



SORRENTO SCOOP

Monthly Newsletter

Vol 1 Issue 21

Inside the Issue

OCTOBER 2021



Welcome to Sorrento!

Where life awaits you...



*At Sorrento, we believe in
keeping life interesting.
Read about all the fun details
inside this newsletter.*



New Menu

Sorrento is excited to offer our new Buffet Brunch which are held every first Sundays of each month. Residents are encouraged to invite their families and friends to attend.

What's Happening

At Sorrento there is always great food new friends and new experiences to enjoy.



In addition to our continental breakfast, warm breakfast will now be offered every Sundays & every Wednesdays will be Hot Brunch Plate. *(Items on the hot breakfast menu will include: scrambled eggs, pancakes w/ maple syrup, bacon, breakfast sausage & porridge).*

Ristorante Vittorio is open for reservations. Should you wish to dine with your loved one, please make your reservations at concierge.

Message from Executive Director

Dear Residents,

The month of September flew by so fast that I almost did not remember what it felt like. All I can remember is that we were all called to vote in an election and the weather became fall like almost instantly. That said, we always have a reason to be thankful daily.

As October ushers itself quietly, we are excited to remind everyone that WE (Everyone at Sorrento both Resident and Staff) will be hosting a BBQ on the 1st of October, in honour of our First Responders; The Police, Paramedics and the Fire department. We are so grateful for the work they do every day, protecting us, our city, in the rain or sunshine without complaints but with smiles on their faces. They are the unsung heroes of our Community.

We are excited about what the Fall brings and as the leaves are shed and the places start becoming colder, we will strive to do all we can to keep you warm and engaged. Have an exciting month of October!

Sincerely,

Ernest Chambi
Executive Director



Message from Director of Recreation

Dear Residents,

Time flies when we are having fun. As we "fly" into October, our "Travel the World" destination will be Germany. We are excited to be offering a whole month of themed programs for the fall season.

Here are some tips to challenge your brain:

1. Take up a new hobby

It's never too late to try something new! Constantly learning new things throughout your life can help you build your cognitive reserve. Whether it's cooking a new meal every week, taking up painting or figuring out how to fix something around the house, adding another regular activity to your repertoire is a great and easy way to challenge your brain. You may find a new passion or end up unlocking a hidden talent, too!

2. Learn a new language

Looking for something even more challenging? Try learning a new language! While more time-intensive, learning a new language is a great way to exercise your brain because you will need to practice regularly to become skilled. There are many types of languages too! How about computer language, like learning how to code? Or sign language? You can even try learning an instrument – it's the language of music! Anything that needs regular practice will help you and your brain.

3. Play games that involve your mind

Games are not only fun, they require you to pay attention, think strategically and test your memory, which are all excellent ways to keep your brain exercised. Examples of brain-challenging games can include chess, tabletop games, video games, word and number puzzles, jigsaws, crosswords, sudoku and memory games. For games on your computer, your tablet or your phone, find games where you can play and interact with other people to get that social bonus in!

4. Cross-train your brain

What's something you're not good at doing? What can you do to improve it? It may be tough, but if you work at what you're inexperienced at, you can give yourself and your brain some flexibility. You may surprise yourself with how capable you are! You can also try a variety of challenges instead of sticking to one particular area.

5. Break your routine

It's never too late to try something new! A small challenge to try out is changing up how you normally live your day. Take a different route to the grocery store or change the order of your morning routine.

6. Take a class

Lifelong learning is vital to exercising your brain. When something is above your expertise, don't be discouraged; ask for help and get professional education and training so you can pursue what you want to learn about.

Sincerely,

Teresa Harrington

Director of Recreation



Upcoming Events

October 1st Community BBQ @ 11:30am

October 3rd Buffet Brunch @ 11:30am

October 4th Resident Information Meeting @ 10:00am

October 4th Crafters Corner: Make Bangles w/ Merav @ 2:00pm

October 6th Afternoon Entertainment w/ Marcus @ 2:00pm

October 8th Moscow Mules @ 2:00pm

October 12th Creemore Beer Tasting paired w/ sausages @ 2:00pm

October 13th Fall Colour Tours @ 1:30pm

October 14th Fables & Rhymes presentation w/ Lianne Harris @ 2:00pm

October 18th Roasting Pumpkin Seeds @ 2pm

October 19th Homemade Pumpkin Spice Latte @ 2:00pm

October 20th Travelogue to Germany @ 2:00pm

October 21st Make Jam Lid Toppers for Caledon Senior Centre @ 2:00pm

October 26th Make Creme Brulé @ 2pm

October 27th Travelogue to Germany (Nuremberg & Romantic Road) @ 2:00pm

October 29th Make Fresh Pretzels @ 2pm

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

**For more information, please contact
Teresa, Director of Recreation**

