



SORRENTO SCOOP

April Newsletter

Welcome to Sorrento!



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.

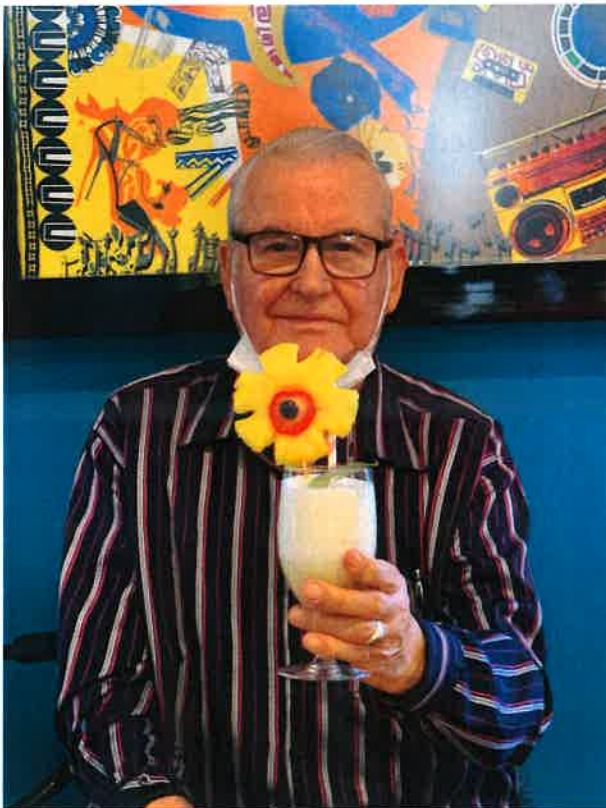
Here are some fun events and programs that took place at Sorrento.

International Women's Day *Cocoa Bombs & Cello Performance*





Fridays at Sorrento
Food Demos & Drinks



Message from Director of Recreation

April is known for beautiful spring weather, the start of warmer weather, and of course, as we all know, “April showers bring May flowers,” so if the rain of April ever gets you down, never forget the silver lining!

Here are some fun facts about April:

- We know it is the fourth month of the year, but that’s only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.
- April also only had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.
- In the Southern Hemisphere, April is the seasonal equivalent to October. No one is sure how the month ended up with its name, but we do know the Romans named it “Aprillis.”
- The etymology behind the word “April” comes from the verb “aperire,” which means “to open.” It’s commonly believed that the word refers to the season of trees and flowers begin to “open” or bloom.
- On April 15, 1912, the famous Titanic ship hit an iceberg and sunk on her first and only voyage.
- George Washington was inaugurated as the First President of the United States on April 30, 1789.

- Of course, one of the most well-known dates of April, is April Fools' Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."

- The smaller animals that hibernate for the winter in the Northern Hemisphere usually start coming out of their burrows in April.

- April is also the month that the birds migrate north and settle down for the summer to mate.

As you can see, there's more to April than just April Fool's Day, although that is definitely one of the most fun days of the month!

"Our spring has come at last with the soft laughter of April suns and shadow of April showers."

~ Byron Caldwell Smith~

Sincerely,

Teresa Harrington
Director of Recreation



Dog of the Month – Cavalier King Charles Spaniel

The Cavalier King Charles Spaniel, also simply called a Cavalier, is an athletic, attentive toy dog breed that embodies regal grace, a sweet temperament, and adorable charm. They have a lavish history as companions and lap dogs to British royalty and noblemen. However, these playful dogs adapt to a variety of environments and interact well with children and other dogs. Additionally, they easily acclimate to either active or more sedate lifestyles (and owners). Cavaliers come in a variety of color combinations, including black and tan, black and white, and ruby, and they tend to have tan markings. These smart, gentle dogs are eager to please, are easily trained, and make superb therapy dogs because they excel at obedience and awareness of their owners. Due to their hunting instincts, they should be kept on leash, as they might not return when called once they are on the scent of something interesting.



Writer's Corner

DON'T SWEAT THE SMALL STUFF

As they approach me hand in hand
A smile adorns each face.
Healthy complexions, lightly tanned,
They keep a smooth, brisk pace ..

I slow my steps, the more to see
Of this delightful pair.
She in blue capris, white Tee,
Pink ribbon in grey hair.

They're closer now, and notice me,
Alone, without a mate.
Their hands unclasp, they strain to see
Why I have slowed my gait.

Can they tell from my face, I know
Of outings such as this?
That not so very long ago
Each started with a kiss?

An errant deed, harsh words ensued,
Sad space devoid of talk.
A "Sorry, love!", a change of mood
A kiss, and then the walk.

We pass, we wave, we smile: I know
This duo understands
That fleeting life's too short a go
For piddling reprimands.

They know full well when next we meet
And wave and smile "hello"
There well might be one less to greet
One less on this life's go.

So they meander with no fear.
They wave, though we don't talk.
They've learned to say that "sorry, dear!"
And take that love-filled walk.

Written by Pat P.

Upcoming Events

April 1st Food Demo: Banana Split Fluff @ 2:00pm ****Sign up****

April 1st Happy Fridays: Candy Corn Cocktail @ 2:30pm

April 4th Make Organic Essential Oils Sugar Scubs @ 2:00pm ****Sign up****

April 4th Healthy Food: Make your own Yogurt Parfait Bowls @ 3:00pm

April 5th: Top 5 reasons for a hearing health check @ 3:30pm

April 5th Healthy Food: Muffins @ 3:00pm

April 6th Art workshop: Decoupage Flower Pots w/ Merav @ 2:00pm ****Sign up****

April 6th Healthy Food: Vegan Pancakes @ 2:30pm ****Sign up****

April 6th Vitamins Presentation w/ Melissa @ 3:00pm

April 7th Healthy Food: Smoothies @ 10:30am & 3:00pm ****Sign up****

April 7th Fountain of Youth Presentation w/ Lianne Harris @ 3:30pm

April 7th Complimentary Mini Massages w/ Ryan @ 10 am to 3:00pm

April 8th Healthy Food: Avocado Toast @ 2:00pm ****Sign up****

April 19th Art workshop: Paint a Cookie w/ Teresa @ 2:00pm ****Sign up****

April 20th Outing: Lunch @ Symposium Cafe & Pottery Painting @ Crock a Doodle @ 11:30am ****Sign up****

April 22nd Food Demo: Orange Creamsicle Mousse @ 2:00pm ****Sign up****

April 22nd Happy Fridays: Chi Chi Cocktail @ 2:30pm

April 26th Afternoon Performance w/ Elisa

April 27th Casino Night w/ ED @ 6:30pm

April 29th Food Demo: Mini Pepper Poppers @ 2:00pm ****Sign up****

April 29th Happy Fridays: Caesar @ 2:30pm

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

For more information, please contact Teresa, Director of Recreation