotch Mist @ 2:30pm ****Sign up*****

*April 28th Sorrento Celebrates @ 3:00pm ****Sign up*****

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

For more information, please contact Teresa, Director of Recreation