



Independent Living

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February 2016

## Hungry for a Healthy Heart

There are plenty of foods with heart health benefits. Find out why health experts advise filling up on these options:

**Beans, lentils and chickpeas:** Packed with protein — but without the cholesterol that comes with animal sources — these legumes are a key component of a heart-healthy diet and can help control blood sugar. These high-fiber foods also prevent bad cholesterol from being absorbed by the body.

**Yogurt:** High in potassium, yogurt and other dairy products can help reduce high blood pressure. But the probiotics in yogurt could have an added benefit for your heart: By fighting “unfriendly” bacteria in the mouth, yogurt may protect against gum disease, which can raise your risk for heart disease.

**Grapes and raisins:** Thanks to the presence of resveratrol, which can prevent blood clotting as well as lower cholesterol and blood pressure, red grapes are a popular choice on heart-healthy menus. Both red and white grapes contain polyphenols that can prevent arteriosclerosis (hardening of the arteries), and raisins can fight inflammation and bacteria that cause gum disease.

**Avocados:** The healthy monounsaturated fats in this creamy fruit help reduce bad cholesterol, and anti-inflammatory properties reduce the risk of developing arteriosclerosis. An abundance of antioxidants and potassium make avocado a welcome addition to salads, sandwiches and dips.

## Note From our Executive Director, Shelby Anderson

Dear Barrington Family and Friends,  
February is the month of love. And I want nothing more than for you to love The Barrington. During this month, you will be seeing new and exciting activities, cooking presentations and interesting outings! We are always looking for suggestions and ideas, so if you have a great idea let us know!

This February, we have a lot of wonderful opportunities for you to get active and get involved! We also will be holding a large event on Feb. 18 called “You Had Me at Merlot”. This will be a fun wine and cheese tasting event with wonderful music and dancing! 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



**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**

- William Aldrich, 4th
- Penelope Charpentier, 8th
- Robert Grotheer, 19th

**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
	<p><b>"Fabulous Florida Strawberry Month"</b></p> <p><b>9:00 Bank Trip, L</b></p> <p>11:00 Chair Exercise, GP</p> <p><b>2:00 Bridge, LI</b></p> <p><b>2:00 Community Pep Rally, GP</b></p> <p>3:00 Bingo: Three for \$1, GP</p> <p><b>7:00 Ladies Poker Night, BR</b></p>	<p>GROUNDHOG DAY</p> <p><b>9:00 "Bob Evans Hearing Clinic," GP</b></p> <p>1:00 <i>Ol' Time Music, GP</i></p> <p><b>2:00 Hula in the Coola, GP</b></p> <p>3:00 <i>Pokeno, GP</i></p> <p>6:30 Progressive Rummy, LI</p>	<p>"Popcorn Wednesday," L</p> <p><b>8:00 "Popcorn Wednesday," L</b></p> <p>9:00 <i>Catholic Service, LI</i></p> <p>9:30 Blood Pressure Check With Bayada, GP</p> <p>10:00 <i>Bible Study, LI</i></p> <p>11:00 <i>Moving to Music, GP</i></p> <p>1:00 <i>Community Painting, GP</i></p> <p>1:30 <i>Craft Activity (Valentine Cards), GP</i></p> <p>2:00 <i>Library Trip, L</i></p> <p>2:00 <i>"Women in Sports Week," GP</i></p> <p>2:30 <i>Golf Card Game, GP</i></p> <p>7:00 <i>Bingo</i></p>		<p><b>8:00 Dunkin' Donuts &amp; Coffee, GP</b></p> <p>9:00 Publix Trip, L</p> <p><b>10:30 "Walmart Trip," L</b></p> <p>11:00 Sit and Be Fit, GP</p> <p><b>1:00 "Publix Trip," L</b></p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p><b>3:00 "Happy Hour, GP</b></p> <p><b>7:00 "Friday Night Movies," GP</b></p>	<p>9:00 Pokeno, GP</p> <p>9:30 Scrabble, LI</p> <p><b>10:00 Largo Mall Trip, L</b></p> <p>1:00 Left, Right, Center, GP</p> <p><b>2:30 "Bingo," GP</b></p> <p><b>7:00 Saturday Night at the Movies, GP</b></p>
<p><b>"Super Bowl Sunday," GP</b></p> <p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>2:00 Board Game Challenge, CS</p> <p><b>2:00 Bingo, GP</b></p> <p>3:00 Skip-Bo, LI</p> <p><b>3:00 Church Service, GP</b></p>	<p><b>"Wear Your Favorite Jersey"</b></p> <p>10:00 Shelby's Book Club, LI</p> <p>11:00 Chair Exercise, GP</p> <p><b>2:00 Bridge, LI</b></p> <p><b>2:00 "Craft/Making Masks," GP</b></p> <p>3:00 Bingo: Three for \$1, GP</p> <p><b>7:00 Ladies Poker Night, BR</b></p>	<p>MARDI GRAS</p> <p><b>"White T-Shirt Day" (All)</b></p> <p><b>10:30 Serenity Presents: "Life Well With Dignity," GP</b></p> <p>11:00 Men's Club, BR</p> <p>1:00 <i>Ol' Time Music, GP</i></p> <p><b>3:00 Pokeno, GP</b></p> <p>6:30 Progressive Rummy, LI</p>	<p>ASH WEDNESDAY</p> <p><b>"National Pizza Day"</b></p> <p><b>8:00 "Popcorn Wednesday," L</b></p> <p>9:30 Blood Pressure Check With Bayada, GP</p> <p><b>11:00 Moving to Music, GP</b></p> <p><b>1:00 Community Painting, GP</b></p> <p>2:30 Golf Card Game, GP</p> <p><b>3:00 Outing to Red Lobster (Early Dinner), L</b></p> <p><b>7:00 "Late Night Bingo," GP</b></p>		<p>9:00 Publix Trip, L</p> <p><b>9:00 "St. John's Hearing," LI</b></p> <p><b>10:00 "Bealls Trip," L</b></p> <p><b>10:30 Walmart, L</b></p> <p>11:00 Sit and Be Fit, GP</p> <p><b>1:00 "Publix Trip," L</b></p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p><b>3:00 "Mardi Gras Happy Hour," GP</b></p> <p><b>7:00 "Friday Night Movies," GP</b></p>	<p>9:00 Pokeno, GP</p> <p>9:30 Scrabble, LI</p> <p><b>10:00 CVS/Walgreens, L</b></p> <p><b>10:00 Largo Mall Trip, L</b></p> <p>1:00 Left, Right, Center, GP</p> <p><b>2:30 "Bingo," GP</b></p> <p><b>7:00 Saturday Night at the Movies, GP</b></p>
<p>VALENTINE'S DAY</p> <p><b>"Happy Valentine's Day"</b></p> <p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>2:00 Board Game Challenge, CS</p> <p><b>2:00 Bingo, GP</b></p> <p>3:00 Skip-Bo, LI</p> <p><b>3:00 Church Service, GP</b></p>	<p>PRESIDENTS DAY</p> <p><b>9:00 "Bank Trip," L</b></p> <p><b>10:30 Picnic in the Park, L</b></p> <p>11:00 Chair Exercise, GP</p> <p><b>2:00 Bridge, LI</b></p> <p>2:00 <i>"Presidents Day Social," GP</i></p> <p>3:00 Bingo: Three for \$1, GP</p> <p><b>7:00 Ladies Poker Night, BR</b></p> <p><b>8:00 "The Grammys," GP</b></p>		<p><b>8:00 "Popcorn Wednesday," L</b></p> <p>9:30 Blood Pressure Check With Bayada, GP</p> <p><b>11:00 Moving to Music, GP</b></p> <p>1:00 <i>Community Painting, GP</i></p> <p>2:00 <i>Library Trip, L</i></p> <p><b>2:00 MC &amp; DE Education Inservice, GP</b></p> <p>2:30 Golf Card Game, GP</p> <p><b>3:00 "Barrington Birthday Bash," GP</b></p> <p><b>7:00 Bingo</b></p>		<p>9:00 Publix Trip, L</p> <p><b>10:30 "Walmart Trip," L</b></p> <p>11:00 Sit and Be Fit, GP</p> <p><b>1:00 "Publix Trip," L</b></p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p><b>3:00 "Women in Jeans Happy Hour," GP</b></p> <p>7:00 Movies With Bayada, GP</p> <p><b>7:00 "Friday Night Movies," GP</b></p>	<p>9:00 Pokeno, GP</p> <p>9:30 Scrabble, LI</p> <p><b>10:00 Largo Mall Trip, L</b></p> <p>1:00 Left, Right, Center, GP</p> <p><b>2:30 "Bingo," GP</b></p> <p><b>7:00 Saturday Night at the Movies, GP</b></p>
<p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>12:00 <i>"Daytona 500 Race," GP</i></p> <p>2:00 Board Game Challenge, CS</p> <p><b>2:00 Bingo, GP</b></p> <p>3:00 Skip-Bo, LI</p> <p><b>3:00 Church Service, GP</b></p>	<p><b>8:00 "National Pancake Day" (Breakfast)</b></p> <p>10:00 Shelby's Book Club, LI</p> <p>11:00 Chair Exercise, GP</p> <p><b>2:00 Bridge, LI</b></p> <p>2:00 <i>"Meet &amp; Greet New Residents," GP</i></p> <p>3:00 Bingo: Three for \$1, GP</p> <p><b>7:00 Ladies Poker Night, BR</b></p> <p><b>8:00 "Academy Awards Ceremony," GP</b></p>	<p><b>10:30 "Larry's Jewelry"</b></p> <p>1:00 <i>Ol' Time Music, GP</i></p> <p><b>2:00 "Town Hall Meeting," GP</b></p> <p>3:00 <i>Pokeno, GP</i></p> <p>6:30 Progressive Rummy, LI</p>	<p><b>8:00 "Popcorn Wednesday," L</b></p> <p>9:30 Blood Pressure Check With Bayada, GP</p> <p><b>11:00 Moving to Music, GP</b></p> <p><b>1:00 Community Painting, GP</b></p> <p>2:00 <i>"Texas Cowboy Poetry Day" Share!, GP</i></p> <p>2:30 Golf Card Game, GP</p> <p><b>7:00 Bingo With Bayada, GP</b></p>		<p>9:00 Publix Trip, L</p> <p><b>10:30 "Walmart Trip," L</b></p> <p>11:00 Sit and Be Fit, GP</p> <p><b>1:00 "Publix Trip," L</b></p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p><b>3:00 "Margarita Happy Hour," GP</b></p> <p><b>7:00 "Friday Night Movies," GP</b></p>	<p><b>"Bachelor's Day"</b></p> <p>9:00 Pokeno, GP</p> <p>9:30 Scrabble, LI</p> <p><b>10:00 Largo Mall Trip, L</b></p> <p>1:00 Left, Right, Center, GP</p> <p><b>2:30 "Bingo," GP</b></p> <p><b>7:00 Saturday Night at the Movies, GP</b></p>
<p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>2:00 Board Game Challenge, CS</p> <p><b>2:00 Bingo, GP</b></p> <p>3:00 Skip-Bo, LI</p> <p><b>3:00 Church Service, GP</b></p> <p>8:00 <i>"Oscar Viewing Party," GP</i></p>	<p><b>"Leap Year Day"</b></p> <p>11:00 Chair Exercise, GP</p> <p><b>2:00 Bridge, LI</b></p> <p>3:00 Bingo: Three for \$1, GP</p> <p><b>7:00 Ladies Poker Night, BR</b></p>					



## Fun Pictures



Resident and Employee Party



Winter wonderland



Palm Hill Singers



Proud winner of Barrington Spelling Bee



Happy New Year!



Santa

## Blooms of Love

It's a love affair in full bloom that just keeps growing. Roses, with their soft petals and sweet scent, have charmed people of all ages and walks of life, been immortalized in art and verse and served as a longtime symbol of love and affection.

Although fossils indicate the existence of roses as far back as 35 million years, cultivation of the flower is believed to have started about 5,000 years ago in China. Roses were grown all over the Roman Empire, then introduced throughout Europe in the 18th century. Since that time, hundreds of varieties of roses have been cross-produced to create today's boundless bouquet of colors and fragrances.

Creating a new rose variety takes about 10 years of testing and development. The new rose is named by its grower. Some roses are labeled based on their color or other attributes, but many are the namesake of a famous person or celebrated place or event. Continual favorites are the Peace, Queen Elizabeth and Knock Out varieties.