



SORRENTO
RETIREMENT RESIDENCE



SEPTEMBER NEWSLETTER

SORRENTO SCOOP

LIFE AT SORRENTO



Special Events

Appreciation BBQ

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.



BABY PICTURE GUESSING GAME & PHOTOBOOTH





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MESSAGE FROM DIRECTOR OF RECREATION

Fun Facts about September

Around the World

This month is spelled September in many languages, including English, German, Danish, Norwegian, Swedish, Flemish, and Dutch. However, in French, it is spelled Septembre. In Spanish, an I is added for a spelling of Septiembre. In Greek, it is Septemvris, and in Portuguese, it is Setembro. It is Settembre in Italian.

Flowers of love

The birth flowers that represent September are forget-me-not, morning glory and aster. The forget-me-not is said to represent love and memories (maybe of a summer romance?) The morning glory represents unrequited love. The aster? You guessed it... love. We're thinking September may take over from February as being the most love-obsessed month.

The days are equal

In the northern hemisphere, September 22nd is the fall equinox. This means that the day and night hours are roughly the same. From here on out the daylight hours will begin to get shorter. In the southern hemisphere, September 22nd is the spring equinox. This means the daylight hours will begin to get longer.

Dining In

Something transformative happened on September 10, 1953. Swanson introduced the TV dinner, and it was an instant success. Swanson was a nationally known food brand famous for its poultry. After an abysmal Thanksgiving in 1952, Swanson found itself with 260 tons of leftover turkey. Swanson salesman Gerry Thomas sketched the idea of a three-sectioned tray, one that could act as both a cooking and serving tray. Savvy Swanson advertisers linked the new frozen food trays with the exciting new appliance of the era, the television, naming it the "TV dinner" and even designing the packaging to look like a tv. Swanson sold 10 million units in its first year, and cooking was transformed forever.

Sincerely,

Teresa Harrington, Director of Recreation

FATHER FORGETS

by W. Livingston Larned

Listen son: I am saying this as you lie asleep, one little paw crumpled under your cheek and the blond curls stickily wet on your damp forehead. I have stolen into your room alone. Just a few minutes ago as I sat reading my paper in the library, a stifling wave of remorse swept over me. Guiltily I came to your bedside.

These are the things I was thinking, son. I had been cross to you. I scolded you as you were dressing for school because you gave your face merely a dab with a towel. I took you to task for not cleaning your shoes. I called out angrily when you threw some of your things on the floor.

At breakfast I found fault too. You spilled things. You gulped down your food. You put your elbows on the table. You spread butter too thick on your bread. As you started off to play and I made for my train you turned and waved a hand and called 'Goodbye Daddy' and I frowned, and said in reply, 'Hold your shoulders back!'

Then it began all over in the late afternoon. As I came up to the road I spied you, down on your knees, playing marbles. There were holes in your stockings. I humiliated you before your boyfriends by marching you ahead of me to the house. Stockings were expensive – and if you had to buy them you would be more careful! Imagine that, son, from a father!

Do you remember, later, when I was reading in the library, how you came in timidly, with a sort of hurt look in your eyes? When I glanced over my paper, impatient at the interruption, you hesitated at the door, 'What is it you want?' I snapped.

You said nothing, but ran across in one tempestuous plunge, and threw your arms around my neck and kissed me, and your small arms tightened with an affection that God had set blooming in your heart and which even neglect could not wither. And then you were gone, pattering up the stairs.

Well son, it was shortly afterwards that my paper slipped from my hands and a terrible sickening fear came over me. What has habit been doing to me? The habit of finding fault, or reprimanding – this was my reward to you for being a boy. It was not that I did not love you; it was that I expected too much of youth. I was measuring you by the yardstick of my own fears.

And there was so much that was good and fine and true in your character. The little heart of you was as big as the dawn itself over the wide hills. This was shown by your spontaneous impulse to rush in and kiss me good night. Nothing else matters tonight son. I have come to your bedside in the darkness, and I have knelt there, ashamed!

It is a feeble atonement; I know you would not understand these things if I told them to you during your waking hours. But tomorrow I will be a real daddy! I will chum with you, and suffer when you suffer, and laugh when you laugh. I will bite my tongue when impatient words come. I will keep saying as if it were a ritual: ‘He is nothing but a boy – a little boy!’

I am afraid I have visualized you as a man. Yet as I see you now, son, crumpled and weary in your cot, I see that you are still a baby. Yesterday you were in your mother’s arms, your head on her shoulder. I have asked too much, too much.

Instead of condemning and criticizing others, perhaps it would be better to try to understand them, put ourselves in their shoes and try to figure out why they do what they do. That’s a lot more useful than criticism; and it breeds sympathy, tolerance, and kindness, rather than contempt! Let’s all work on having a little bit of patience with our fellow residents, the payoff will be worth it!

DOG OF THE MONTH

Shih Tzu



The shih tzu is an adorable, charming breed of Asian toy dog. They have been popular pets for centuries. Originally from Tibet, these affectionate, tiny pups were bred to be companions for nobility. The ultimate lap dogs, shih tzus don't need a ton of activity outside of short daily walks.

These sweet pets are very happy spending their days snuggling on the couch and living a life of leisure. But, while their ancestors might have lounged in royal palaces, shih tzus also do very well in smaller living spaces.

They typically weigh between nine and 16 pounds and stand under a foot tall. Their lovely, flowing coats need daily brushing to maintain, and they come in a variety of color combinations, including white, black, gold, red, and silver.

To avoid hair getting in their eyes, it's common to either trim the hair on the top of their heads or pull it into a bun or ponytail. Shih tzu means "little lion" in Mandarin.



UPCOMING EVENTS

September 1st She Wolves of the Throne: Queens Who Ruled Presentation w/ Lianne Harris @ 3:30pm ****Sign up****

September 2nd Food Demo: Homemade Zucchini Fries @ 2:00pm ****Sign up****

September 2nd Happy Fridays: White Wine Spritzer @ 2:30pm ****Sign up****

September 6th Resident Information Meeting @ 1:30pm

September 7th Art Workshop: Clay with Merav~ Session 1 @ 2:00pm ****Sign up****

September 9th Food Demo: Homemade Banana chocolate chip cookies @ 2:00pm

****Sign up****

September 9th Happy Fridays: Pina Colada @ 2:30pm ****Sign up****

September 13th Astronomy in Action @ 9:30am to 3:40pm ****Sign up****

September 14th Art Workshop: Clay with Merav~ Session 2 @ 2:00pm ****Sign up****

September 15th Outing: Lunch at Villa Caledon Inn~ Departing @ 12 noon ****Sign up****

September 16th Wine Tasting w/ Alberto & Recreation Team @ 2:30pm ****Sign up****

September 19th to September 23rd Scavenger Hunt @ 3:00pm ****Sign up****

September 20th Afternoon Entertainment w/Tristan @ 2:00pm

September 21st Planning your retirement income presentation w/ CIBC @ 2:00pm ****Sign up****

September 23rd Scavenger Hunt ****Winner announcement**** @ 3:30pm ****Sign up****

September 23rd Food Demo: Homemade Paneer Pakoras (Fritters) @ 2:00pm ****Sign up****

September 23rd Happy Fridays: Mango Cooler Cocktail @ 2:30pm ****Sign up****

September 28th Outing: Lunch & Show at Princess of Wales theatre ~ Departing @ 10:00am ****Sign up****

September 28th Vendor: Thirty One Bags w/ Maggie @ 10:00am to 2:00pm

September 30th Food Demo: Homemade Chinese Fried Rice @ 2:00pm ****Sign up****

September 30th Happy Fridays: Lychee Martini @ 2:30pm ****Sign up****

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

For more information, please contact Teresa, Director of Recreation