



**SORRENTO**  
RETIREMENT RESIDENCE



JULY NEWSLETTER

**SORRENTO**  
**SCOOP**

# LIFE AT SORRENTO



## Special Events Car Show

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

## Tie Dye T-shirts





# MASSAGE THERAPY



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## MASSAGE THERAPY *with* RYAN (RMT)

Every Thursday 10 AM - 1 PM  
30-Min Massages

*Cost:* \$56.50

Direct Billing or by Credit Card  
by phone to Bolton Physio

Appointments can be booked  
with the concierge



# MESSAGE FROM DIRECTOR OF RECREATION

## Walk the Plant

First, we were told that we should talk or sing to our houseplants to help them grow. Now we're told that we have to take them for a walk?

While it is true that a study conducted by the UK's Royal Horticultural Society demonstrated that women's voices helped tomato plants grow at a faster rate than men's voices, there has not yet been a conclusive study to declare that plants enjoy going on walks with their owners. But don't let that stop you!

Houseplants enjoy attention. They've been indoors for many months and might like a bit of sunlight and fresh air. Moreover, houseplants need a good dusting. Dusty leaves inhibit photosynthesis, and a plant's health could suffer. Furthermore, walking outside with your houseplant will benefit you, too. Gardening has long been proven to be a stress reducer. So, too, is taking a walk with your houseplant.

So, go outside and enjoy the sun & fresh air with your plant, pet or friends. July is a great time to be outdoors.

Sincerely,

Teresa Harrington, Director of Recreation

# DOG OF THE MONTH

## GERMAN SHEPHERD



The German shepherd is a large-to-medium-sized sheep-herding dog with origins in Germany. They were first bred by Max von Stephanitz in 1899. These strong, reliable, smart, curious, industrious dogs are now a favorite for work with police, search-and-rescue, military, and the disabled. They are the original breed to serve as guide dogs. German shepherds have muscular bodies and an excellent sense of smell, and are fast runners. They are generally easygoing but are also loyal and protective, making them ideal for the dual purposes of family pet and watchdog. Consistently ranking among the top breeds chosen as pets, they get along well with children but are not overly social. They are very active dogs that require a lot of exercise to satisfy their physical and mental health needs. German shepherds come in a variety of color combinations, including tan, black, silver, white, and gray.

# WRITER'S CORNER

## PATROOSHKA

She's lived in my house.  
For quite some time now.  
As small as a mouse,  
It's hard to know how  
She holds so much clout.

I've seen her quite often  
In very strange places.  
She frequently pops in  
To tiny thin spaces.  
She's quite the wee sprite.

Sometimes weeks go by  
With nary a sighting.  
It's then things go dry,  
As far as my writing.  
Don't know where she hides.

But last week while playing  
A Beethoven number  
I spied her, just laying  
Her suitcase right under  
My nose if you please.

I saw her intention  
To leave altogether.  
I don't have to mention  
I didn't know whether  
To tackle or wave.

Well, tackle I did,  
And captured that sprite,  
In a jar, closed the lid  
With all of my might.  
Can you believe that?

Patrooshka, my wee muse  
Now sits on my table.  
I read her the news  
And let her watch cable.  
Suppose this can last?

*Written By*  
Pat Puchniak, Sept./11

# UPCOMING EVENTS

**July 1st** Entertainment w/ Marcus @ 12:00pm

**July 4th** Resident Information Meeting @ 1:30pm

**July 5th** Outing: Visit to Downey's Farm @ 10:00am **\*\*Sign up\*\***

**July 6th** Dementia presentation w/ Home Instead @ 2:00pm

**July 8th** LIVE TOUR: Calgary Stampede Parade @ 11:00am

**July 8th** Food Demo: Canadian Tea Biscuits @ 2:00pm **\*\*Sign up\*\***

**July 8th** Happy Fridays: Ceasars @ 2:30pm **\*\*Sign up\*\***

**July 11th** Carnival Food: Popcorn @ 2:00pm **\*\*Sign up\*\***

**July 11th** Carnival Game: Ring Toss @ 3:30pm **\*\*Sign up\*\***

**July 12th** Carnival Food: Cotton Candy @ 2:00pm **\*\*Sign up\*\***

**July 12th** Carnival Game: 'Knock Em Down' Ball Toss @ 3:30pm **\*\*Sign up\*\***

**July 13th** Vendor: Thirty One Bags @ 10:00am to 1pm

**July 13th** LIVE TOUR: Of Bruges Belgium @ 11:00am

**July 13th** Photobooth @ 2:00pm to 5:00pm

**July 13th** Carnival Food: Fresh Cut Fries @ 2:00pm **\*\*Sign up\*\***

**July 13th** Carnival Game: Axe Throwing @ 3:30pm **\*\*Sign up\*\***

**July 14th** Carnival Game: Water Coin Drop @ 2:00pm **\*\*Sign up\*\***

**July 15th** Carnival Food: Waffles @ 2:00pm **\*\*Sign up\*\***

**July 15th** Carnival Game: Lime & Spoon Relay Race @ 3:30pm **\*\*Sign up\*\***

**July 18th** Wine Tasting ~ Featuring Canadian Wines @ 2:00pm **\*\*Sign up\*\***

**July 19th** Bolton pres by Albion Bolton Historical Society @ 2:00pm

**July 22nd** Food Demo: Bannock Bread @ 2:00pm **\*\*Sign up\*\***

**July 22nd** Happy Fridays: Wine Sangria @ 2:30pm **\*\*Sign up\*\***

**July 26th** Outing: Golfing at Legacy Pines Golf Club @ 9:30am **\*\*Sign up\*\***

**July 27th** Art workshop: Clay w/ Merav ~ Session 1 @ 2:00pm **\*\*Sign up\*\***

**July 28th** Outing: Village of Kleinburg ~ Lunch @ The Burg Village Pub & Shopping @ 10:45 am

**\*\*Sign up\*\***

**July 29th** First Responders Appreciation BBQ w/ Duo (Tristan & Lorelee) & "Lemon Heaven"

Lemonade Stand @ 11:30am to 1:30pm **\*\*Sign up\*\***

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

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