



The Barrington Lifestyle

Assisted Living

901 Seminole Blvd. • Largo, FL 33770 • 727-585-5900 • www.barringtonseniorliving.com

January 2016

Pictures



Family plays dominoes



Happy with our centerpieces!



Guess who?



Proud veteran



Santa!



New residents enjoy

JANUARY 2016

Locations

- Billiards Room, BR
- Courtyard, CY
- Creation Studio, CS
- Fitness Room, FR
- Flag Pole, FP
- General Store, GS
- Library, LI
- Lobby, L
- Pool, Pool
- Shuffleboard Court, SBC
- The Gathering Place, GP

Transportation Schedule

- Monday**
8 a.m.-4 p.m.
Doctor Appointments
- Tuesday**
8 a.m.-4 p.m.
Doctor Appointments
- Wednesday**
8 a.m.-4 p.m.
Doctor Appointments
- Thursday**
8 a.m.-4 p.m.
Doctor Appointments








Birthdays

- Jean O., 1st
- Betty M., 12th
- Shirley V., 14th
- Jacquelyn P., 24th
- Laverne S., 27th
- Boris K., 28th
- Lucille C., 28th
- Pauline L., 29th

Additional Services

- Tuesday 10-11 a.m., 1:30-2:30 p.m.
General Store
- Thursday 10-11 a.m., 1:30-2:30 p.m.
General Store
- Friday 10-11 a.m., 1:30-2:30 p.m.
General Store

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1	2
8:00 Church Trips, L 3	9:30 Wii Bowling, GP 4	9:00 Bob Evans Hearing Clinic, GP 5	9:00 Catholic Services, LI 6	9:30 Singalong w/Kathy, CS 7	8:00 Dunkin' Donuts & Coffee, GP	9:00 Pokeno, CS 2
10:00 Sunday Movies, CS	10:30 Sit and Be Fit, CS	9:00 AL Resident Meeting, CS	9:30 Fun With Wii, GP	10:30 Play Yahtzee, CS	9:00 Publix, L	9:30 Scrabble, LI
10:00 Let's Shoot Pool, BR	1:00 Trivia Day, CS	9:30 Trivia, CS	10:00 Bible Study, LI	1:00 Winter Spelling Bee, CS	9:30 Dominoes, CS	10:30 Largo Mall, L
2:00 Board Game Challenge, CS	2:00 Bridge, LI	10:30 Left, Right, Center, CS	10:30 Chair Yoga, CS	3:00 Pokeno, GP	10:30 Chair Zumba, CS	1:00 Left, Right, Center, GP
3:00 Church Service, GP	2:00 Community Pep Rally, GP	1:00 Ol'Time Music, GP	1:00 Community Paint, GP	7:00 Poker Club, BR	11:30 Walmart, L	2:30 Bingo, GP
3:00 Skip-Bo, LI	3:00 Bingo 3 for \$1, GP	3:00 Pokeno, GP	1:00 Craft, Snowflake Wreaths, CS		1:00 Made You Think, CS	7:00 Movie & Popcorn, CS
		7:00 Play Rummy, LI	7:00 Night Bingo, GP		3:00 Happy Hour, Elvis Birthday, GP	
8:00 Church Trips, L 10			9:00 Catholic Services, LI 13		7:00 Friday Night Movie, GP	9:00 Pokeno, CS 9
10:00 Sunday Movies, CS	9:30 Wii Bowling, GP 11	9:30 Card Games 12	9:30 Fun With Wii, GP	9:30 Let's Bake, CS 14	9:00 Publix, L 15	9:30 Scrabble, LI
10:00 Let's Shoot Pool, BR	10:30 Sit and Be Fit, CS	10:30 Left, Right, Center, CS	10:00 Bible Study, LI	10:30 Play Yahtzee, CS	9:30 Dominoes, CS	10:30 Largo Mall, L
2:00 Board Game Challenge, CS	1:00 Crafts Club, CS	1:00 Ol'Time Music, GP	10:30 Chair Yoga, CS	1:00 Write a Letter, CS	10:30 Chair Zumba, CS	1:00 Left, Right, Center, GP
3:00 Church Service, GP	2:00 Bridge, LI	3:00 Pokeno, GP	1:00 Community Paint, GP	3:00 Pokeno, GP	1:00 Made You Think, CS	2:30 Bingo, GP
3:00 Skip-Bo, LI	3:00 Bingo 3 for \$1, GP	7:00 Play Rummy, LI	7:00 Night Bingo, GP	7:00 Poker Club, BR	3:00 Happy Hour, Polka, GP	7:00 Movie & Popcorn, CS
8:00 Church Trips, L 17	MARTIN LUTHER KING JR. DAY 18		9:00 Catholic Services, LI 20	9:30 Singalong w/Kathy, CS 21	9:00 Publix, L 22	9:00 Pokeno, CS 23
10:00 Sunday Movies, CS	9:30 Wii Bowling, GP	9:30 Trivia, CS 19	9:30 Fun With Wii, GP	10:30 Play Yahtzee, CS	9:30 Dominoes, CS	9:30 Scrabble, LI
10:00 Let's Shoot Pool, BR	10:30 Picnic in the Park, L	10:30 Left, Right, Center, CS	10:00 Bible Study, LI	11:00 Avon Lady, L	10:30 Chair Zumba, CS	10:30 Largo Mall, L
2:00 Board Game Challenge, CS	10:30 Sit and Be Fit, CS	1:00 Ol'Time Music, GP	10:30 Chair Yoga, CS	11:30 Hot Dog Day!, CY	11:30 Walmart, L	1:00 Left, Right, Center, GP
3:00 Church Service, GP	2:00 Bridge, LI	3:00 Pokeno, GP	1:00 Community Paint, GP	1:00 Name That Tune Bingo, CS	1:00 Made You Think, CS	2:30 Bingo, GP
3:00 Skip-Bo, LI	3:00 Bingo 3 for \$1, GP	7:00 Play Rummy, LI	3:00 The Barrington Birthday Bash, GP	3:00 Pokeno, GP	3:00 Happy Hour, GP	7:00 Movie & Popcorn, CS
			7:00 Night Bingo, GP	6:00 Puttin' on the Ritz, GP	7:00 Friday Night Movie, GP	
				7:00 Poker Club, BR		
8:00 Church Trips, L 24	9:30 Wii Bowling, GP 25	9:30 Cards Low Score Wins!, CS 26	9:00 Catholic Services, LI 27	9:30 Let's Bake, CS 28	9:00 Publix, L 29	9:00 Pokeno, CS 30
10:00 Sunday Movies, CS	10:30 Sit and Be Fit, CS	10:30 Left, Right, Center, CS	9:30 Fun With Wii, GP	10:30 Play Yahtzee, CS	9:30 Dominoes, CS	9:30 Scrabble, LI
10:00 Let's Shoot Pool, BR	1:00 Outside Games, SBC	1:00 Ol'Time Music, GP	10:00 Bible Study, LI	1:00 Name That Tune Bingo, CS	10:30 Chair Zumba, CS	10:30 Largo Mall, L
2:00 Board Game Challenge, CS	2:00 Bridge, LI	3:00 Pokeno, GP	10:30 Chair Yoga, CS	3:00 Pokeno, GP	1:00 Puzzle Day, CS	1:00 Left, Right, Center, GP
3:00 Church Service, GP	3:00 Bingo 3 for \$1, GP	7:00 Play Rummy, LI	1:00 Community Paint, GP	7:00 Poker Club, BR	3:00 Happy Hour, Share Poetry, GP	2:30 Bingo, GP
3:00 Skip-Bo, LI			7:00 Night Bingo, GP			7:00 Movie & Popcorn, CS
8:00 Church Trips, L 31						
10:00 Sunday Movies, CS						
10:00 Let's Shoot Pool, BR						
2:00 Board Game Challenge, CS						
3:00 Church Service, GP						
3:00 Skip-Bo, LI						

Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings:

Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal: If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet: Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

A Letter From Our Executive Director

Dear Barrington Family and Friends,
As we begin 2016, I found a poem by William Arthur Ward that I wanted to share with you:

A New Year

Another fresh new year is here ...

Another year to live!

To banish worry, doubt and fear,

To love and laugh and give!

This bright new year is given me

To live each day with zest ...

To daily grow and try to be

My highest and my best!

I have the opportunity

Once more to right some wrongs, and sing more joyful songs!

This January, we have a lot of wonderful opportunities for you to volunteer, get healthier with our different exercise programs, attend educational seminars, learn a new game, listen to some great music or just socialize with friends new and old! Please see your activity calendar for a list of all of our upcoming events, and see Gloria or Kathy with any questions you have.

Please have your friends and families "Like" our Barrington Facebook page, so we can share all of the fun we have here!

I would like to wish you each a blessed and happy 2016!

Shelby Anderson
Executive Director

Flower-Covered Floats

What do flowers, floats and the first day of the year have in common? The three come together annually at the Tournament of Roses, the legendary parade in Pasadena, Calif., that has become a cherished New Year's Day tradition.

Members of Pasadena's Valley Hunt Club organized the first event in 1890 to promote the city and mild California winter weather to their friends and former neighbors back East and in the Midwest. Entrants in the first parade rode in carriages decorated with hundreds of blooms. Over the years, the event grew in size and popularity.

Today, carriages have given way to motorized, mechanized floats, but every inch of them is required to be decorated with only natural materials; flowers, bark, seeds and leaves can be used. An estimated 18 million flowers alone decorate all the parade's floats.