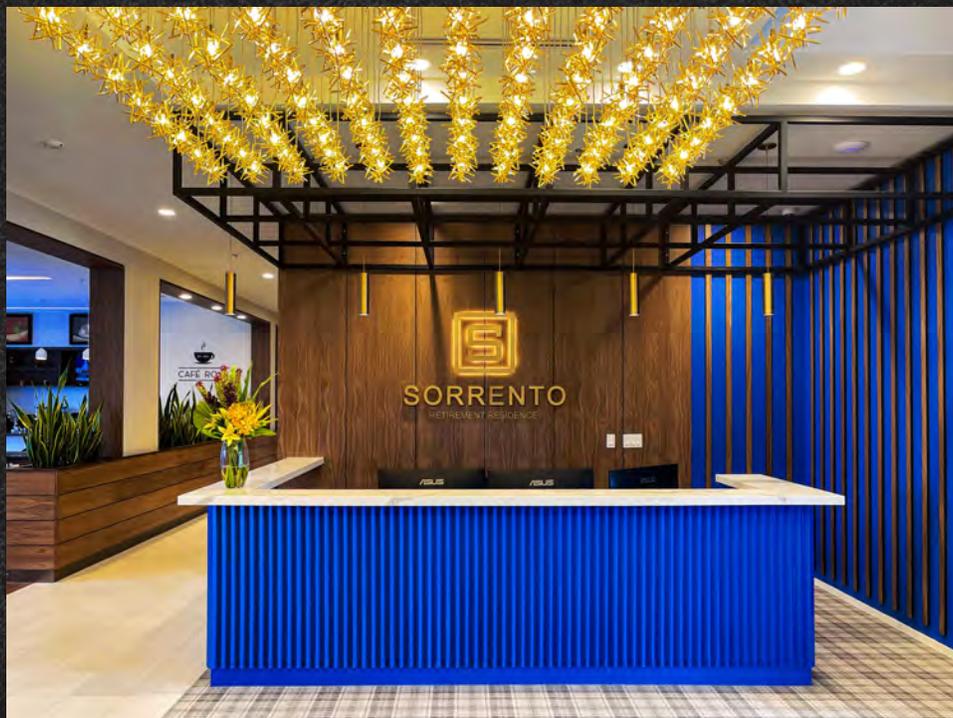




**SORRENTO**  
RETIREMENT RESIDENCE



JUNE NEWSLETTER

**SORRENTO**  
**SCOOP**



# LIFE AT SORRENTO



## Special Events High Tea

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 JEWELRY MAKING





# MASSAGE THERAPY



SORRENTO  
RETIREMENT RESIDENCE



## 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

## Fun Facts about June

Wedding bells will be ringing all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June's pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict. The month is named for the Roman goddess Juno. Because Juno was also the patroness of marriage, many Romans chose this month to wed, a tradition that is still embraced by modern culture.

June flower is the rose. The rose has been called "the queen of flowers" and is known as a symbol of love. Since primitive times, the rose has been used in perfumes, medicines, and even in foods. While the sharp objects along the stem are commonly called thorns, the technical term is prickles. The prickles protect the rose from herbivores and help it hang onto other vegetation when growing and climbing. In the language of flowers, a white rose means purity, a red rose means courage, and a pink rose means happiness.

June is prime season for the delicious red berries. Think strawberry shortcakes, strawberry jam, and berry picking. However, depending on the climate, strawberries are in season any time between April and November, and in some places with especially warm winters, the delectable fruit even ripens in winter. In 2022, the strawberry moon will take place on June 14 and is extra special, as it is also a supermoon. Supermoons are full moons that are especially close to Earth and appear larger and brighter than average.

Sincerely,

Teresa Harrington, Director of Recreation

# DOG OF THE MONTH

## DACHSHUND



The dachshund is a friendly, spirited, and affectionate breed of dog that is very popular with families. They are easily trained, personable, and very adaptable. These adorable, small dogs also tend to be quite vocal, making them good watchdogs.

Dachshunds have short to medium coats that come in a variety of colors and patterns, including black, cream, tan, chocolate, fawn, wheat, and red. Their fur is either smooth, longhaired, or wire-haired. They are known for their long bodies and short legs and weigh between 16 and 32 pounds. Miniature dachshunds are a maximum of 11 pounds. Dachshunds were originally bred as hunting dogs and can be very brave and stubborn. Their name means “badger dog” in German, but they also can hunt rabbits and other burrow-dwelling mammals. They are commonly called wiener dogs, sausage dogs, doxies, and doxins.

# WRITER'S CORNER

## WHERE TO FIND A FRIEND



When ice-cold wind is in your face  
Halting any forward pace  
A friend is there.

When you falter, stumble, fall  
Hit the sturdy, stony wall  
A friend is there

When gloomy clouds obscure the sun  
Blocking glee and joy and fun  
A friend is there.

When sickness knocks upon your door  
And shakes you to the very core  
A friend is there.

When all is well, bells seem to ring  
And now it's time to dance and sing  
A friend is there.

A friend stays through bad times and  
good A friend stays when no other  
could ..  
A friend is always there.

*Written By*

Pat Puchniak, Sept./10



# UPCOMING EVENTS

**June 1st** Beer Tasting @ 2:00pm **\*\*Sign up\*\***

**June 2nd** Voting Booth @ 11:30am

**June 2nd** Thirsty Thursdays: Aperol Spritz @ 2:30pm **\*\*Sign up\*\***

**June 2nd** Rogues & Rebels: How Canada Began w/ Lianne Harris @ 3:30pm

*June 3rd* Food Demo: Lemon Cookies @ 2:00pm **\*\*Sign up\*\***

**June 3rd** Happy Fridays: Clara (de Limon) @ 2:30pm **\*\*Sign up\*\***

*June 6th* LIVE TOUR: Santandor Bay, Spain @ 11:00am

*June 7th* Resident Information Meeting @ 1:30pm

**June 8th** Afternoon Concert~ Saxophonist & Pianist Duo @ 2:00pm

*June 9th* Outing: McMichael Art Gallery @ 10:00 am **\*\*Sign up\*\***

**June 10th** Food Demo: Orange Dipped Chocolate @ 2:00pm **\*\*Sign up\*\***

*June 10th* Happy Fridays: Agua de Valencia @ 2:30pm **\*\*Sign up\*\***

**June 15th** Art workshop: Tye Dye T-Shirts @ 2:00pm **\*\*Sign up\*\***

**June 16th** Themed dinner ~Spain @ 4:30pm

**June 17th** Food Demo: Lemon Tarts @ 2:00pm **\*\*Sign up\*\***

**June 17th** Happy Fridays: Tinto de Verano @ 2:30pm **\*\*Sign up\*\***

*June 18th* Caledon Cruisers Car Show from 2 pm to 4pm

**June 19th** Father's Day BBQ @ 3:00pm to 5:30pm **\*\*Sign up\*\***

*June 21st* Outing: Golfing at Legacy Pines Golf Club @ 9:45am **\*\*Sign up\*\***

*June 22nd* Afternoon performance w/ Tristan @ 2:00pm

**June 24th** Wine Tasting paired w/ Cheese~ Featuring wines of Spain @ 2:00pm **\*\*Sign up\*\***

*June 27th* Art workshop: Versatile Artsy Bag w/ Merav @ 2:00pm **\*\*Sign up\*\***

**June 28th** Outing: Downey's Farms ~ Pick your own Strawberries or Farm Visit @ 10:00am  
**\*\*Sign up\*\***

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

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