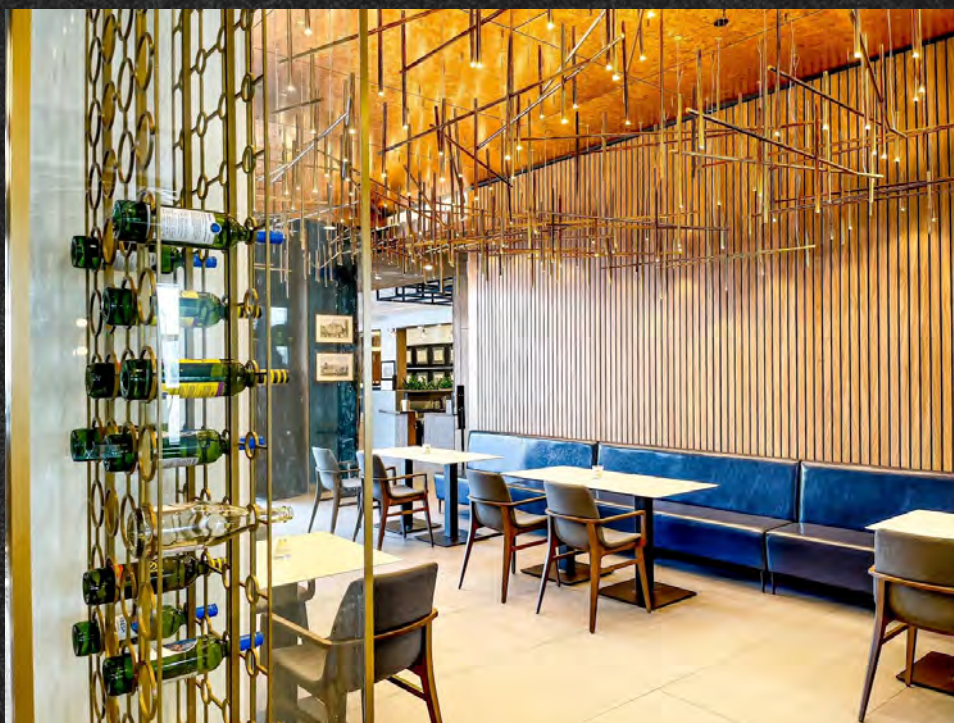




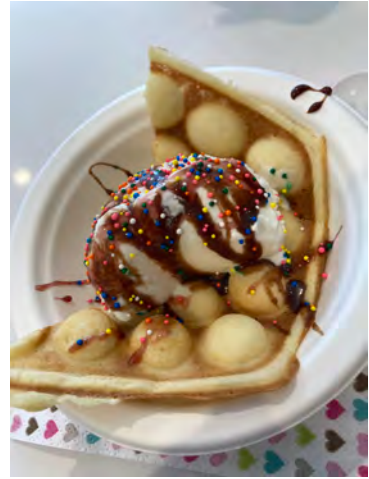
SORRENTO
RETIREMENT RESIDENCE



AUGUST NEWSLETTER

SORRENTO
SCOOP

LIFE AT SORRENTO



Special Events Carnival Week

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.




WINE TASTING CANADIAN WINES





HAIR SALON




YOUR SALON IS
ONLY AN ELEVATOR
RIDE AWAY



HAIRSTYLIST: ANTHONY

HOURS: EVERY WEDNESDAY 9-3

BOOK IN SALON OR CALL
416-460-0513



Haircuts on Wheels

MESSAGE FROM DIRECTOR OF RECREATION

Living Longer

As we know from studies, healthy diets and lifestyles contribute significantly to long lives lived well. Processed foods full of additives, salt, fat, and sugar are critical culprits in obesity, chronic disease, and early death. Even though you might not aim to be a centenarian, being healthy and feeling good are goals most of us aspire to. It has been well demonstrated that nutrition, socialization, and exercise are key factors required for achieving longevity.

Nutrition

Food choices are a significant factor in a long and healthy life. Here are some recommended nutritional guidelines:

- We know fruits and vegetables are good for us, but if they're not to your liking, you'll not eat them for long. Frozen vegetables and fruits are a good substitute when fresh is not available.
- Drink enough fluids, especially water, during the day to remain well-hydrated. It is noted that many people in the blue zones drink herbal tea throughout the day.

Socialization and Purpose

Having nothing to do and no one to do it with regularly will reportedly take years off your life. It's estimated that in the U.S., eight years of life are lost by those who are alone and lonely. A common finding of people who are healthier is that they are driven by meaning and purpose. They remain involved with family and friends and pursue activities that keep their minds engaged. Here are some ways to help maintain purpose and avoid isolation:

- Stay in contact with others through the technology of social media. For instance, learning how to use a video-chat platform, such as FaceTime, Zoom, or other apps, allows for talking to friends and family and seeing them.
- Visit your local library often to check out books to read or utilize Kindle or other electronic book options on your phone or tablet. It's incredible how many places a good book can take you and how you can get lost in the lives of a book's characters.
- Join your local senior center or take advantage of the many activities offered in the community where you live.

Exercise

Walking is one of the best forms of exercise we can do, and we only need our two legs to do it. Other forms of exercise include:

- Getting wet. If you like to be in the water, swimming or water aerobics is a great way to exercise without wear or tear on joints.
- Yoga. Yoga exercises and Pilates help strengthen our core, improve balance, and build muscle strength. Both can be adapted to be done while sitting on a chair.
- Dancing. What could be better than turning on the music and dancing up a storm? It's a great way to exercise, and it's also fun to do, especially when a group of people is doing it together.
- Along with exercise, a short daily nap of 20 to 30 minutes is recommended to help sharpen focus, improve mood, and reduce fatigue.

Sincerely,

Teresa Harrington, Director of Recreation

DOG OF THE MONTH

Doberman Pinscher



The Doberman Pinscher is also called a Doberman, Dobie, or Dobe. This fearless, agile, and powerful breed was developed in Germany as a working dog at the end of the 19th century. These dogs have a short coat that comes in a range of colors, including brown, fawn, red, and black. Dobies are renowned for their grace, intelligence, and loyalty. They make good pets, watchdogs, and service animals, and are often used by the police and military. In fact, Dobermans served in both WWI and WWII, helping to guard soldiers and sniff out mines. They also participate in military drill teams.

While it's understandable to be a bit wary of these formidable dogs, they are actually quite sweet, gentle, and loving. Doberman Pinschers do best in moderate climates. With their short hair and low body fat content, they do not do well in the cold or rain. Additionally, their dark fur makes them prone to overheating on hot days.

WRITER'S CORNER

THIS PLACE

This was not a place I wanted to be!
'Midst faces and places so strange.
I was plucked from stable security
And subjected too quickly to change!

Must this be a place for me?
My home I still prefer.
But offspring brought me here to see.
Then moved me to its care.

This place has asked a lot of me;
Diminish what we own.
What we possess just cannot be.
Cut all down to the bone.

And now, this is the place I'll be.
I have no other home.
Familiar nooks no longer call.
New crannies I shall roam!

This place extends a willing hand
In times of need for care.
For, should one hurt within oneself,
A nurse is always there.

Yes, this place is right for me
As age impairs my life.
There is no better home than this
To share with my wonderful wife.

The Place I'd really like to be,
Belongs in yesteryear,
So, glad am I to have this home
With all its varied 'fare'.

And, those faces so strange among neighbours and staff
Have morphed into family now.
If sadness occurs should one disappear
Others help us survive it somehow.

Written by: Maurice Walker

UPCOMING EVENTS

August 2nd Resident Information Meeting @ 1:30pm

*August 5th Food Demo: Peanut Butter Cookies @ 2:00pm ****Sign up*****

August 8th to August 12th Who's That Baby Guessing Game @ 2:00pm

August 9th Travelogue: Greece @ 11:15am

August 10th Afternoon Performance String Duo @ 2:00pm

*August 11th Myth & Media: Greek Myths & Modern Consumerism
Presentation w/ Lianne Harris @ 11:00am ****Sign up*****

*August 12th Food Demo: Mini Berry Pies @ 2:00pm ****Sign up*****

*August 13th Happy Fridays: Blueberry Vodka Cocktail @2:30pm ****Sign up*****

August 16th Art Workshop: Keepsake Boxes w/ Teresa & Manpreet @2:00pm

****Sign up****

August 17th Wellness Exhibit from 11:00am to 2:00pm

August 18th Travelogue: Santorini (Greece) @ 11:15am

*August 19th Food Demo: Apple Pie @ 2:00pm ****Sign up*****

*August 19th Happy Fridays: Apple Spice Margarita @2:30pm ****Sign up*****

*August 23rd Summer Celebration: Visit from Ice Cream Truck @ 1:30pm
****Sign up*****

August 23rd Summer Celebration: Entertainment w/Marcus @ 2:00pm

*August 24th Outing: Visit to Royal Botanical Garden & Lunch at Greenhouse
Café~ Departing @9:30am ****Sign up*****

*August 26th Food Demo: Homemade Cherry Popsicles @ 2:00pm ****Sign up*****

August 26th Happy Fridays: Tequila Sunrise @ 2:30pm

*August 31st Art Workshop: Decorate Glass Jars w/ Manpreet & Teresa
@2:00pm
****Sign up*****

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

For more information, please contact Teresa, Director of Recreation