



SORRENTO
RETIREMENT RESIDENCE



JUNE NEWSLETTER

SORRENTO SCOOP



LIFE AT SORRENTO



Special Events

Intergenerational Art Class

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.



ART WORKSHOP

Art Workshop

**The Humberview Secondary School Print Club
will be visiting Sorrento!**

**This group of students will teach the
wonderful techniques of screen-printing. Using
ink, squeejees, screens and a little bit of
elbow grease, you will make your very own
customized canvas bags!**

**We hope to see you there.
Sign up at concierge.**

**THURSDAY JUNE 8TH, 2023
@ 6:00 PM**



OUTING



~Downey's Farm~

STRAWBERRY Picking

Thursday, June 29th, 2023

Will be departing at 10:00am

****Please Sign up at
Concierge****

SERVICE PROVIDER UPDATE

Starting June 21st, Sorrento Retirement Residence will have a new hearing care provider from HearCANADA. Heather Deighton, our current in-residence provider, is transitioning to a different HearCANADA center and will no longer be available at the retirement home. We appreciate Heather's excellent service and wish her the best in her new endeavor. We're excited to introduce Ankit Nautiyal (Au.D.) as our new hearing care provider.

Ankit has over 8 years of experience in the hearing care industry. He brings motivation, empathy, and excellent listening skills to provide top-notch care. In his free time, Ankit enjoys flying planes and hiking with his dog, Bruno. He also volunteers with the Canadian Red Cross Society.

Ankit will host an "Ask-Me-Anything" session on June 21st in the theatre from 10 a.m. to 11:30 a.m. to answer any hearing care questions. Please bring forth any curiosities you may have on hearing health, hearing aids, prices, anecdotes, anything at all! Afterward, he will be available for regular afternoon appointments from 12 p.m. to 4 p.m. We invite you to meet our new hearing care expert and benefit from his expertise.



Hear CANADA



MESSAGE FROM DIRECTOR OF RECREATION

The sweet scent of fresh Ontario strawberries can easily be one of our favourite summer memories. The fruit is so prevalent in the Canadian kitchen that most of us could describe the flavour at a drop of a hat. You may even have perfected your favourite way to eat them but here are 10 facts you might not know about the beloved strawberry.

1. The strawberry is NOT actually a berry. Botanically speaking, the strawberry is an aggregate accessory fruit (the fleshy part is not from the plants' ovaries). Each 'seed' is one of the ovaries of the flower with a seed inside.
2. Strawberries are indigenous to Canada. In Canada, the Cree used roots, leaves, and berries to treat diarrhea and dysentery. The stems and roots were boiled to help with sore throats. Wild strawberries can also be found in other parts of North America, South America, as well as, Europe and Asia.
3. Strawberries do not need soil to start growing. The seeds of a strawberry respond to light rather than moisture. You have the birds to thank for dispersing the seeds of the wild strawberries. It seems that when birds eat the wild berries the seeds pass through their system but remain intact and in reasonably good condition.
4. The first garden strawberry traces back to the 18th century in Brittany, France. This is the recognizable garden strawberry we all munch on at home or in the park. It is a result of a crossbreed from the wild *Fragaria virginiana* and the *Fragaria chilonesis* plant.
5. 9.2 million tons is the weight of the annual world production of strawberries. This 2017 statistic is the equivalent of more than 100 thousand large houses!
6. Strawberries are grown in every single Canadian province and U.S. state. However, 70% of the strawberry production in North America occurs in California.
7. The most expensive strawberry costs \$638.00 CAD. That's 50,000 YEN in Japan where luxury fruits are treated as a specialty gift. The strawberry is named 'Bijin-hime' (beautiful princess), the high-end fruit reached its high price due to its size, sweetness, shine, fragrance and colour.
8. Strawberries do not continue to ripen after they are harvested. Unlike most fruit that continue to ripen after picking, strawberries hit peak flavour once plucked off the runner.
9. The flavour of a strawberry is a direct influence of weather, variety, soil and of course ripeness when harvested. There are 3 main categories of strawberries:
 - June-bearing, which produce the most flavourful berries.
 - Everbearing, which typically provide two main crops each year.
 - Day neutral, which flower and fruit consistently throughout the summer.
10. Eating strawberries before exercising helps with endurance training. Research suggests that the high levels of nitrate in strawberries increases blood and oxygen flow to the muscles.

BIRD OF THE MONTH

Dove



Doves are amazing birds that can find their way home over hundreds, or even thousands, of miles. Before the advent of electronic communication, this special talent was harnessed for centuries to send important messages for royal or military leaders. Doves are in the same scientific family (Columbidae) as pigeons.

Typically, pigeons are larger-bodied than doves. These sleek birds can be found in a variety of open and semi-open habitats, such as grasslands, farms, towns, or open woods. Doves build nests on the ground, in bushes, on low tree branches, or even on stumps or fence posts. They live on a diet of fruits, seeds, and plants. The name dove has Germanic roots and refers to the birds' tendency to swoop and dive quickly.

A group of doves is called a dule, which derives from the French word *deuil*, meaning "to be in mourning." Doves symbolize peace, spirituality, love of nature, and innocence.



UPCOMING EVENTS

*June 1st "MesoAmerica" pres with Lianne Harris @3:30pm ****Sign up*****

June 1st Entertainment w/Diana & Kati @ 6:00pm

*June 2nd Happy Fridays: Orange Caribe @2:00pm ****Sign up*****

*June 2nd Food Demo: Cookie Cake w/Hector @3:30pm ****Sign up*****

June 5th Resident Information Meeting @ 1:30pm

June 7th Vendor: Simply Pretty Jewellery @ 10:00am to 1:00pm

*June 7th Entertainment w/ Bernice & Steve @6:00pm ****Sign up*****

*June 8th Art Workshop: Screen Printing w/Humberview SS @ 6:00pm ****Sign up*****

*June 9th Food Demo: Ice Cream Balls @ 2:00pm ****Sign up*****

*June 9th Happy Fridays: Strawberry Vodka Lemonade @2:30pm ****Sign up*****

*June 12th Art Workshop: Decoupage Mason Jars Session 1 @ 2:00pm ****Sign up*****

*June 13th Outing: Lunch Trip to the Mandarin @ 11:30am ****Sign up*****

*June 15th Culinary Creations: Strawberry Tarte @ 2:00pm ****Sign up*****

*June 15th Entertainment w/Manvir Rai @6:00pm ****Sign up*****

*June 16th Food Demo: Homemade Strawberry Ice Cream @ 2:00pm ****Sign up*****

*June 16th Happy Fridays: Strawberry Vodka Blended Drink @2:30pm ****Sign up*****

*June 18th Father's Day event w/Entertainer Marcus @ 11:30am ****Sign up*****

*June 19th Art Workshop: Decoupage Mason Jars Session 2 @ 2:00pm ****Sign up*****

*June 20th Outing: Landmark Movie Thtr for Matinee Show (Movie ONLY) @ 11:45am ****Sign up*****

*June 21st "Ask me Anything" Info Session w/ Ankit from Hear Canada @ 10am to 11:30am ****Sign up*****

*June 22nd Entertainment w/Martin Wall @ 6:00pm ****Sign up*****

*June 23rd Beer Tasting @ 2:00pm ****Sign up*****

*June 23rd Sorrento Celebrates @3:00pm ****Sign up*****

*June 24th Roof Top Terrace Social w/Desirée @ 2:30pm ****Sign up*****

*June 27th *NEW* Pace Setters Exercise w/Marc @1:30pm ****Sign up*****

*June 28th Ice Cream Truck (Outside) @1:30pm ****Sign up*****

*June 28th Outdoor Summer Concert @2:00pm ****Sign up*****

*June 29th Outing: Downey's Farms for Strawberry Picking @10:00am ****Sign up*****

*June 29th Entertainment w/Stephen Miller @ 6:00pm ****Sign up*****

*June 30th Strawberry Social @ 2:00pm ****Sign up*****

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

For more information, please contact Teresa, Director of Recreation