



The Barrington Lifestyle

Independent Living

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

January 2016

Pictures



Moving to the Music



"Follow my step."



Happy 104th birthday, Ms. Lou.



Another birthday wish girl



Happy Thanksgiving

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 10:00 Let's Shoot Pool, BR 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Service, GP 6:00 Movie: "When Harry Met Sally," GP	9:00 Bank Trip, L 4 11:00 Chair Exercise, GP 1:00 Trivia Day, GP 2:00 Bridge, LI 2:00 Community Pep Rally, GP 7:00 Ladies Poker Night, BR 7:00 Ladies' Poker Night, BR	10:30 Wheel Chair Exercise, GP 5 1:00 Ol' Time Music, GP 2:00 National Apricot Day, GP 3:00 Pokeno, GP 6:30 Progressive Rummy, LI	8:00 Popcorn Wednesday, L 6 9:30 Blood Pressure Check With Bayada, GP 11:00 Moving to Music, GP 1:00 Community Painting, GP 2:00 Library Trip, L 2:00 Craft Club (Snowflake Wreaths), GP 2:30 Golf Card Game, GP 7:00 Bingo	10:00 Wii Bowling, GP 7 1:00 Spelling Bee, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	Happy New Year's 8:00 Dunkin' Donuts & Coffee, GP 9:00 Publix Trip, L 9:00 Rose Parade, GP 11:00 Sit and Be Fit, GP 2:00 Blood Pressure Check by Bayada, GP 3:00 New Year Happy Hour, GP 4:00 New Year's Dinner 7:00 Movies With Bayada, GP	9:00 Pokeno, GP 9:30 Scrabble, LI 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 7:00 Saturday Night at the Movies, GP
8:00 Church Trips, L 10 10:00 Let's Shoot Pool, BR 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Service, GP 6:00 Movie: "Ocean's Eleven"	10:00 Shelby's Book Club, LI 11 11:00 Chair Exercise, GP 1:00 Geology Craft Class, GP 2:00 Bridge, LI 3:00 Bingo: Three for \$1, GP 7:00 Ladies Poker Night, BR	11:00 Men's Club, BR 12 1:00 Ol' Time Music, GP 2:00 Hot Tea Social, GP 3:00 Pokeno, GP 6:30 Progressive Rummy, LI	8:00 Popcorn Wednesday, L 13 9:30 Blood Pressure Check With Bayada, GP 11:00 Moving to Music, GP 1:00 Community Painting, GP 2:30 Golf Card Game, GP 7:00 Bingo With Bayada, GP	10:00 Wii Bowling, GP 14 1:00 Fitness Machine Group, FR 2:00 Letter Writing to Someone, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 Publix Trip, L 15 10:00 Larry's Jewelry, L 10:30 Bealls/Bealls Outlet Trip, L 11:00 Sit and Be Fit, GP 1:00 National Arbor Day in Florida, GP 2:00 Blood Pressure Check by Bayada, GP 3:00 Polka Music Happy Hour, GP 7:00 Movie, Bayada/GP, GP	9:00 Pokeno, GP 16 9:30 Scrabble, LI 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 7:00 Saturday Night at the Movies, GP
8:00 Church Trips, L 17 10:00 Let's Shoot Pool, BR 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Service, GP 6:00 "The Great Gatsby," GP	MARTIN LUTHER KING JR. DAY 18 10:30 Picnic in the Park, L 11:00 Chair Exercise, GP 2:00 Bridge, LI 2:00 Baking Club, GP 3:00 Bingo: Three for \$1, GP 7:00 Ladies Poker Night, BR	9:00 Bank Trip, L 19 10:30 Fresh Juice Social, GP 1:00 Ol' Time Music, GP 3:00 Pokeno, GP 6:30 Progressive Rummy, LI	8:00 Popcorn Wednesday, L 20 9:30 Blood Pressure Check With Bayada, GP 10:30 Health Chat/Healthy Weight, GP 11:00 Moving to Music, GP 1:00 Community Painting, GP 2:00 Library Trip, L 2:30 Golf Card Game, GP 3:00 The Barrington Birthday Bash! 7:00 Bingo	10:00 Wii Bowling, GP 21 10:00 Avon's Calling, GP 11:30 Hot Dog Day!, CY 3:00 Pokeno, GP 6:00 Puttin' on the Ritz/ Main Event, GP 7:00 Poker Club, BR	9:00 Publix Trip, L 22 10:00 Larry's Jewelry, GP 10:30 Walmart, L 11:00 Sit and Be Fit, GP 2:00 Blood Pressure Check by Bayada, GP 3:00 Happy Hour, GP	Wolf Moon Night 23 9:00 Pokeno, GP 9:30 Scrabble, LI 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 7:00 Saturday Night at the Movies, GP
8:00 Church Trips, L 24 10:00 Let's Shoot Pool, BR 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Service, GP 6:00 Movie: "Trading Places," GP	10:00 Shelby's Book Club, LI 25 11:00 Chair Exercise, GP 2:00 Bridge, LI 2:30 Winter Olympic Games, GP 3:00 Bingo: Three for \$1, GP 7:00 Ladies Poker Night, BR	1:00 Ol' Time Music, GP 26 2:30 National Pie Day, GP 2:00 Town Hall Meeting, GP 3:00 Pokeno, GP 6:30 Progressive Rummy, LI	8:00 Popcorn Wednesday, L 27 9:30 Blood Pressure Check With Bayada, GP 11:00 Moving to Music, GP 1:00 Community Painting, GP 2:30 Golf Card Game, GP 7:00 Bingo With Bayada, GP	10:00 Wii Bowling, GP 28 12:00 Senior Variety Band, GP 1:00 Fitness Machine Group, FR 2:00 Word Search, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 Publix Trip, L 29 11:00 Sit and Be Fit, GP 1:30 National Puzzle Day, GP 2:00 Blood Pressure Check by Bayada, GP 3:00 Poetry Happy Hour, GP	9:00 Pokeno, GP 30 9:30 Scrabble, LI 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 7:00 Saturday Night at the Movies, GP
8:00 Church Trips, L 31 10:00 Let's Shoot Pool, BR 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Service, GP 6:00 Movie: "An Affair to Remember," GP						

Celebrating Martin Luther King Jr.

Each January, Americans honor the life and legacy of civil rights leader Martin Luther King Jr., who was born Jan. 15, 1929.

A Baptist minister with degrees in sociology and theology, King and his family were living in Montgomery, Ala., in the 1950s as the civil rights movement was gaining momentum. Following the 1955 arrest of Rosa Parks for refusing to give up her bus seat to a white man, King was chosen by fellow activists to be their spokesman and lead the Montgomery bus boycott.

Inspired by Mohandas Gandhi's method of nonviolent resistance, King co-founded the Southern Christian Leadership Conference in 1957. King traveled the world, spreading the SCLC's mission of achieving full equality for African-Americans through peaceful protests.

In 1963, King helped organize the March on Washington for Jobs and Freedom, a rally attended by more than 200,000 people. It was at this event that King gave his famous "I Have a Dream" speech on the steps of the Lincoln Memorial. Many credit this moment in history with influencing the passage of the Civil Rights Act of 1964.

A Letter from the 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.