



**SORRENTO**  
RETIREMENT RESIDENCE



**AUGUST NEWSLETTER**

# **SORRENTO SCOOP**

# LIFE AT SORRENTO



## Food Demo

### *Eileen's Caesar Salad Dressing*

Thank you Eileen for sharing your delicious family recipe.

Here are some fun events and programs that took place at Sorrento.

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.

# LIFE AT SORRENTO



## Food Demo

### *Rice & Pizza Balls*

We had an afternoon full of visitors and cooking!

One of our manager's brought her grandson and we made pizza dough balls and rice balls.

There is truly never a dull moment at Sorrento!



# SING ALONG



## *Sing Along W/ Pat.*

Sunday August 20th, 2023  
Time: 2:30pm

Location: Fireside Lounge





# CRUISE WEEK



**SORRENTO**  
RETIREMENT RESIDENCE

ALL ABOARD THE

# SORRENTO CRUISE LINE

*Join us from August 14 - 18*  
as we visit famous ports from all over the world

**CALL 647-317-7242 TO RSVP &  
BOOK YOUR TICKET TODAY!**



## MESSAGE FROM DIRECTOR OF RECREATION

For the month of August, the Sorrento team is planning an amazing Cruise week with different ports of call. This will take place from Monday August 14th to Friday August 18th. Residents are encouraged to dress up for the different themed days.

Suggestions are: bright colours; tropical shirts, etc. See below for more examples.

Monday 14th-Mexico (sombrero)

Tuesday 15th- Cuba (flower in hair or straw hat)

Wednesday 16th- Tahiti (Art Workshop: to make Headband Feathers)

Thursday 17th- Hawaii (Hawaiian shirts or tropical print)

Friday 18th-Jamaica (Tye-Dye)

Don't miss out on the other fun programs!

Be sure to check out the August Newsletter and program calendar.

Teresa Harrington, Director of Recreation



# BIRD OF THE MONTH

## Kingfisher



Kingfishers are beautiful, fast, solitary birds with small bodies and long, sharp beaks. As their name suggests, they are expert fishermen. But while fish might be their favorite meal, they eat other foods as well, including shrimp, crayfish, frogs, and insects. These clever, spritely flyers have a wingspan of up to two feet and can zoom across the sky at 25 miles per hour.

Kingfishers live across the globe in a variety of habitats near water, and they nest in burrows that they dig into the ground. Their typical lifespan is six to 10 years, and their primary predators are snakes, foxes, and raccoons. They will aggressively defend their territories, chasing away intruders with a loud, rattling call. In some Native American cultures, kingfishers symbolize fertility. In Japan, they are associated with wishes coming true. These lovely birds come in a range of colors, including blue, brown, yellow, black, and green.





# UPCOMING EVENTS

*August 2nd Art Workshop: Pineapple Art (for Cruise Week) @2:00pm **\*\*Sign up\*\****

*August 2nd Evening Entertainment w/Diana & Kati@ 6:00pm**\*\*Sign up\*\****

*August 4th Vendor: Fifth Avenue Jewelry @11:00am to 2:00pm**\*\*Sign up\*\****

*August 4th Food Demo: Chocolate Dipped Coconut Balls@2:00pm **\*\*Sign up\*\****

*August 4th Happy Fridays: Cappuccinos & Bailey's@2:30pm **\*\*Sign up\*\****

*August 8th Resident Information Meeting @ 1:30pm **\*\*Sign up\*\****

*August 8th Art Workshop: Tye Dye T-shirts (for Cruise Week)@ 3:30pm**\*\*Sign up\*\****

*August 9th Art Workshop: Hibiscus or Palm Tree Art (for Cruise Week)@ 2:00pm**\*\*Sign up\*\****

*August 9th Evening Entertainment w/ Marcus Schwan@ 6:00pm**\*\*Sign up\*\****

*August 10th Enchanted Food presentation w/ Lianne Harris @ 3:30pm**\*\*Sign up\*\****

*August 11th Food Demo: Garlic Knots @2:00pm**\*\*Sign up\*\****

*August 11th Happy Fridays: Choice of Beers @2:30pm **\*\*Sign up\*\****

*August 14th to August 18th Cruise Week (see below for some events. Pls. refer to calendar for the full list of programs offered during the week)*

*August 14th Cruise week Kick-Off Mariachi Trio @ 2:00pm to 4:00pm**\*\*Sign up\*\****

*August 14th Margaritas, Chips & Salsa @ 2:30pm **\*\*Sign up\*\****

*August 15th Outing: Great Canadian Casino Toronto (Woodbine) **\*\*Sign up\*\****

*August 15th Cuba Libre Cocktail & Meat Cigars @3:30pm **\*\*Sign up\*\****

*August 16th Art Workshop: Headband Feathers@ 2:00pm**\*\*Sign up\*\****

*August 16th Tahitian Cocktail & Exotic Fruit Salad@2:30pm **\*\*Sign up\*\****

*August 16th Tap Dancing Performance w/ Paul Gordon@ 6:00pm**\*\*Sign up\*\****

*August 17th Hula Dance Lessons w/ Maria @ 2:30pm**\*\*Sign up\*\****

*August 17th Pina Coladas & Ham Skewers@ 2:30pm **\*\*Sign up\*\****

*August 18th Cruise Week Wrap Up: Steel Drums @ 2:00pm **\*\*Sign up\*\****

*August 18th Jamaican Cocktail & Jamaican Patties @ 2:30pm**\*\*Sign up\*\****

*August 22nd Cruise Week Wrap Up: Steel Drums @ 2:00pm **\*\*Sign up\*\****

*August 22nd Outing: Landmark Movie Theatre (Movie ONLY)@ 2:45m **\*\*Sign up\*\****

*August 23rd Outing: Bluebird Cafe & Grill @ 11:30am **\*\*Sign up\*\****

*August 23rd Evening Entertainment w/ Martin Wall @ 6:00pm **\*\*Sign up\*\****

*August 24th Culinary Creations: Mushroom Risotto@ 2:00pm **\*\*Sign up\*\****

*August 25th Food Demo: Homemade Florentine Cookies w/ Irene @ 2:00pm **\*\*Sign up\*\****

*August 25th Sorrento Celebrates & Rose Wine @ 2:30pm **\*\*Sign up\*\****

*August 28th **\*\*NEW\*\*** Line Dancing Class @ 2:00pm **\*\*Sign up\*\****

*August 30th Visit from Ice Cream Truck @ 1:30pm **\*\*Sign up\*\****

*August 30th Evening Entertainment w/ John Moorhouse @ 6:00pm **\*\*Sign up\*\****

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