



SORRENTO
RETIREMENT RESIDENCE



MARCH NEWSLETTER

SORRENTO SCOOP

LIFE AT SORRENTO



Special Events

Winter Gala

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.

Culinary Creations: Chocolate Pie



MESSAGE FROM DIRECTOR OF RECREATION

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). Daylight Saving Time has been used for more than 100 years. But do its pros really outweigh its cons? According to a 2014 Rasmussen Report, only 33% of Americans see the purpose of DST. So why do more than 70 countries in the world still use DST?

Pro: Longer Evenings

Setting the clocks forward one hour in spring does not create more daylight, but it does change the time (on the clock) the Sun rises and sets. So, when we spring forward an hour in spring, we add one hour of natural daylight to our afternoon schedule.

Con: Doesn't Save Energy

A century ago, when DST was introduced, more daylight was a good thing because it meant less use of artificial light and more energy savings. Modern society, with its computers, TV-screens, and air conditioning units, uses more energy, no matter if the Sun

Pro: Less Artificial Light

One of the aims of DST is to make sure that people's active hours coincide with daylight hours so that less artificial light is needed. This makes less sense close to the equator, where the amount of daylight does not vary much in a year, or near the poles, where the difference between winter and summer daylight hours is very large.

Con: Can Make People Sick

Changing the time, even if it is only by one hour, disrupts our body clocks or circadian rhythm. For most people, the resulting tiredness is simply an inconvenience. For some, however, the time change can have more serious consequences to their health.

Pro: Lighter = Safer

Safety is one of the more solid arguments for keeping the lighter evenings of DST.

Con: Costs Money

It is hard to determine the economic cost of the collective tiredness caused by DST, but studies have found a decrease in productivity after the spring transition.

Love it or hate it, the biannual ritual of changing the clocks is here to stay.

Submitted by Teresa Harrington, Director of Recreation.

BIRD OF THE MONTH

Robin



Robins are cheerful migratory birds commonly seen throughout most of North America. These lovely songbirds are easily identifiable due to their bright orange breasts, upbeat chirping, and early morning feeding. They love to dig up worms from the grass in the wee hours—making them the quintessential early bird getting the worm. In addition, they also eat insects, seeds, and fruit. Robins live in both urban and rural areas. They are not aggressive with humans but can be quite territorial with other birds.

They will fight to the death to maintain control over their territory. While robins can live well into their teens, they have high mortality in their first year of life, so their average lifespan is only about two years. Robins are very adaptable and are good at finding food and shelter in new locations. In many traditions, the robin symbolizes faith, love, optimism, renewal, and joy.



UPCOMING EVENTS

*March 3rd Food Demo: Texas Sheet Cake Cookies @ 2:00pm ****Sign up*****

*March 3rd Happy Fridays: Aperol Spritz @ 2:30pm ****Sign up*****

March 6th Resident Information Meeting @ 1:30pm

*March 8th Afternoon Entertainment w/ Marcus @ 2:30pm ****Sign up*****

*March 10th Food Demo: Smashed Potatoes @ 2:00pm ****Sign up*****

*March 10th Happy Fridays: Choice of Beer @ 2:30pm ****Sign up*****

*March 11th Mini Piano Recital w/ Justin @ 2:00pm ****Sign up*****

*March 14th Walker Clinic from 9:30am to 1:30pm ****Sign up*****

*March 15th Outing: Living Art Centre (pls see Recreation team) @ 6:00pm ****Sign up*****

*March 16th "Persia" pres with Lianne Harris @ 3:30pm ****Sign up*****

*March 17th Food Demo: Blueberry Cookies @ 2:00pm ****Sign up*****

*March 17th Happy Fridays: Blueberry Vodka Lemonade @ 2:30pm ****Sign up*****

*March 21st Piano Performance w/ Isaac @ 2:00pm ****Sign up*****

*March 23rd Culinary Creations: Tarte Tatin @ 2:00pm ****Sign up*****

*March 24th Bartender Event w/ Andres from 2:00pm to 4:00pm ****Sign up*****

*March 28th Outing: Lunch at Villa Caledon Inn @ 11:30am ****Sign up*****

*March 29th Art Workshop: Canvas Bags @ 2:00pm ****Sign up*****

*March 31st Food Demo: Cheese Drop Biscuits Cookies @ 2:00pm ****Sign up*****

*March 31st Happy Fridays: Choice of Wines @ 2:30pm ****Sign up*****

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

For more information, please contact Teresa, Director of Recreation