



Assisted Living

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

May 2016

Eye-Opening Eye Facts

In recognition of Healthy Vision Month during May, here's some clarity on common eye care myths:

Myth: Reading in poor light will harm your eyes.

Fact: Reading in low light can strain your eyes and make them feel tired, but it will not permanently damage your eyes.

Myth: Wearing glasses or contacts will make your vision worse.

Fact: Corrective lenses like glasses and contacts cannot change any part of your eyes

themselves. They simply change the light rays that the eyes receive, helping you see better. It is common for people's vision to change over time due to age.

Myth: Sitting too close to the TV or staring at a computer screen for too long is bad for your eyes.

Fact: It's true that looking at screens can dry your eyes out, causing irritation and fatigue. But you can avoid these problems by taking breaks from watching the screen and resting your eyes.

Precious Moments



Check out the bunnies!

(Photos continued on back)

Greetings Barrington Family and Friends,

Spring has finally sprung! May is the perfect month to get out and enjoy the amazing weather Florida has to offer. We have sunshine, sunshine and more sunshine. Some of the fun events planned for the upcoming months include: a Dolphin Cruise, a baseball game to see our beloved Rays, picnics at the beach, dinner out, a Cinco de Mayo Party and a Mother's Day Brunch on May 8.

We have a special Luau planned for May 19 at 6:30 p.m. Let's bring Hawaii to Largo with traditional food samplings and Hawaiian dancing!

Please join us for our Hawaiian Luau and invite your family, friends and neighbors! We look forward to hearing from you and welcome your activity ideas and suggestions for outings, dining out and any Life Enrichment ideas you may have!

May: Embrace each day with joy!

Special event that happened in May: Charles Lindbergh flew solo across the Atlantic Ocean in May 1927.

ASSISTED LIVING
AL#7232

MAY 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

- Albert Stephens, 4th
- Ellie Elimon, 7th
- Joan McKenzie, 11th
- Kay Louanne, 14th
- Terry McBroom, 15th
- Anita Yarmis, 18th
- Dorothy Wichelns, 21st
- Imogene Leonardi, 27th
- Josephine Parker, 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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:00 Church Trips, L 10:00 Sunday Movies, CS 10:00 Let's Shoot Pool, BR 1:00 Play Cards, CS 3:00 Church Service, GP 3:00 Skip-Bo, LI	2 Dr. Montes Podiatrist 9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 1:00 Let's Rehearse "The Barrington Idols," GP 2:00 Bridge, LI 3:00 Bingo 3 for \$1, GP 7:00 Ladies' Poker, BR	3 9:00 Bob Evans Hearing Clinic, GP 9:30 Trivia, CS 10:30 Left, Right, Center, CS 1:00 "Ol'Time Music" Plays, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	4 9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Art Class, GP 7:00 Night Bingo, GP	5 Cinco de Mayo 9:30 Singalong w/ Kathy, CS 10:30 Swim With Friends, Pool 1:30 Cinco de Mayo Party, CY 3:00 Pokeno, GP 7:00 Men's Poker Club, BR	6 9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 1:00 Made You Think, CS 3:00 Happy Hour: Mexican Hat Dance, GP 7:00 Movie Night, GP	7 9:00 Pokeno, CS 9:30 Scrabble, LI 10:00 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Play Your Favorite Card Game, GP
8 MOTHER'S DAY 8:00 Church Trips, L 10:00 Sunday Movies, CS 10:00 Let's Shoot Pool, BR 11:00 Mother's Day Lunch 1:00 Play Cards, CS 1:00 Mother's Day Photo and Treats, SBC 3:00 Church Service, GP 3:00 Skip-Bo, LI	9 9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 10:30 Picnic in the Park, L 2:00 Bridge, LI 3:00 Bingo 3 for \$1, GP 7:00 Ladies' Poker, BR	10 9:30 Cards Low Score Wins!, CS 10:30 Left, Right, Center, CS 1:00 "Ol'Time Music" Plays, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	11 Receptionist's Day 9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:30 The Barrington Idols Perform, GP 7:00 Night Bingo, GP	12 9:30 Coloring Therapy, CS 9:30 Falls Prevention Assessment With Bayada, GP 10:30 Swim With Friends, Pool 1:00 All Veterans Meeting, GP 3:00 Pokeno, GP 7:00 Men's Poker Club, BR	13 9:00 St. John's Hearing Clinic, GP 9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 10:30 Bealls Outlet, L 1:00 Made You Think, CS 3:00 Happy Hour Karaoke, GP 7:00 Friday Night Movie, GP	14 9:00 Pokeno, CS 9:30 Scrabble, LI 10:00 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Play Your Favorite Card Game, GP
15 Chocolate Chip Cookie Day 8:00 Church Trips, L 10:00 Sunday Movies, CS 10:00 Let's Shoot Pool, BR 1:00 Play Cards, CS 3:00 Church Service, GP 3:00 Skip-Bo, LI	16 Mimosa Day 9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 1:00 Learn to Line Dance w/Kathy, GP 2:00 Bridge, LI 3:00 Bingo 3 for \$1, GP 7:00 Ladies' Poker, BR	17 9:30 Trivia, CS 10:30 Left, Right, Center, CS 1:00 "Ol'Time Music" Plays, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	18 9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Art Class, GP 3:00 The Barrington Birthday Bash, GP 7:00 Night Bingo, GP	19 10:30 Swim With Friends, Pool 1:00 Open House Bayada, FR 1:00 Open House w/ Bayada, FR 2:00 Parkinson's Support Group, LI 3:00 Edu Seminar; Veterans Federal Benefits, GP 6:30 "Let's Luau," Pool	20 9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 1:00 Made You Think, CS 3:00 Happy Hour With AI, GP 7:00 Movie Night, GP	21 9:00 Pokeno, CS 9:30 Scrabble, LI 10:00 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Play Your Favorite Card Game, GP
22 8:00 Church Trips, L 10:00 Sunday Movies, CS 10:00 Let's Shoot Pool, BR 1:00 Play Cards, CS 3:00 Church Service, GP 3:00 Skip-Bo, LI	23 9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 2:00 Bridge, LI 2:00 Welcome Our New Neighbors, GP 3:00 Bingo 3 for \$1, GP 7:00 Ladies' Poker, BR	24 9:30 Cards Low Score Wins!, CS 10:30 Glamour Shots, GP 10:30 Left, Right, Center, CS 1:00 "Ol'Time Music" Plays, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	25 9:00 Catholic Services, LI 9:30 Fun With Wii, GP 10:00 Bible Study, LI 10:30 Chair Yoga, CS 1:00 Art Class, GP 7:00 Night Bingo, GP	26 9:30 Coloring Therapy, CS 10:30 Swim With Friends, Pool 11:00 Hot Dog Day, CY 12:00 Senior Band Plays, GP 1:30 Rick Elkins Gospel, GP 3:00 Pokeno, GP 7:00 Men's Poker Club, BR	27 9:00 Publix, L 9:30 Dominoes, CS 10:30 Walmart, L 10:30 Chair Zumba, CS 1:00 Made You Think, CS 3:00 Happy Hour: Honor Our Veterans, GP 7:00 Friday Night Movie, GP	28 9:00 Pokeno, CS 9:30 Scrabble, LI 10:00 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Play Your Favorite Card Game, GP
29 8:00 Church Trips, L 10:00 Sunday Movies, CS 10:00 Let's Shoot Pool, BR 1:00 Play Cards, CS 3:00 Church Service, GP 3:00 Skip-Bo, LI	30 MEMORIAL DAY 9:30 Wii Bowling, GP 10:30 Chair Yoga, CS 11:00 Memorial Day Picnic, CY 2:00 Bridge, LI 3:00 Bingo 3 for \$1, GP 7:00 Ladies' Poker, BR	31 9:30 Trivia, CS 10:30 Left, Right, Center, CS 1:00 "Ol'Time Music" Plays, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI				

Precious Moments (Continued)



Children at our Easter Egg Hunt!



That's an Irish jig!



Our proud veteran



Let's get physical!



Family surprised us!

Recognizing Our Heroes

May marks National Military Appreciation Month, and the last Monday of the month is Memorial Day. Here are some ways to honor the sacrifice of those who have served as well as those who are still serving.

- Wear an American flag pin or a red, white and blue ribbon throughout the month of May.
- Gather a group of friends and visit a veterans hospital to chat with residents and play cards.
- Are you a veteran or a veteran's spouse? Record your experiences in a journal or via video to share with younger generations.
- Visit cemeteries on Memorial Day and place flags and flowers on the graves of fallen soldiers.
- Hang a flag on your door or in your window.
- On Memorial Day, pause at 3 p.m. to participate in the National Moment of Remembrance.