



Assisted Living

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

March 2016

Dear Barrington Family & Friends

Dear Barrington Family and Friends,

We want the residents of The Barrington to feel lucky! It is my greatest hope that each and every resident feel lucky to live at The Barrington. So, let's start the month off with a traditional Irish blessing:

May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rain fall soft upon your fields and,
Until we meet again,
May God hold you in the palm of His hand.

This March we have a lot of wonderful opportunities for you to get active and get involved! We also will be holding a wonderful event on March 17 called "The Luck of the Irish." This will be a fun event with live music, dancing, and Irish food! 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!

Do you want to earn some extra cash? Refer a resident to The Barrington and earn a referral bonus! See Shelby for details.

Best Wishes,

Shelby Anderson

EXECUTIVE DIRECTOR

The Amazing Brain

With its billions of cells and trillions of connections, the brain is the most complex organ in the human body. Here are some mind-blowing facts about how it works.

- The brain weighs about 3 pounds, and 73 percent of it is water.
- It consists of three units: the forebrain, the midbrain and the hindbrain. Each has its own functions, but they all work together.
- When you picture the brain, you probably visualize its largest part, the cerebrum, which is divided into two hemispheres. The cerebrum's outer layer is composed of many folds of gray matter.
- Although it represents just 2 percent of total body weight, the brain uses 20 percent of the body's oxygen to complete tasks.
- The average brain has 100 billion neurons that communicate messages to each other throughout the nervous system.
- It processes information at a speed of 260 mph.
- It's estimated that we have between 25,000 and 50,000 thoughts per day.
- Scientists say despite comparisons to computers, the brain's storage capacity is so large that we don't have to worry about running out of space.
- Even during sleep, the brain continues to work, processing information, creating memories, and clearing out toxins.

ASSISTED LIVING

AL#7232

MARCH 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 - Thursday
8 a.m.-4 p.m.
Doctor Appointments

Birthdays

- Trudi F., 3rd
- Gertrude S., 3rd
- Margaret F., 7th
- Martha A., 14th
- Grace M., 15th
- Lora F., 17th
- Marjorie H., 22nd
- Dennis P., 22nd
- Joan T., 23rd
- Carl G., 27th
- Joe S., 30th

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

**"Fortune favors the bold."
—Virgil**

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Bob Evans Hearing Clinic, GP 9:00 AL Resident Meeting, CS 9:30 Trivia, CS 10:30 Left, Right, Center, GP 1:00 Ol'Time Music, GP 2:00 Community Pep Rally, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Community Paint & Coloring, GP 2:00 Lucky Numbers Game, GP 3:00 Golf Card Game, GP 7:00 Night Bingo, GP	9:30 Singalong w/Kathy, CS 10:30 Wii Bowling Competition, GP 2:00 Nutrition Inservice Talk, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	8:00 Dunkin' Donuts & Coffee, GP 9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 10:30 Walmart, GP 1:00 Talk Like a Leprechaun, GP 3:00 Happy Hour w/ Steve, GP 7:00 Movies With Bayada, GP	9:00 Pokeno, CS 9:30 Scrabble, LI 10:30 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Movie & Popcorn, CS
8:00 Church Trips, L 10:00 Sunday Movies, CS 10:00 Let's Shoot Pool, BR 10:00 Charlene's Cards & Treasures, L 2:00 Board Game Challenge, CS 3:00 Church Service, GP 3:00 Skip-Bo, LI	9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 1:00 Craft Club, GP 2:00 Bridge, LI 3:00 Bingo 3 for \$1, GP 7:00 Ladies Poker, BR	9:30 Cards Low Score Wins!, GP 10:00 Bake Club, GP 10:30 Left, Right, Center, GP 1:00 Ol'Time Music, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Community Paint & Coloring, GP 2:00 Craft for St Patty's Day, GP 2:30 Golf Card Games, GP 7:00 Night Bingo, GP	9:30 Wii Bowling, GP 10:30 Craft Club, GP 1:30 Shamrock Bingo, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 St. John's Hearing Clinic, GP 9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 10:30 Walmart, L 1:00 Made You Think, CS 3:00 Mad for Plaid Happy Hour, GP 7:00 Friday Night Movie, GP	9:00 Pokeno, CS 9:30 Scrabble, LI 10:30 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 6:00 The Joy of Dancing Performs, GP 7:00 Movie & Popcorn, CS
DAYLIGHT SAVINGS TIME BEGINS 8:00 Church Trips, L 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	9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 2:00 Bridge, LI 2:00 Let's Fly a Kite, CY 3:00 Bingo 3 for \$1, GP 7:00 Ladies Poker, BR	9:30 Trivia, CS 10:30 Left, Right, Center, GP 1:00 Ol'Time Music, CS 2:00 Feel Lucky "Find the Gold," CY 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Community Paint & Coloring, GP 3:00 The Barrington Birthday Bash, GP 7:00 Night Bingo, GP	ST. PATRICK'S DAY 9:30 Singalong w/ Kathy, CS 3:00 Pokeno, CS 6:00 The Luck of the Irish Party Main Event, GP 7:00 Poker Club, BR	9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 10:30 Bealls Trip, L 1:00 Made You Think, CS 3:00 St Patty's Happy Hour, GP 7:00 Movies With Bayada, GP	9:00 Pokeno, CS 9:30 Scrabble, LI 10:30 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Movie & Popcorn, CS
SPRING BEGINS PALM SUNDAY 8:00 Church Trips, L 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	9:30 Wii Bowling, GP 10:30 Picnic in the Park, L 10:30 Chair Yoga, CS 2:00 Bridge, LI 3:00 Bingo 3 for \$1, GP 7:00 Ladies Poker, BR	9:30 Cards Low Score Wins!, GP 10:30 Left, Right, Center, GP 1:00 Ol'Time Music, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Community Paint & Coloring, GP 7:00 Night Bingo, GP	9:30 Wii Bowling, GP 11:00 Hot Dog Day, CY 12:00 Senior Band, GP 1:30 Rick Elkins Gospel, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	GOOD FRIDAY 9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 10:30 Walmart, L 1:00 Made You Think, CS 3:00 Happy Hour Bunny Hop, GP 7:00 Friday Night Movie, GP	9:00 Pokeno, CS 9:30 Scrabble, LI 10:30 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Movie & Popcorn, CS
EASTER SUNDAY 8:00 Church Trips, L 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	9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 2:00 Bridge, LI 2:00 Let's Meet Our New Neighbors, GP 3:00 Bingo 3 for \$1, GP 7:00 Ladies Poker, BR	10:30 Left, Right, Center, GP 1:00 Ol'Time Music, GP 2:00 Employee Meeting, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Community Paint & Coloring, GP 2:00 Town Hall Meeting, GP 3:00 Golf Card Game, GP 7:00 Night Bingo, GP	9:30 Name That Tune Bingo, CS 10:30 Wii Bowling, GP 1:30 Baking Club, GP 3:00 Pokeno, GP 7:00 Poker Club, BR		

Barrington Treasured Pictures



Shelby and Barry dance



We're learning to dance



Poetry Hour "Friends"



"Pretty in Pink"



Hold on, I'm coming!



David, Barrington Driver

Cursive Handwriting: A History

An ongoing debate in education today is whether to continue teaching penmanship. With the focus shifting to computer keyboarding after learning basic printing, the tradition of learning cursive handwriting in the classroom is steadily fading.

Cursive writing has been around since Roman times, but it lacked a standard until the 1800s, when handwriting teacher Platt R. Spencer created an elegant and ornate script. The most famous example of this style can still be seen today in the Coca-Cola logo.

In the late 1800s, Austin Norman Palmer developed the Palmer Method, a quicker, more simplified form of Spencer's cursive. Soon, this method was the most popular one used in schools.

After World War II, the Zaner-Bloser method became more common. It taught children how to print "ball and stick" letters before introducing cursive. At its peak, some students spent up to two hours a week on the curriculum, but this began to wane after the 1970s.

Some argue that penmanship is an old-fashioned skill that is unnecessary in today's technological world. But supporters say that learning longhand is crucial to cognitive development, particularly the expression of thoughts and ideas.