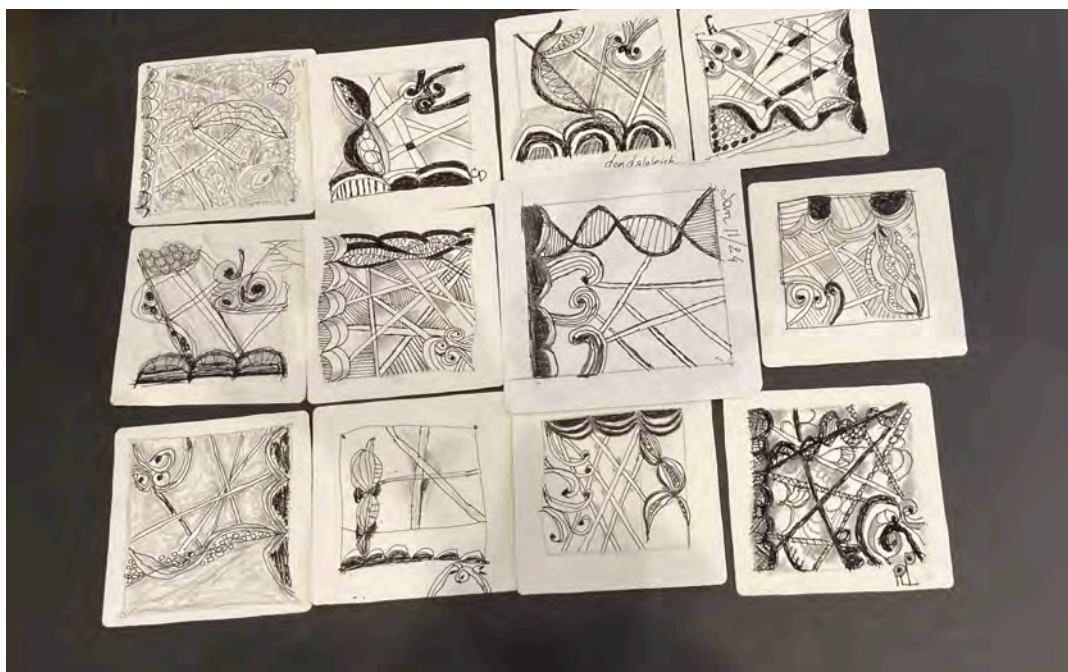




**SORRENTO**  
RETIREMENT RESIDENCE

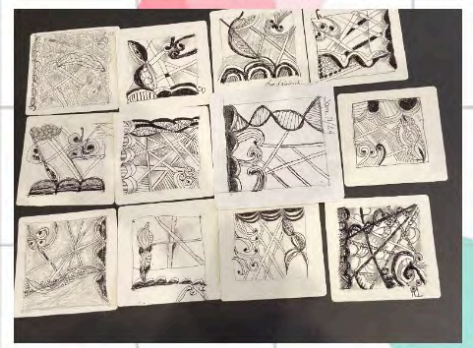


FEBRUARY NEWSLETTER

# SORRENTO

# SCOOP

# LIFE AT SORRENTO



## Zentangles

Sorrento Residents had a great time during our Zentangles Workshop.

Here are some pictures of all the fun we had!

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.



# LIFE AT SORRENTO



## Co-op Students & Food Demos

Sorrento Residents are so wise and love to share their knowledge. Residents had opportunities to do so during some of the programs.

There is truly never a dull moment at Sorrento!





# LIFE AT SORRENTO



## Special Events: Entertainment

Special events are a great way to bring people together.

Here are some pictures of all the fun we had during our Special events.



# BILLARD'S TOURNAMENT

SORRENTO PRESENTS

# BILLIARDS

*Tournament  
Kick-Off*



**Thursday February 15, 2024**  
**@3:30PM**



**Games Room**

**\*Sign up @ Concierge**

# MESSAGE FROM THE RECREATION DEPARTMENT

## **"Is 2024 a leap year? What is leap day?"**

### **What to know about the elusive 366th date of the year**

- We're entering a leap year, which means February 2024 will have an extra day added to the calendar. Leap days come every four years, so this our first such year since 2020 and will be our only one until 2028 comes around.
- Leap day is on Feb. 29, 2024.
- While February usually has 28 days (the shortest month of the year), every four years it gets an additional day, i.e. leap day. The last leap day was in 2020.
- Leap day might just seem to be another day on the calendar but it essential to ensure that our planet's trip around the sun is in sync with the seasons. Earth takes just under 365¼ days to complete its orbit around the sun, while the year has 365 days.
- If we didn't observe leap years, our seasons would be thrown off, as our equinoxes and summer and winter solstice would no longer align with the seasons.
- "If there were no leap years, the seasons would completely swap every 750 years, i.e. the middle of summer would become the middle of winter – calendar climate change," astronomy expert Dr. Stephen Hughes of Queensland University of Technology said in a February 2012 (a Leap Year) article on AsianScientist.com.
- Choosing February for the leap year and the addition of an extra day dates back to the reforms made to the Roman calendar by Julius Caesar, who was inspired by the Egyptian solar calendar, according to History.com. The Roman calendar, at that time, was based on a lunar system and had a year of 355 days, which was shorter than the solar year. This discrepancy caused the calendar to drift out of sync with the seasons over time.
- To address this issue, Julius Caesar introduced the Julian calendar, a solar calendar, which included a leap year system. When the Julian calendar was later refined into the Gregorian calendar in 1582, the tradition of adding a leap day to February persisted.



# TREE OF THE MONTH

## Hackberry



The amazing hackberry tree is officially known as *Celtis occidentalis*. It is also commonly called nettle tree, sugarberry, beaverwood, American hackberry, and northern hackberry. These large, deciduous trees are native to North America. Humans have been eating the sweet, dark, nutritious hackberries for thousands of years. In fact, hackberries are one of the first-known foods to be consumed and stored by people.

Hackberry trees are ideal shade trees, as they grow almost as wide as they do tall, creating a lovely shaded area.

Hackberry trees thrive in urban environments and are often planted along streets to provide shade and beauty. These tough trees have a high tolerance for withstanding heat, cold, wind, ice, drought, and even flooding.

Hackberry trees grow an average of 12 to 18 inches per year to reach between 40 and 60 feet. Their lifespan is approximately 150 to 200 years.

# UPCOMING EVENTS



**\*\*Sign up is required\*\***

*February 1st "Bella Italia" presentation w/ Guest speaker Lianne Harris @ 3:30pm*

*February 2nd Food Demo: Make Your Own Chocolate Dipped Fruit @ 2:00pm*

*February 5th Art Workshop: Heart Shaped Balloons Watercolour Cards @ 3:00pm*

*February 6th Resident Town Hall @ 1:30pm*

*February 6th Chopstick Challenge Game @ 3:30pm*

*February 7th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)*

*February 7th Evening Entertainment w/ Woody @ 6:00pm*

*February 9th Food Demo: Chocolate Kiss Cookies @ 2:00pm*

*February 9th Evening Entertainment w/ Across the Pond Duo @ 6:00pm*

*February 12th Book Club Meeting @ 2:00pm*

*February 12th Art Workshop: DIY Heart Shaped Wood Stained Glass @ 3:00pm*

*February 13th Amagrumi Workshop @ 3:30pm*

*February 14th Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)*

*February 14th Evening Entertainment w/ Josie & Nick @ 6:00pm*

*February 15th Billiard's Tournament Kick-Off @ 3:30pm*

**Port of Call: China (Events for February 16th only listed below)**

*February 16th Reflexology Presentation w/ Kim @ 11:15am*

*February 16th 10 mins One on One reflexology sessions @ 11:45am to 4:00pm*

*February 16th Chinese New Year Presentation w/ Di @ 2:00pm*

*February 16th Chinese Calligraphy Class w/ Di @ 2:30pm*

*February 16th Dulcimer & Pipa (Chinese Instruments) performance w/ Di & Wen @ 3:00pm*

*February 20th Amagrumi Workshop @ 3:30pm*

*February 21st Outing: Shopping to Wal Mart @ 10:00am to 12:00pm (noon)*

*February 21st Evening Entertainment w/ Tristan @ 6:00pm*

*February 22nd "7 Wonders of the World" Pres Series (The Taj Mahal) w/ Co-op student Balpreet @ 3:30pm*

*February 23rd Food Demo: Mini Flapjacks @ 2:00pm*

*February 23rd Sorrento Celebrates @ 3:00pm*

*February 27th Amagrumi Workshop @ 3:30pm*

*February 28th Outing to Wal Mart from 10am to 12noon*

*February 28th Evening Entertainment w/ Denise Leslie @ 6:00pm*