



**SORRENTO**  
RETIREMENT RESIDENCE



JANUARY NEWSLETTER

# SORRENTO SCOOP

# LIFE AT SORRENTO



## *Gingerbread House Decorating Contest*

Sorrento Residents had a great time during our gingerbread decorating contest.

Here are some pictures of all the fun we had!

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



## *Holiday Market & Art Workshop: Snowflake Craft*

Sorrento Residents showed their artistic side during an Art Workshop by creating stunning Snowflakes decorations. Residents also had an opportunity to do some of their shopping at the Holiday Market.

There is truly never a dull moment at Sorrento!





# LIFE AT SORRENTO



## *Special Event: Winter Gala*

Special events are a great way to bring people together.

Here are some pictures of all the fun we had during our Special events.

It is about spending time with family, friends (old and new), making new connections and new possibilities.

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# ZENTANGLE WORKSHOP



zentangle®

is a method of drawing patterns to create beautiful images.

It is the process of simple lines, drawn repetitively, one stroke at a time, without a planned outcome, without expectations, quietly enjoying the pen marking the paper mindfully focussing on just that action there are no mistakes just opportunities



The Zentangle method of drawing provides a creative outlet to rest and re-charge. This method of putting pen to paper, drawing structured patterns allows the individual to rest their brain by shifting their focus through active mediation. It also provides greater confidence in one's abilities to accomplish difficult tasks, promotes a sense of relaxation, and excitement for new found skills and interaction with others in a creative way.

The workshop session will provide participants with a good understanding of the Zentangle Method through both visual and verbal step by step instructions to complete a 3.5 inch square drawing. The session will end with a group mosaic...this is where the magic happens in seeing the possibilities of Zentangle!

No art experience is necessary, just the ability to hold a pen.  
All supplies provided



Your instructor Yvonne Westover has been practicing art for over 40 years, has a degree in Visual Art, is a Certified Zentangle Teacher, a Continuing Education Instructor at Fleming College and a brain injury survivor. She has taught over 5000 students various art mediums. Yvonne knows that adding some creative time to your day will allow for a happy distraction that can help reduce stress. Zentangle happens to be her go to practice to turn chaos into calm. Yvonne's no fuss and supportive way of teaching allows for each participant to gain confidence in their own creative practice and skills.



Yvonne is a collector of patterns & pebbles, the dessert menu is required reading and snow is her favourite season!

You can find her on Facebook and Instagram @ywestart  
website: [ywestart.ca](http://ywestart.ca)  
email: [hello@ywestart.ca](mailto:hello@ywestart.ca)

**Come and join us for a Zentangle Workshop on Thursday January 11, 2024 @ 2:00pm**

# MESSAGE FROM THE RECREATION DEPARTMENT

*“For last year's words belong to last year's language. And next year's words await another voice.” —T.S. Eliot*

## **Here are some fun facts about New Year's.**

- *The first New Year's celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this god would be fitting.*
- *Forty-five percent of Americans make New Year's resolutions. The top resolutions are: to lose weight, get organized, to spend less and save more, to stay fit and healthy, and to quit smoking. While nearly half of all Americans make resolutions, 25 percent of them give up on their resolutions by the second week of January.*
- *Many people ring in New Year's by popping open a bottle of champagne. Americans drink close to 360 million glasses of sparkling wine during this time. The bubbly stuff dates back to the 17th century, when the cork was invented.*
- *About 1 million people gather in New York City's Times Square to watch the ball drop. The Times Square New Year's Eve ball drop came about because of a ban on fireworks. The first ball in 1907 was 700 pounds and was lit with 100 25-watt lights. The current ball puts the old one to shame (thanks to technology). Today, it is covered in 2,688 crystals, is lit by 32,000 LED lights, weighs 11,875 pounds and is 12 feet in diameter.*



# TREE OF THE MONTH

## BIRCH



Beautiful birch trees include about 40 species of thin-leaved deciduous hardwoods, including white birch, paper birch, river birch, and gray birch. These trees are often planted for timber as well as ornamental uses. While they can live up to 50 years, they sometimes only last two decades, particularly the white bird varieties. One reason they do not always thrive is lack of adequate hydration, as birch trees need a lot of water to survive.

Birch bark is unique due to its paper-like quality. It also contains crystals because it's rich in a chemical compound called betulin. In Celtic tradition, birch trees symbolize purification, growth, and renewal. Celts also believed these haunting stands of trees offered protection. In some Native American lore, the birch tree is considered the Tree of Life. The Ojibwe used birch bark to make scrolls. Interestingly, the name Ojibwe may be derived from their word for "to write."



# UPCOMING EVENTS



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

*January 2nd Resident Town Hall @ 1:30pm*

*January 3rd Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)*

*January 3rd Evening Entertainment w/James Cormier @ 6:00pm*

*January 5th Food Demo: Homemade Whipped Cream @ 2:00pm*

*January 8th Book Club Meeting @ 2:00pm*

*January 8th Billiards Practice for upcoming Tournament @ 2:30pm*

*January 8th Art Workshop: Waterless Snow Globes @ 3:00pm*

*January 9th Personal Finance Seminar on market volatility, investments etc. w/ CIBC @ 2:00pm*

*January 10th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)*

*January 10th Evening Entertainment w/Woody @ 6:00pm*

*January 11th Nature's Dose Vendor @ 10:00am to 2:00pm*

*January 11th Zentangle Workshop w/ Yvonne @ 2:00pm to 4:00pm*

*January 12th Food Demo: Pizzelle w/ Rita @ 2:00pm*

*January 12th Test your senses: Tea Tasting @ 3:30pm*

*January 15th Art Workshop: Clay Ornaments @ 2:00pm*

*January 17th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)*

*January 17th Evening Entertainment w/ Duo Josie & Nick @ 6:00pm*

*January 18th "The Turkish Harem" presentation w/ Guest speaker Lianne Harris @ 3:30pm*

*January 19th Food Demo: Overnight Oats @ 2:00pm*

*January 22nd Charades @ 2:00pm*

*January 24th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)*

*January 24th Evening Entertainment w/ Accordion player Sebastian @ 6:00pm*

*January 25th Scotch Tasting & Lamb Pairing w/ Alberto & Teresa @ 3:15pm*

*January 26th Food Demo: No Bake Granola Bars @ 2:00pm*

*January 26th Sorrento Celebrates @ 3:00pm*

*January 29th Hidden Images Game @ 2:00pm*

*January 30th Dance Class w/ Maria @ 2:30pm*

*January 31st Outing to Wal Mart from 10am to 12noon*

*January 31st Evening Entertainment w/ Marcus @ 6:00pm*