



**SORRENTO**  
RETIREMENT RESIDENCE



**JULY NEWSLETTER**

# **SORRENTO SCOOP**

# LIFE AT SORRENTO



## Special Events

### *Art Workshop: Screen Printing*

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.





# BBQ & Fundraiser



**SORRENTO**  
RETIREMENT RESIDENCE

Please join us for an afternoon of  
**FOOD & FUN**

IN SUPPORT OF



Alzheimer Society  
PEEL

**FRIDAY JULY 21, 2023**  
**11:30AM - 1:30PM**

**Sorrento Retirement Residence**  
10 Station Rd, Bolton

Food - Live Entertainment - Outdoor  
Activities - Photobooth and More!



**Help us reach our fundraising goal of \$2,500 by purchasing a meal ticket for \$20.** All proceeds will go directly to the Alzheimer Society of Peel.

PROUDLY SPONSORED BY



**Please call 647-317-7242 ext. 3010 to purchase tickets**

# OUTING

## Outing

VISIT TO ROYAL  
BOTANICAL GARDEN  
& LUNCH @  
GREENHOUSE CAFE

**When: Tuesday July 11th ,2023**

**Departing @ 9:30am**

**Where: Lobby**



**\*\*\* Sign up @ Concierge\*\*\***



# SERVICE PROVIDERS

At Sorrento, we are looking for ways to make it easier and more convenient for you. Below are a list of service providers that are offered in house.

- ❖ Foot care (Chiropracist services).
- ❖ Mobile dental services
- ❖ Audiology services
- ❖ Hair services
- ❖ Aesthetics (Manicures & Pedicures)

If you have any questions or would like to book an appointment, please call concierge at 647-317-7242 ext.3000.



# MESSAGE FROM DIRECTOR OF RECREATION

Don't miss out on the fun at Sorrento. Be sure to check out the July Newsletter and program calendar. Here is some interesting history on "O Canada".

## The History of "O Canada"

"O Canada" was not adopted as Canada's official national anthem until 1980. That date might be surprising, as national anthems often have deep historical roots. In fact, "O Canada" is a very old song and for many years has been a popular musical tradition across Canada. But it took an entire century for the beloved tune to become Canada's official song, with many twists and turns along the way.

"O Canada" was composed in 1880 by Calixa Lavallée of Quebec. Lavallée was a highly regarded concert pianist. The Quebec government commissioned him to compose a song in honor of Canada's governor-general, John Douglas Sutherland Campbell, and his wife, Princess Louise, a daughter of Queen Victoria. The lyrics, all in French, were written by Sir Adolphe-Basile Routhier. Routhier was a lawyer and well-known poet. He, too, was a native of Quebec. On June 24, 1880, "O Canada" was performed for the first time at the National Congress of French Canadians for the governor-general and other honored guests.

While the song was well received, there was no movement to make it an official anthem. "O Canada" had a great deal of competition, as many patriotic songs were composed around the same time. And, in addition to all the other songs, multiple English language versions of "O Canada" began to circulate. One of these versions included the first stanza of a 1908 poem written by Robert Stanley Weir, a Montreal lawyer and poet. Over time, this was the version that grew most popular, and Weir's poem would eventually be accepted as the official English lyrics when the Canadian Parliament passed the National Anthem Act in 1980. The Anthem Act also made official the French lyrics, which were the original ones from 1880. Interestingly, as Weir's English lyrics were from a poem and not a translation of the French lyrics, the anthem's French and English versions are complementary but not an exact translation.

By Teresa Harrington, Director of Recreation



# BIRD OF THE MONTH

## Eagle



The majestic bald eagle was named the national bird of the United States in 1782 by the Second Continental Congress. This stealthy, resilient, loyal bird represents the strength, freedom, courage, and independent spirit of the American people. Bald eagles live across Canada, the United States, and northern Mexico.

They prefer to soar across land near large bodies of open water and build enormous nests in old-growth forests. Alaska is home to the world's largest population of bald eagles, which is estimated at 30,000 birds. The superb hunters primarily subsist on fish but will also eat turtles, rabbits, snakes, waterfowl, and small mammals. Humans (via cars, power lines, and chemicals) pose the most substantial threat to bald eagles. However, efforts to protect the birds have been extremely successful—they moved off the list of threatened and endangered species on June 28, 2007.

# UPCOMING EVENTS

- July 1st Cello performance w/ Xinya @2:00pm **\*\*Sign up\*\****
- July 4th Resident Information Meeting @ 1:30pm **\*\*Sign up\*\****
- July 5th Entertainment w/Bernice & Steve @ 2:00pm**\*\*Sign up\*\****
- July 6th Bad Advertising from the past w/ Lianne Harris@3:30pm **\*\*Sign up\*\****
- July 6th Evening Entertainment w/ John Moorhouse@6:00pm **\*\*Sign up\*\****
- July 7th Food Demo: Strawberry Banana Bread@2:00pm**\*\*Sign up\*\****
- July 7th Happy Fridays: Strawberry Daiquiri@2:30pm **\*\*Sign up\*\****
- July 11th Outing: Royal Botanical Gardens@ 9:30am**\*\*Sign up\*\****
- July 13th Entertainment w/ Alex George & Dexter Sonier@ 6:00pm**\*\*Sign up\*\****
- July 14th Food Demo: Homemade Caesar Dressing w/ Eileen@2:00pm**\*\*Sign up\*\****
- July 14th Happy Fridays: Wines or Beer of your Choice@2:30pm **\*\*Sign up\*\****
- July 17th Art Workshop: DIY Walker Name Tags@ 2:30pm**\*\*Sign up\*\****
- July 18th Outing: Landmark Movie Theatre@ 2:45pm **\*\*Sign up\*\****
- July 20th Culinary Creations: Chocolate Ganache@ 2:00pm **\*\*Sign up\*\****
- July 20th Entertainment w/Di @ 6:00pm **\*\*Sign up\*\****
- July 21st BBQ & Fundraiser Event @11:30am **\*\*Sign up\*\****
- July 23rd Singalong w/ Pat @ 2:30pm**\*\*Sign up\*\****
- July 26th Outing: Lunch at Kelsey's @11:30am**\*\*Sign up\*\****
- July 27th Entertainment w/ Aaron Chow@ 6:00pm**\*\*Sign up\*\****
- July 28th Happy Fridays: Vodka Coolers @ 2:00pm**\*\*Sign up\*\****
- July 28th Sorrento Celebrates@ 3:00pm **\*\*Sign up\*\****
- July 31st Art Workshop: DIY Bookmarks @ 2:00pm **\*\*Sign up\*\****

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

