



SORRENTO
RETIREMENT RESIDENCE



SEPTEMBER NEWSLETTER

SORRENTO SCOOP

LIFE AT SORRENTO



Cruise Week

From August 14th to August 18th

Sorrento Residents had a great time "cruising" to 5 different ports of call.

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



Cruise Week

From August 14th to August 18th

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There is truly never a dull moment at Sorrento!



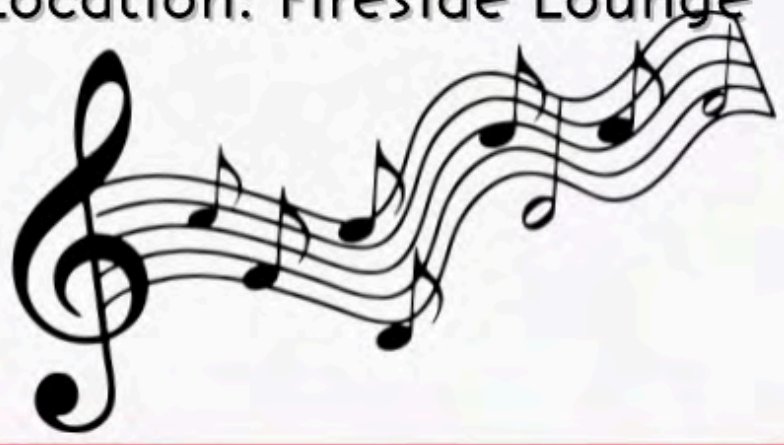
SING ALONG



Sing Along W/ Pat.

Sunday September 17 th, 2023
Time: 2:30pm

Location: Fireside Lounge





NEW SERVICE PROVIDER

Free hearing screening Hearing aid clean & check

Your hearing is important not just for your relationships but for your overall health. Sorrento is pleased to welcome Hear Well Be Well to help you stay on top of your hearing health.

Meet-and-greet

Wed. Sept. 20
2 pm

Regular visits

3rd Thursday each
month beginning
Thurs. Sept. 21



Full hearing testing and other services available at the Bolton clinic by appointment. Sorrento will provide transportation to the Bolton clinic if needed.

114-170 McEwan Dr. E
Goodfellow Professional Building
Bolton, ON
905-857-0022

HearWell BeWell
Hearing Clinics
Compassionate. Trustworthy. Innovative.

HearWellBeWell.ca

MESSAGE FROM DIRECTOR OF RECREATION



“Happily, we bask in this warm September sun,
which illuminates all creatures...”

~ Henry David Thoreau~

For the month of September, there are a lot of new programs and special events happening. Residents are reminded to sign up and if you are not sure what the new programs or special event entails, please do not hesitate to contact Teresa.

Here are some new Special events:

September 8th High Tea

September 24th Car Show

September 28th Creative Aging Books & Ideas w/ Author Charlotte Gray

September 29th Farmer's Market (A variety of vendors will be on site)

Don't miss out on the other fun programs!

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

Teresa Harrington, Director of Recreation



BIRD OF THE MONTH

Hawk



Hawks are a variety of majestic, small-to-medium-sized birds of prey, or raptors, including true hawks, goshawks, and sparrow hawks. These fast-flying, carnivorous birds are expert hunters and eat small mammals, like mice, reptiles, insects, and smaller birds. They stealthily follow their prey until they can grab hold using their talons.

Hawks are found on every continent except Antarctica. They usually build nests in trees, but some make their homes on the ground or on cliffs.

Hawks typically mate for life and return to the same breeding grounds year after year. They lay one to six brown-spotted eggs at a time. Incubation lasts several weeks, followed by a short childhood. They grow to adult size in a matter of months. Unlike most animal species, female hawks are larger than the males.

Hawks are protected by laws that aim to prevent people from catching or killing them.



UPCOMING EVENTS

*September 1st Food Demo: Homemade Aioli dip@2:00pm ****Sign up*****

*September 1st Happy Fridays: Mint Mojitos @ 2:30pm ****Sign up*****

*September 5th Resident Town Hall @ 1:30pm ****Sign up*****

*September 6th Simply Jewelry Vendor @ from 10:00am to 1:00pm ****Sign up*****

*September 6th Art Workshop: DIY Make your own Fascinators@2:00pm ****Sign up*****

*September 6th Evening Entertainment w/ Tristan @ 6:00pm ****Sign up*****

*September 8th Commemorative High Tea in Honour of Queen Elizabeth II@ from 2:00pm to 4:00pm ****Sign up*****

*September 13th Outing: Lunch to Symposium@ 11:00am ****Sign up*****

*September 13th Evening Entertainment w/ Sean Derraugh@ 6:00pm ****Sign up*****

*September 15th Food Demo: Crostata w/ Rita @ 2:00pm ****Sign up*****

*September 15th Happy Fridays: Cappucinos & Wine @2:30pm ****Sign up*****

*September 17th Sing along w/ Pat@2:30pm ****Sign up*****

*September 18th Art Workshop: DIY-Decorative Wine Glass@ 2:00pm ****Sign up*****

*September 20th Dance Class w/Maria@ 2:00pm ****Sign up*****

*September 20th Meet & Greet with Hear Well Be Well Hearing Clinic@ 2:00pm ****Sign up*****

*September 20th Evening Entertainment w/Martin Wall @ 6:00pm ****Sign up*****

*September 21st Culinary Creations: Fried Plantains w/Louisa@2:00pm ****Sign up*****

*September 22nd Food Demo: Homemade Eggplant Dip@ 2:00pm ****Sign up*****

*September 22nd Happy Fridays: Choice of Beer & Wine@2:30pm ****Sign up*****

September 24th Car Show from 1:00pm to 3:00pm

*September 27th Outing: Shopping to Wal Mart @ 11:00am ****Sign up*****

*September 27th Evening Entertainment w/ John Moorhouse@ 6:00pm ****Sign up*****

*September 28th Creative Aging Books & Ideas w/ Author Charlotte Gray @ 2:00pm ****Sign up*****

*September 29th Farmers Market Variety of Vendors from 10am to 2pm ****Sign up*****

*September 29th Food Demo: Cinnamon Buns@ 2:00pm ****Sign up*****

*September 29th Happy Fridays: Bailey's & Coffee @ 2:30pm ****Sign up*****

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