



SORRENTO
RETIREMENT RESIDENCE



FEBRUARY NEWSLETTER

SORRENTO SCOOP

LIFE AT SORRENTO



Special Events

Donut Wall & ROM Outing

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.

Hands on Exotics: Furry Friends



MESSAGE FROM DIRECTOR OF RECREATION

Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.

Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called intuition or instinct) are often seen to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it’s okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

“Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.”

~ John Boswell ~

Teresa Harrington, Director of Recreation

BIRD OF THE MONTH

Parrot



Parrots are beautiful, intelligent birds that are known for their colorful feathers. There are over 350 different species of parrots found primarily in tropical and subtropical climates. Parrots have strong curved beaks, lovely plumage, and impressive smarts. In fact, some parrots have even figured out how to get into garbage cans to get food. Others can imitate human speech.

One famous parrot, Puck, can say well over 1,700 words. Parrots also have zygodactyl feet—instead of having three toes in front and one in the back like most other birds, parrots have two in the front and two in the back. This adaptation gives parrots an advantage when it comes to grip.

Many parrots mate for life, often with both the male and female caring for their offspring. Parrots live long lives, with some living into their 80s. They are also omnivores that primarily eat seeds, nuts, fruit, and insects.



UPCOMING EVENTS

*February 3rd Food Demo: Vanilla Cookies@ 2:00pm ****Sign up*****

*February 3rd Happy Fridays: Cherry Cocktails @2:30pm ****Sign up*****

February 6th Resident Information Meeting @ 1:30pm

*February 8th "Get ready to Downsize" pres w/ Sharon Parenteau@ 2:00pm ****Sign up*****

*February 10th Food Demo: Choco Jam Bites@ 2:00pm ****Sign up*****

*February 10th Happy Fridays: Bailey's & Coffee @2:30pm ****Sign up*****

*February 10th "Canada's Black History" pres w/ Lianne Harris @ 3:30pm ****Sign up*****

*February 13th Outing: Trip to PAMA (Peel Art Gallery) & lunch at Kelsey's@
10:00am ****Sign up*****

*February 14th Art Workshop: Table Centerpieces for Brunch@2:00pm ****Sign up*****

*February 15th Investment & Tax Seminar Pres w/ Marco@ 2:00pm ****Sign up*****

*February 16th Culinary Creations: Chocolate Tart w/ Pierre @2:00pm ****Sign up*****

*February 17th Food Demo: Chocolate Coconut Truffles@ 2:00pm ****Sign up*****

*February 17th Happy Fridays: Alberto's Rosé @2:30pm ****Sign up*****

*February 19th Family Day Brunch @ 11:00am ****Sign up*****

*February 19th Live Music w/ Darel Wernik @ 12:00pm (noon) ****Sign up*****

*February 21st Romantic Comedies pres w/ Ryan@2:00pm ****Sign up*****

*February 22nd Afternoon Entertainment w/ Tristan@ 2:00pm ****Sign up*****

*February 24th Food Demo: Fudgy Chocolate Brownie Cookies@ 2:00pm ****Sign up*****

*February 24th Happy Fridays: Cappuccinos with a shot of Kahlua@2:30pm ****Sign up*****

*February 26th ****NEW**** Tai chi @ 10:30am ****Sign up*****

*February 28th Art Workshop: Tile Coasters @2:00pm ****Sign up*****

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

For more information, please contact Teresa, Director of Recreation