



Independent Living

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

May 2015

## Fun Around The Barrington

At The Barrington, we believe in the perfect harmony of the mind, body and spirit by promoting health through physical, intellectual, emotional, spiritual and social involvement.



Making royal crowns!



Stella stepping out of the limo!



Celebrating resident birthdays!



Pokeno at The Barrington



The Barrington "Golden" Girl!



Corrine after walking the red carpet

INDEPENDENT LIVING

**MAY 2015**

**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**

- Albert S., 4th
- Rita R., 4th
- Beverly V., 8th
- Joan M., 11th
- George H., 11th
- William P., 14th
- Terry M., 15th
- Anita Y., 18th
- Dorothy W., 21st
- Richard H., 24th
- Marie N., 29th
- Josephine P., 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
					<p><i>May Day</i></p> <p><b>8:00 Dunkin' Donuts &amp; Coffee, GP</b></p> <p>9:00 Publix, L</p> <p>9:00 Senior Zumba, GP</p> <p>10:00 Let's Make May Day Baskets!, GP</p> <p>11:00 May Day Visitations, L</p> <p>11:30 Walgreens/CVS Trip, L</p> <p>1:00 Chair Volleyball, GP</p> <p>1:30 Community Pep Rally, GP</p> <p>3:00 May Day Happy Hour, GP</p>	<p>9:00 Pokeno, CS</p> <p>9:30 Scrabble, LI</p> <p>10:00 Largo Mall, L</p> <p>10:30 <i>Kentucky Derby Social, GP</i></p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Bingo, GP</p> <p>7:00 Saturday Night at the Movies, CS</p>
<p>"Soul Day" in Honor of James Brown</p> <p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p><b>1:30 "I Feel Good" Dance Off, GP</b></p> <p>2:00 Board Game Challenge, CS</p> <p>3:00 Church Service, GP</p> <p>3:00 Skip-Bo, LI</p> <p>7:00 "Get on Up" Afternoon Movie, GP</p>	<p>9:00 Walking Club, L</p> <p>10:00 Maraca Crafts, CS</p> <p>11:00 Wii Fit, GP</p> <p>1:00 Bridge, LI</p> <p>1:30 Name That Tune, GP</p> <p>2:00 Garden Club, CY</p> <p>2:30 Garden Meditations, CY</p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>Cinco de Mayo</p> <p><b>8:30 Retired Teacher Appreciation Breakfast, GP</b></p> <p>9:00 Bank Trips, L</p> <p>9:00 Bob Evans Hearing Clinic, CS</p> <p>10:00 News Today, GP</p> <p>10:30 Let's Dance!, GP</p> <p>11:00 Men's Club, BR</p> <p>1:00 Ol' Time Music, GP</p> <p>2:00 Cinco de Mayo Chips &amp; Salsa Social, GP</p> <p>3:00 Pokeno, GP</p> <p>6:30 Progressive Rummy, LI</p>	<p>National Nurses Day</p> <p>9:00 Catholic Services, LI</p> <p>9:00 Fitness Fun, FR</p> <p>9:30 Blood Pressure Check by Bayada, GP</p> <p>10:00 Bible Study, LI</p> <p>10:00 Cooking Demo, GP</p> <p>11:00 Senior Zumba, GP</p> <p>1:30 Hot Fudge Sundae Social, GP</p> <p>2:00 Library Trip, L</p> <p>3:00 Chair Tennis Tournaments, CY</p> <p>3:30 Golf Card Game, GP</p> <p>7:00 B-I-N-G-O, GP</p>	<p>National Hug Day</p> <p>9:00 Chair Yoga, GP</p> <p>10:00 Wii Bowling, GP</p> <p>10:30 Craft Time: Flowers in a Jar, CS</p> <p>11:00 Precious Jewelry, L None</p> <p><b>1:30 Visual Assistance Group, LI</b></p> <p>1:30 Give a Hug Visitations, L</p> <p>1:30 Singalong, GP</p> <p>3:00 Pokeno, GP</p> <p>7:00 Poker Club, BR</p>	<p>9:00 Publix, L</p> <p>9:00 Senior Zumba, GP</p> <p><b>9:00 St. John's Hearing Clinic, CS</b></p> <p>10:00 Family Game Day, GP</p> <p>11:30 Walmart, L</p> <p>1:00 Chair Volleyball, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>3:00 Cosmos &amp; Cupcakes Happy Hour, GP</p> <p><b>7:00 Bayada Movie Night w/Snacks, GP</b></p>	<p>9:00 Pokeno, CS</p> <p>9:30 Scrabble, LI</p> <p>10:00 Largo Mall, L</p> <p><b>10:30 Armchair Travel Social, GP</b></p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Bingo, GP</p> <p>7:00 Saturday Night at the Movies, CS</p>
<p><b>MOTHER'S DAY</b></p> <p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>10:30 <i>Mother's Day Brunch, GP</i></p> <p>1:00 Famous Mothers Trivia, GP</p> <p>2:00 Board Game Challenge, CS</p> <p>3:00 Church Service, GP</p> <p>3:00 Skip-Bo, LI</p>	<p>9:00 Walking Club, L</p> <p>10:00 Family Tree, GP</p> <p>11:00 Wii Fit, GP</p> <p>1:00 Bridge, LI</p> <p>1:30 Name That Tune, GP</p> <p>2:00 Let's Dance!, GP</p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>9:00 Let's Dance!, GP</p> <p>10:00 News Today, GP</p> <p>11:00 Men's Club, BR</p> <p><b>11:30 Lunch Out at First Watch, L</b></p> <p>1:00 Ol' Time Music, GP</p> <p>2:00 High Tea With Emily Post, GP</p> <p>3:00 Pokeno, GP</p> <p>6:30 Progressive Rummy, LI</p>	<p>National Police Week</p> <p>9:00 Catholic Services, LI</p> <p>9:00 Fitness Fun, FR</p> <p>9:30 Blood Pressure Check by Bayada, GP</p> <p>10:00 Bible Study, LI</p> <p>10:30 Famous Criminals Trivia, GP</p> <p>11:00 Senior Zumba, GP</p> <p>11:30 Wait Staff Appreciation Day</p> <p>3:30 Golf Card Game, GP</p> <p>7:00 B-I-N-G-O, GP</p>	<p>National Chicken Dance Day</p> <p>9:00 Chair Yoga, CY</p> <p>10:30 Wii Games, GP</p> <p><b>11:00 Donna's Jewelry, L</b></p> <p><b>11:30 Salad Bar Social, GP</b></p> <p><b>1:30 Visual Assistance Group, LI</b></p> <p>2:00 Relaxing Hand Massages, GP</p> <p>3:00 Pokeno, GP</p> <p>4:00 Learn the Chicken Dance!, GP</p> <p><b>5:00 Chicken Dance Flash Mob</b></p> <p>7:00 Poker Club, BR</p>	<p>9:00 Publix, L</p> <p>9:00 Senior Zumba, GP</p> <p><b>10:00 Larry's Jewelry, L</b></p> <p>10:00 Coffee Talk: Women's Fashions, LI</p> <p>11:30 Bealls/Bealls Outlet Trip, L</p> <p>1:00 Chair Volleyball, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>3:00 Meet &amp; Greet Happy Hour, GP</p>	<p>Armed Forces Day</p> <p><b>8:30 Military Appreciation Breakfast, GP</b></p> <p>9:00 Pokeno, CS</p> <p>9:30 Scrabble, LI</p> <p>10:00 Largo Mall, L</p> <p>10:30 Cannes Film Festival Social, GP</p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Bingo, GP</p> <p>7:00 Saturday Night at the Movies, CS</p>
<p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>1:30 Shake, Rattle &amp; Roll Social, GP</p> <p>2:00 Board Game Challenge, CS</p> <p>3:00 Church Service, GP</p> <p>3:00 Skip-Bo, LI</p>	<p>National Visit Your Relatives Day</p> <p>9:00 Walking Club, L</p> <p>9:30 Coffee Talk: NYSE Start Up Anniversary, LI</p> <p><b>10:30 Picnic in the Park, L</b></p> <p>11:00 Wii Fit, GP</p> <p>1:00 Bridge, LI</p> <p>1:30 Name That Tune, GP</p> <p>2:00 Invite Your Family Ice Cream Social, GP</p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>9:00 Bank Trips, L</p> <p>9:00 Let's Dance, GP</p> <p>10:00 News Today, GP</p> <p>10:00 <i>Dali Museum Trip, L</i></p> <p>11:00 Men's Club, BR</p> <p><b>11:00 "Stress Talk" With Nurse Leanne, GP</b></p> <p>1:00 Ol' Time Music, GP</p> <p>1:00 Outdoor Volleyball, CY</p> <p>3:00 Pokeno, GP</p> <p><b>4:00 Dinner Out at Olive Garden, L</b></p> <p>6:30 Progressive Rummy, LI</p>	<p>9:00 Catholic Services, LI</p> <p>9:00 Fitness Fun, FR</p> <p>9:30 Blood Pressure Check by Bayada, GP</p> <p>10:00 Bible Study, LI</p> <p>10:00 Backyard Games, CY</p> <p>11:00 Senior Zumba, GP</p> <p>1:00 Drive in Movie: Rear Window, GP</p> <p>2:00 Library Trip, L</p> <p><b>3:00 The Barrington Birthday Bash!</b></p> <p>7:00 B-I-N-G-O, GP</p>	<p>9:00 Chair Yoga, CY</p> <p>10:00 Wii Bowling, GP</p> <p>11:00 Chat With Shelby, LI</p> <p>1:30 Singalong, GP</p> <p><b>1:30 Visual Assistance Group, LI</b></p> <p>2:00 Spa Day, GP</p> <p>3:00 Pokeno, GP</p> <p><b>6:30 Dancing With the Seniors, GP</b></p>	<p>9:00 Publix, L</p> <p>9:00 Senior Zumba, GP</p> <p>10:30 Oriental Fan Craft, GP</p> <p>11:30 Walmart, L</p> <p>1:00 Chair Volleyball, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>3:00 Orient Express Happy Hour, GP</p> <p><b>7:00 Bayada Movie Night w/Snacks, GP</b></p>	<p>9:00 Pokeno, CS</p> <p>9:30 Scrabble, LI</p> <p>10:00 Largo Mall, L</p> <p>10:30 Trip to the Largo Farmer's Market, L</p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Bingo, GP</p> <p>7:00 Saturday Night at the Movies, CS</p>
<p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>12:00 Indy 500, GP</p> <p>2:00 Board Game Challenge, CS</p> <p>3:00 Church Service, GP</p> <p>3:00 Skip-Bo, LI</p>	<p><b>MEMORIAL DAY</b></p> <p>9:00 Walking Club, L</p> <p>11:00 Memorial Day Cookout, Pool</p> <p>11:00 Wii Fit, GP</p> <p>1:00 Bridge, LI</p> <p>1:30 Decorate Patriotic Cookies, GP</p> <p>2:00 Patriotic Concert, GP</p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>9:00 Let's Dance!, GP</p> <p>10:00 News Today, GP</p> <p>11:00 Men's Club, BR</p> <p>11:00 Indoor Tennis Tournament, GP</p> <p>1:00 French Open Social, GP</p> <p>3:00 Pokeno, GP</p> <p>6:30 Progressive Rummy, LI</p> <p>7:00 Bingo With Bayada, GP</p>	<p>9:00 Catholic Services, LI</p> <p>9:00 Let's Cook Healthy Parfaits, GP</p> <p>9:30 Blood Pressure Check by Bayada, GP</p> <p>10:00 Bible Study, LI</p> <p>10:00 Walk a Thon, L</p> <p><b>2:30 Rick's Gospel Music, GP</b></p> <p>3:30 Golf Card Game, GP</p> <p>7:00 B-I-N-G-O, GP</p>	<p>9:00 Chair Yoga, CY</p> <p><b>10:00 Avon Calling, L</b></p> <p>10:00 Wii Bowling, GP</p> <p><b>11:30 Dollar Hot Dogs, GP</b></p> <p><b>12:00 Senior Variety Band, GP</b></p> <p>1:00 90+ Social, GP</p> <p><b>1:00 Fitness Machine Group, FR</b></p> <p><b>1:30 Visual Assistance Group, LI</b></p> <p><b>2:00 Town Hall Meeting, GP</b></p> <p>3:00 Pokeno, GP</p> <p>7:00 Poker Club, BR</p>	<p>9:00 Publix, L</p> <p>9:00 Senior Zumba, GP</p> <p>10:00 Kennedy Trivia, GP</p> <p>11:00 Scattergories, LI</p> <p>1:00 Chair Volleyball, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>3:00 OOPA! Greek Happy Hour, GP</p>	<p>9:00 Pokeno, CS</p> <p>9:30 Scrabble, LI</p> <p>10:00 Largo Mall, L</p> <p>10:30 Countdown to Summer Lemonade Social, GP</p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Bingo, GP</p> <p>7:00 Saturday Night at the Movies, CS</p>
<p>8:00 Church Trips, L</p> <p>10:00 Let's Shoot Pool, BR</p> <p>1:30 Pool Party, Pool</p> <p>2:00 Board Game Challenge, CS</p> <p>3:00 Church Service, GP</p> <p>3:00 Skip-Bo, LI</p>						

## Savor Springtime Activities

If you're longing to bid the wintertime blues goodbye as warmer, sunny weather returns, there's no better cure for cabin fever than to spend time outdoors on a bright and breezy spring day. Consider these ideas for enjoying the season.

**Take me out to the ballgame:** Since spring ushers in baseball season, catch your home team in action or take in other spectator sports, such as a grandchild's soccer game or a local high school track meet.

**Let's get growing:** Get back in touch with nature by planting flowers or vegetables. Whether it's a community garden or a small pot for your windowsill, tending plants can be therapeutic.

**A bird's-eye view:** Spring is prime time for bird-watching since many species of our feathered friends are returning from winter migration, as well as building nests to raise their hatchlings.

**Pack a picnic:** Whether you enjoy a full meal or just some seasonal snacks, dining outside on a beautiful day is the perfect way to take in the season.

## Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty.

Created from the simple idea of gathering America around its armed forces to show gratitude and solidarity, the month of May was chosen because it already includes the most military-related commemoration days: Loyalty Day, Victory in Europe (VE) Day, Armed Forces Day, Military Spouse Appreciation Day and, most well-known, Memorial Day.

The congressional resolution for Military Appreciation Month calls for a proclamation from the president regarding the important role these men and women fill, but you can celebrate in your own community any way you choose. One of the easiest, yet most meaningful, is to offer a heartfelt thank-you to all service members, past and present.

## Executive Director's Corner

Social media is an important tool that over 75 percent of online people use worldwide. The most popular forms of social media include Facebook and Twitter. Facebook users can create a page that shows their invited friends information about themselves. When you use Facebook you are able to connect with family and friends; reconnect with long lost friends; share photos and videos; and post quick updates.

Twitter is a real-time information network powered by people all around the world that lets you share and discover what's happening right now (in 140 characters or less). Twitter users can find fast, relevant news updates; read real-time updates from your favorite organizations (like The Barrington); post your own updates and exchange thoughts, pictures and videos.

The Barrington uses multiple different social media sites to communicate with the public, residents and their families. We frequently post upcoming events, reminders for important dates, and pictures and videos from our daily activities and parties. We would love to invite you and your families to be a part of The Barrington Social Networking family!

Please go to our Facebook page and "Like" The Barrington; visit <https://www.facebook.com/thebarringtonseniorliving>.

And please share our Facebook page with your friends and family!