



SORRENTO SCOOP

March Newsletter



Welcome to Sorrento!

Life at Sorrento

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.

Art Workshop *Fan Crafts*





Afternoon Social:
Games & Drinks



Olympic Medals Guessing Competition



Congratulations to our Medalists!
Winners of Gold, Silver & Bronze



Dim Sum Event
Homemade Dumplings &
Spring Rolls



Dim Sum Event



Message from Director of Recreation

By the time March rolls around, most of us are more than ready for spring to return. Finally, the snow begins to melt, and when the green stems of the daffodils shoot up toward the sky, it's official—spring has finally sprung! Though most parts of the daffodil plant are considered poisonous if consumed, it does have medicinal uses. The Japanese have used the bulb to treat wounds, and in some parts of the world, a compound called galantamine—found in the flower—is being studied to combat Alzheimer's disease.

With the International Day of Forests on March 21 and World Wildlife Day on March 3, the month of March provides ample opportunities to reflect on the extraordinary diversity of life on our planet. Our planet nurtures and supports so much life, it's no wonder we call her "Mother Earth."

When we hear that Earth "teems with life," our imaginations often conjure vast forests crawling with animals, oceans alive with fish, or blue skies filled with soaring birds. The primary engine of life, however, lies beneath our feet. Soil biodiversity—the vast mix of insects, worms, bacteria, fungi, and other living organisms in the dirt—regulates and balances the nutrients that allow for life aboveground. The longer soil remains undisturbed, the longer its organisms grow and thrive. Healthy soils are fertile, filter and store water, and resist erosion. Soil provides the foundation for all living things.

It is amazing that life must begin so small and unnoticed before growing into towering redwoods and gargantuan blue whales. For life to flourish, Mother Earth does not have to work on her own. We can provide the building blocks that sustain woodlands and their wildlife right in our own backyards.

Compost can be added to nutrient-poor soils to increase soil biodiversity. The root systems of different plants support different organisms underground, so planting a wide variety of native flowers, grasses, shrubs, and trees also improves soil. Best of all, a wide variety of native plants also harbors life aboveground. Insects are attracted to native plants and trees. Birds and other animals are attracted to insects. Before you know it, a simple backyard garden has become a refuge for all sorts of local wildlife. Of course, life doesn't happen overnight. It can take years for a healthy soil community to grow, for native roots to take hold, for trees to mature, and for animals to discover their new sanctuary. Nature requires patience. Mother Earth has always played the long game.

“Springtime is the land awakening. The March winds are the morning yawn.”

~ Lewis Grizzard~

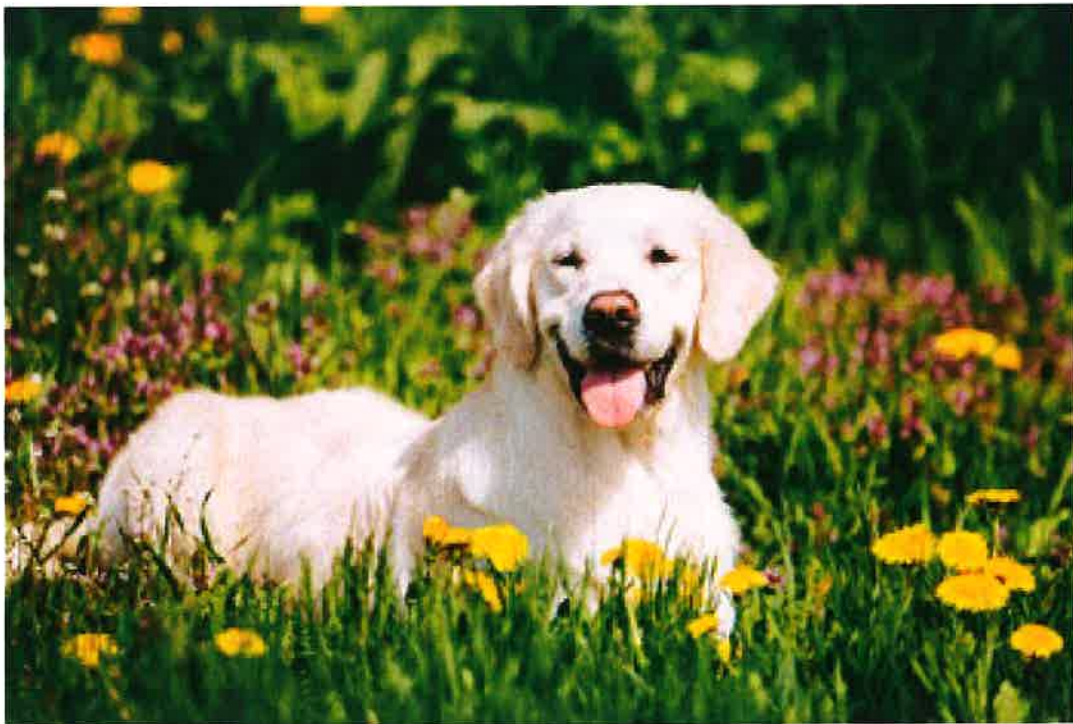
Sincerely,

Teresa Harrington
Director of Recreation



Dog of the Month – Labrador Retriever

The Labrador retriever is known to be outgoing, friendly, happy, intelligent, energetic, affectionate, and all-around adorable. The breed, which dates back to the 1830s, was developed in the United Kingdom from Canadian fishing dogs. Labrador retrievers, which are commonly called labs for short, have good hunting and sporting skills. They are medium-large in size and have muscular bodies with a short, thick, water-resistant coat of fur. In fact, this breed loves the water, and labs are fast, adept swimmers that use their wide tails to help guide them in the water. They come in a range of colors, including yellow, black, and chocolate. This smart, affable dog is one of America's most popular type of pet, particularly for families, as these pups are great with kids. However, labs have tons of energy, so they need lots of exercise daily. They are also a top choice for service dogs, search and rescue dogs, and therapy dogs.





Visits from Furry Friends:
Cocoa, Lolita, Snickers & Nina

Upcoming Events

March 1st Crafter's Corner @ 3:00pm ****Sign up****

March 4th Food Demo: Coconut Bliss Bites @ 2:00pm ****Sign up****

March 4th Happy Fridays: Pina Colada @ 2:30pm

March 7th Crafter's Corner: Watercolour Craft @ 2:30pm ****Sign up****

March 8th Cello performance w/ Xinya Zhou @ 3:30pm

March 10th: Amazing Women, Hidden Lives w/ Lianne Harris @ 3:30pm

March 11th Food Demo: Chocolate Almond Cookies @ 2:00pm ****Sign up****

March 11th Happy Fridays: Pineapple Daiquiris @ 2:30pm

March 15th Chair Yoga @ 10:30am

March 17th Thirsty Thursday: Beer & Social @ 3:30pm

March 18th Food Demo: Mini Cherry Pies @ 2:00pm ****Sign up****

March 18th Happy Fridays: Tequila Sunrise @ 2:30pm

March 23rd Art Workshop: Make Bookmarks w/ Merav @ 2:00pm

March 25th Food Demo: Lemon Macarons @ 2:00pm ****Sign up****

March 25th Happy Fridays: Whiskey Sour @ 2:30pm

Sign up required for events listed

For more information, please contact Teresa, Director of Recreation

Dim Sum Event



Afternoon Brain Games

