



Assisted Living

901 Seminole Blvd. • Largo, FL 33770 • 727-585-5900 • [www.barringtonseniorliving.com](http://www.barringtonseniorliving.com)

August 2015

## Dog Days of Summer

The phrase “dog days” refers to the sultry days of summer. In the Northern Hemisphere, the dog days of summer are most commonly experienced in the months of July and August, which typically observe the hottest summer temperatures.

The term dog days was used by the Greeks as early as 700 B.C. Dog days were popularly believed to be an evil time “the Sea boiled, the Wine turned sour, Dogs grew mad, and all other creatures became languid; causing to man, among other diseases, burning fevers, hysterics, and phrensies.”

Homer, in the Iliad, describes the approach of Achilles toward Troy in these words:

Sirius rises late in the dark, liquid sky

On summer nights, star of stars,

Orion’s Dog they call it, brightest

Of all, but an evil portent, bringing heat

And fevers to suffering humanity.

Nowadays, the “dog days of summer” refers to it being hot! At The Barrington you can combat the heat with ice cream socials, a cool swim in the pool, or an ice-cold refreshment at Happy Hour!

Please remember if you go outside during these summer months to stay well hydrated, cover up in the sun and use sunscreen, limit your activity during the hottest part of the day, and don’t delay getting help if you think you have a heat-related illness. Stay safe and stay cool, my friends!

## The Barrington Received a Letter of Congratulations From Senator Latvala!

Senator Jack Latvala sent a letter congratulating the staff of The Barrington for receiving a 2015 Best of Senior Living Award from SeniorAdvisor.com

Senator Latvala said that “the dedication of your staff shows through their work with residents.”

Stop by the front desk to get a copy of our letter!



**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**

- Rosemarie J., 6th
- Joseph B., 9th
- Robert C., 16th
- Mary C., 18th
- Gary W., 18th
- Betty B., 20th
- Ruth H., 23rd
- Michael S., 23rd
- Cheryl T., 28th
- Joseph C., 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
8:00 Church Trips, L <b>2</b> 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 Dominoes, CS <b>3</b> 10:30 Chair Yoga, CS 1:00 Picture Pairing, CS 2:00 Ice Cream Social, GP 3:00 Bingo 3 for \$1, GP 4:30 Dinner Out at Olive Garden, L	9:00 Bob Evans Hearing Clinic, LI <b>4</b> <b>9:00 Resident Council, CS</b> 9:30 Fun With the Wii, CS 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI <b>5</b> 9:30 Fun With Wii, CS 10:00 Bible Study, LI 10:30 Chair Zumba, CS <b>1:30 Visual Assist Group, LI</b> <b>3:00 Golf Card Game, GP</b> <b>7:00 Bingo, GP</b>	9:30 Fun With the Wii, CS <b>6</b> 10:30 Play Yahtzee, CS 1:00 Made You Think, CS 3:00 Pokeno, GP 7:00 Poker Club, BR	<b>8:00 Dunkin' Donuts &amp; Coffee, GP</b> <b>7</b> 9:00 Publix, L 9:30 Dominoes, CS 10:30 Chair Zumba, CS 11:30 Walgreens/ CVS Trip, L 1:30 Scrabble Tournament, GP 3:00 Happy Hour/Beer Nuts With Steve, GP <b>6:30 Movies Bayada, GP</b>	9:00 Pokeno, CS <b>8</b> 9:30 Scrabble, LI <b>10:00 CVS/Walgreens, L</b> 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Movie & Popcorn, CS
8:00 Church Trips, L <b>9</b> 10:00 Sunday Movies, CS 10:00 Let's Shoot Pool, BR <b>11:00 Charlene Cards:L, L</b> 2:00 Board Game Challenge, CS 3:00 Church Service, GP 3:00 Skip-Bo, LI	9:30 Dominoes, CS <b>10</b> 10:30 Chair Yoga, CS 1:00 Craft Corner, CS <b>2:00 Coconut Bowling, GP</b> 3:00 Bingo 3 for \$1, GP	9:30 Fun With the Wii, CS <b>11</b> 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI <b>12</b> 9:30 Fun With Wii, CS 10:00 Bible Study, LI 10:30 Chair Zumba, CS <b>1:30 Visual Assist Group, LI</b> <b>3:00 Golf Card Game, GP</b> <b>7:00 Bingo With Bayada, GP</b>	9:30 Fun With the Wii, CS <b>13</b> 10:30 Play Yahtzee, CS 1:00 Share and Tell 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 St. John's Hearing Clinic, LI <b>14</b> 9:00 Publix, L 9:30 Bingo Singing, CS 10:30 Chair Zumba, CS 11:30 Walmart, L <b>1:30 Scrabble, GP</b> 3:00 Happy Hour/Senior Citizens, GP 6:30 Friday Night Movies, GP	9:00 Pokeno, CS <b>15</b> 9:30 Scrabble, LI <b>10:00 Thrift Shop Day!, L</b> 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Movie & Popcorn, CS
8:00 Church Trips, L <b>16</b> 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 Dominoes, CS <b>17</b> <b>10:30 Picnic in the Park, L</b> 10:30 Chair Yoga, CS 1:00 Crafts Corner, CS <b>2:00 What's Your Legacy?, GP</b> 3:00 Bingo 3 for \$1, GP	9:30 Fun With the Wii, CS <b>18</b> 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI <b>19</b> 9:30 Fun With Wii, CS 10:00 Bible Study, LI 10:30 Chair Zumba, CS <b>1:30 Visual Assist Group, LI</b> <b>2:00 Beach Blanket Bingo, GP</b> <b>3:00 The Barrington Birthday Bash, GP</b> <b>7:00 Bingo, GP</b>	9:30 Fun With the Wii, CS <b>20</b> 10:30 Play Yahtzee, CS 1:00 Made You Think, CS 3:00 Pokeno, GP <b>5:30 Cheese Burger in Paradise Party, Pool</b> 7:00 Poker Club, BR	9:00 Publix, L <b>21</b> 9:30 Dominoes, CS <b>10:00 Larry's Jewelry, L</b> 10:30 Chair Zumba, CS 11:30 Bealls/Bealls Outlet Trip, L <b>1:30 Scrabble, GP</b> 3:00 Bloody Mary Happy Hour, GP <b>6:30 Movies Bayada, GP</b>	9:00 Pokeno, CS <b>22</b> 9:30 Scrabble, LI 10:00 Largo Mall, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Movie & Popcorn, CS
8:00 Church Trips, L <b>23</b> 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 Dominoes, CS <b>24</b> 10:30 Chair Yoga, CS 1:00 Craft Corner, CS <b>2:00 Let's Make Waffles, GP</b> 3:00 Bingo 3 for \$1, GP	9:30 Fun With the Wii, CS <b>25</b> 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP 3:00 Pokeno, GP 7:00 Play Rummy, LI	9:00 Catholic Services, LI <b>26</b> 9:30 Fun With Wii, CS 10:00 Bible Study, LI 10:30 Chair Zumba, CS <b>1:00 Pie Tasting Contest, GP</b> <b>1:30 Visual Assist Group, LI</b> <b>2:30 Rick's Gospel, GP</b> <b>7:00 Bingo With Bayada, GP</b>	9:30 Fun With the Wii, CS <b>27</b> <b>10:00 Avon Calling, L</b> 10:30 Play Yahtzee, CS <b>11:30 Dollar Hot Dogs, GP</b> 12:00 Senior Variety Band, GP 1:00 Made You Think, CS 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 Publix, L <b>28</b> 9:30 Bingo Singing, CS 10:30 Chair Zumba, CS 11:30 Walmart, L 1:30 Scrabble Tournament Final, GP 3:00 Wear Your Favorite Color Happy Hour, GP 6:30 Friday Night Movies, GP	9:00 Pokeno, CS <b>29</b> 9:30 Scrabble, LI <b>10:30 Farmers Market: Outing, L</b> 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 Movie & Popcorn, CS
8:00 Church Trips, L <b>30</b> 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 Dominoes, CS <b>31</b> 10:30 Chair Yoga, CS <b>2:00 Aviation Day: Presentation, GP</b> 3:00 Bingo 3 for \$1, GP					



## Step by Step

**Walking is one of the best exercises for you:** It's low-impact, so it's easy on your joints, and it can be done almost anywhere. Many people use a pedometer, a device that counts steps, to motivate them to walk more. Here are some ways a pedometer can help you:

**Easy to use:** The simplest, least expensive pedometers only count steps, which is all you need to know to begin tracking your activity. Just clip the pedometer on your waistband or belt and go about your day. More expensive models, which can measure heart rate, calories burned and distance walked, are also available.

**Increases awareness:** Many people have no idea how often — or little — they move during the day. A pedometer lets you know how many steps you take on a typical day and how active you are. The daily average for older adults ranges from 2,000 to 9,000 steps.

**Reminds you to move:** Now that you know your numbers, set a goal. Start by walking just 500 or 1,000 extra steps per day. Look for small opportunities to walk more, such as taking a longer route through a store. By instantly showing you how much you are walking, a pedometer can motivate you to keep moving.

## Life Is Fun at The Barrington!



*Fourth of July Pool Party!*



*Uncle Sam's Backyard Barbecue!*



*Circle Dancing!*



*Everyone is happy at Happy Hour!*



*The residents loved singing along!*