



SORRENTO SCOOP

January Newsletter

Welcome to Sorrento!

Table of Content

- Life at Sorrento
- Message from Director of Recreation
- Upcoming Events



Please share any riddles, jokes, stories, etc to Teresa. To be posted in the next newsletter!

We look forward to your submissions.

Life at Sorrento

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.



Afternoon
Entertainment:
Accordion Player



Food Demo:
Apple Cider

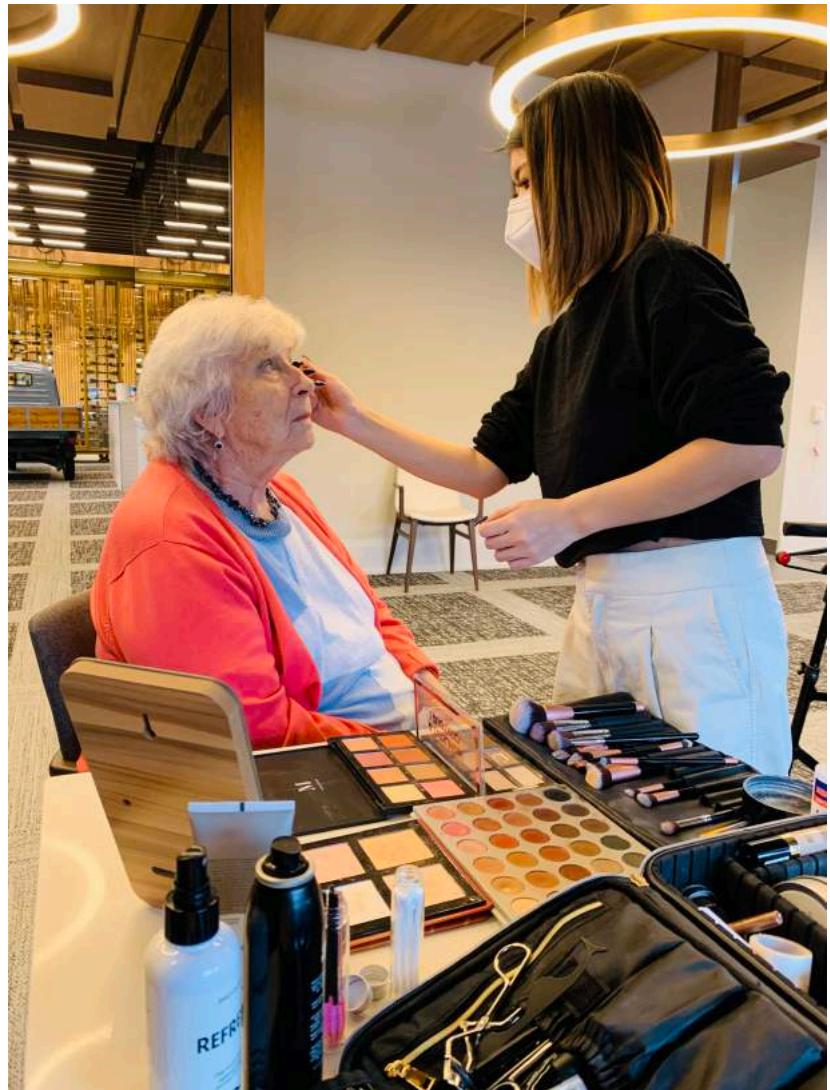


Baking Demo:
Homemade Cannolis



*Art Workshop Theme:
Decoupage Winter
Cookie Platter*

*Photoshoot &
Makeup: Afternoon
Makeovers*



*"Wintry morning wrapped in white, evenings, calm and still,
snowflakes dancing all around, sled rides down a hill, gathering around
the fire-such a pleasure to remember- all the special memories that
come with each December"*

To celebrate, we held our first Winter Gala.



Message from Director of Recreation

January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts to overcome those challenges keep our brains limber and help slow age-related cognitive decline.

Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find novelty, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy.

Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

The crossword puzzles and sudoku found in the newspapers certainly challenge our creative thinking, but even these can become routine and lose their novelty. This is why experts believe it is best to challenge your brain with different types of brain teasers.

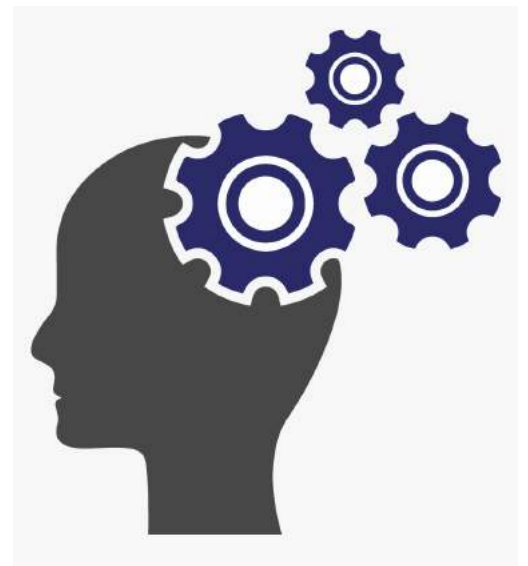
Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser.

Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.

Join us for some fun brain teaser programs offered throughout the month of January.

Sincerely,

Teresa Harrington
Director of Recreation





Sing along:
with
Sorrento
resident
Pat

Upcoming Events

January 2nd Buffet Brunch @
11:30am

January 4th Resident Info
Meeting @ 10am

January 4th Book Club &
Discussion @ 2:00pm

January 6th Scotland pres. w/
Lianne Harris @ 3:30pm

January 12th DIY-Painting
Clay Pots @ 2pm

January 14th Hands on Exotics
Visit: Furry Friends @ 2pm

January 17th Art Workshop:
Make rings or earrings w/
Merav @ 2pm

January 17th Nutrition Course
w/ Strong Play -Session 1 @
3pm

January 18th Afternoon
Entertainment w/ Elisa @ 3pm

January 21st Food Demo:
Make Apple Fritters @ 2pm

January 24th Caricatures w/
Cartoon Bob @ 2pm

January 27th DIY-Terrariums
@ 3:30pm

January 31st Nutrition Course
w/ Strong Play -Session 2 @
3pm

Winter
Gala:
with
Friends &
Family

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

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

Beer Tasting:
Yum!!!!

