



Independent 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 Receives a Letter From Senator Latvala!

Senator Jack Latvala sent a letter of congratulations to 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.”

If you would like a copy of this letter, please come to the front desk!

INDEPENDENT LIVING

**AUGUST 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**

- 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

*Activities Subject to Change*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
8:00 Church Trips, L <b>2</b> 10:00 Let's Shoot Pool, BR <b>10:00 Family Dollar Trip, L</b> <b>1:30 Movie and Popcorn: "Gidget," GP</b> 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Services, GP	9:00 Walking Club, L <b>3</b> <b>9:00 Bank Trip, L</b> 11:00 Wii Bowling, GP <b>1:30 Let's Learn Spanish, GP</b> <b>2:00 Bridge, LI</b> <b>2:00 Ice Cream Social, GP</b> 3:00 Bingo: Three for \$1, GP <b>4:30 Dinner Out: Olive Garden, L</b>	9:00 Let's Dance, GP <b>4</b> <b>9:00 Bob Evans Hearing Clinic, LI</b> 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP <b>2:00 Fun With Watermelon/Watermelon Day, CY</b> 3:00 Pokeno, GP 6:30 Progressive Rummy, LI <b>6:30 National Night Out, CY</b>	9:00 Catholic Services, LI <b>5</b> 9:30 Blood Pressure Check With Bayada, GP 10:00 Bible Study, LI <b>10:00 Trivia With Richard, GP</b> 11:00 Senior Zumba, GP <b>1:00 Community Painting, GP</b> <b>Speaker: National Eye Exam Month, GP</b> 2:00 Library Trip, L <b>2:00 Root Beer Float Social, GP</b> 2:30 Golf Card Game, GP <b>6:30 Bayada Bingo</b>	10:00 Wii Bowling, GP <b>6</b> 1:30 Singalong, GP <b>2:00 Craft: Make Hula Skirts, GP</b> 3:00 Pokeno, GP <b>6:30 Movie: "I Love Lucy," GP</b> 7:00 Poker Club, BR	8:00 Dunkin' Donuts & Coffee, GP <b>7</b> 9:00 Publix Trip, L 11:00 Sit and Be Fit, GP <b>1:30 Scrabble Tournament, GP</b> 2:00 Blood Pressure Check by Bayada, GP 3:00 Happy Hour/Beer& Nuts/Steve, GP 6:30 Movies With Bayada, GP	9:00 Pokeno, GP <b>8</b> 9:30 Scrabble, LI <b>10:00 CVS/Walgreens, L</b> <b>11:00 Happiness Social: What Makes You Happy?, GP</b> 1:00 Left, Right, Center, GP 2:30 Bingo, GP <b>7:00 Saturday Night at the Movies, GP</b>
8:00 Church Trips, L <b>9</b> 10:00 Let's Shoot Pool, BR <b>10:00 TJ Maxx Shopping Trip, L</b> <b>11:00 Charlene's Cards, L</b> 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Services, GP	9:00 Walking Club, L <b>10</b> 10:00 Shelby's Book Club, LI 11:00 Wii Bowling, GP <b>1:30 Let's Learn Spanish, GP</b> <b>2:00 Bridge, LI</b> <b>2:30 Let's Learn Spanish, GP</b> 3:00 Bingo: Three for \$1, GP	9:00 Let's Dance, GP <b>11</b> 11:00 Men's Club, BR 1:00 Ol'Time Music, GP <b>2:00 Let's Hula! Class, GP</b> <b>2:30 S'mores Social, GP</b> 3:00 Pokeno, GP 6:30 Progressive Rummy, LI	9:00 Catholic Services, LI <b>12</b> 9:30 Blood Pressure Check With Bayada, GP 10:00 Bible Study, LI <b>10:00 Trivia With Richard, GP</b> 11:00 Senior Zumba, GP <b>1:00 Community Painting, GP</b> <b>2:00 The Welcoming of Our New Residents, GP</b> <b>3:00 Golf Card Game, GP</b> <b>7:00 Bingo With Bayada, GP</b>	10:00 Wii Bowling, GP <b>13</b> 1:00 Fitness Machine Group, FR 1:30 Share and Tell, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 Publix Trip, L <b>14</b> <b>9:00 St. John's Hearing Clinic, LI</b> 11:00 Sit and Be Fit, GP 11:30 Walmart, L <b>1:30 Scrabble Tournament, GP</b> 2:00 Blood Pressure Check by Bayada, GP <b>3:00 Senior Citizen Happy Hour, GP</b> <b>6:30 Friday Night Movies, GP</b>	9:00 Pokeno, GP <b>15</b> 9:30 Scrabble, LI <b>10:00 Thrift Shop Day!, L</b> <b>10:30 National Library Day: Trip to Library, L</b> 1:00 Left, Right, Center, GP 2:30 Bingo, GP <b>7:00 Saturday Night at the Movies, GP</b>
8:00 Church Trips, L <b>16</b> 10:00 Let's Shoot Pool, BR <b>10:00 Target Shopping Trip, L</b> 2:00 Board Game Challenge, CS <b>2:00 Movie and Popcorn: "Message in a Bottle," GP</b> 3:00 Skip-Bo, LI 3:00 Church Services, GP	9:00 Walking Club, L <b>17</b> <b>10:30 Picnic in the Park, L</b> 11:00 Wii Bowling, GP <b>1:30 Let's Learn Spanish, GP</b> <b>2:00 Bridge, LI</b> <b>2:00 What Is Your Legacy?, GP</b> 3:00 Bingo: Three for \$1, GP	9:00 Bank Trips, L <b>18</b> 9:00 Let's Dance, GP <b>11:00 Social Security Chat: Speaker, GP</b> 1:00 Ol'Time Music, GP <b>2:00 Elvis Social: Peanut Butter Sandwich, GP</b> 3:00 Pokeno, GP 6:30 Progressive Rummy, LI	9:00 Catholic Services, LI <b>19</b> 9:30 Blood Pressure Check With Bayada, GP 10:00 Bible Study, LI <b>10:00 Trivia With Richard, GP</b> 11:00 Senior Zumba, GP <b>1:00 Community Painting, GP</b> 2:00 Library Trip, L <b>2:00 "Beach Blanket Bingo," GP</b> <b>3:00 The Barrington Birthday Bash!</b> <b>6:30 Bayada Bingo</b>	10:00 Wii Bowling, GP <b>20</b> 11:00 Chat With Shelby, LI 1:30 Singalong, GP 3:00 Pokeno, GP <b>5:30 "Cheese Burgers in Paradise," GP</b> 7:00 Poker Club, BR	9:00 Publix Trip, L <b>21</b> <b>10:00 Larry's Jewelry, L</b> 11:00 Sit and Be Fit, GP 11:30 Bealls/Bealls Outlet Trip, L <b>1:30 Scrabble Tournament, GP</b> 2:00 Blood Pressure Check by Bayada, GP <b>3:00 Bloody Mary Happy Hour, GP</b> 6:30 Movies With Bayada, GP	9:00 Pokeno, GP <b>22</b> 9:30 Scrabble, LI 10:00 Largo Mall Trip, L <b>10:30 What Is Your Sign? (Horoscope Month), GP</b> 1:00 Left, Right, Center, GP 2:30 Bingo, GP <b>7:00 Saturday Night at the Movies, GP</b>
8:00 Church Trips, L <b>23</b> 10:00 Let's Shoot Pool, BR <b>10:00 Ross Shopping Trip, L</b> 2:00 Board Game Challenge, CS <b>2:00 Sunday Fun Day ("Jaws" the Movie and Popcorn), GP</b> 3:00 Skip-Bo, LI 3:00 Church Services, GP	9:00 Walking Club, L <b>24</b> 10:00 Shelby's Book Club, LI <b>10:00 Health Lecture (Immunization), GP</b> 11:00 Wii Bowling, GP <b>1:30 Let's Learn Spanish, GP</b> <b>2:00 Bridge, LI</b> <b>2:00 Belgian Waffle Day (Let's Make Waffles), GP</b> 3:00 Bingo: Three for \$1, GP	9:00 Let's Dance, GP <b>25</b> <b>10:00 50-Cent Lemonade Sale, L</b> 1:00 Ol'Time Music, GP 3:00 Pokeno, GP 6:30 Progressive Rummy, LI	9:00 Catholic Services, LI <b>26</b> 9:30 Blood Pressure Check With Bayada, GP 10:00 Bible Study, LI <b>10:00 American Antique Social, GP</b> <b>10:00 Trivia With Richard, GP</b> 11:00 Senior Zumba, GP <b>1:00 Pie Tasting Contest, GP</b> <b>2:30 Rick's Gospel</b> <b>7:00 Bingo With Bayada, GP</b>	<b>10:00 Avon Calling, L</b> <b>27</b> 10:00 Wii Bowling, GP <b>11:30 Dollar Hot Dogs, GP</b> <b>12:00 Senior Variety Band, GP</b> <b>1:00 Fitness Machine Group, FR</b> 1:30 Share and Tell, GP <b>1:30 Craft Activity (Making Bird Houses), GP</b> 2:00 Town Hall Meeting, GP 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 Publix Trip, L <b>28</b> 11:00 Sit and Be Fit, GP 11:30 Walmart, L <b>1:30 Scrabble Tournament: Final, GP</b> 2:00 Blood Pressure Check by Bayada, GP <b>3:00 Wear Your Favorite College Tee Shirt to Happy Hour, GP</b> <b>6:30 Friday Night Movies, GP</b>	9:00 Pokeno, GP <b>29</b> 9:30 Scrabble, LI 10:00 Largo Mall Trip, L <b>10:30 Farmers Market Outing, L</b> 1:00 Left, Right, Center, GP 2:30 Bingo, GP <b>7:00 Saturday Night at the Movies, GP</b>
8:00 Church Trips, L <b>30</b> 10:00 Let's Shoot Pool, BR <b>10:00 Kimberly Thrift Store Trip, L</b> 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 Church Services, GP	9:00 Walking Club, L <b>31</b> 11:00 Wii Bowling, GP <b>2:00 Bridge, LI</b> <b>2:00 Aviation Day: Speaker From Dept. Aviation</b> 3:00 Bingo: Three for \$1, GP					

## Summertime Sweet Eats

Nothing is more satisfying on a hot summer day than a refreshing frozen snack. Here's the scoop on some popular options:

**Ice cream:** The classic frozen treat, ice cream is made of cream, sugar and added flavors churned quickly together to create a sweet, light texture. In the U.S., ice cream must have at least 10 percent milk fat and be no more than 50 percent air.

**Gelato:** This Italian dessert is made with whole milk without additional cream, resulting in less milk fat than regular ice cream. It's also churned more slowly, so it's denser and has a more intense flavor.

**Frozen custard:** The extra-rich taste of custard comes from egg yolks, which helps this treat stay colder longer. Like gelato, frozen custard is churned more slowly, so it's very thick and creamy.

**Frozen yogurt:** Made with cultured milk, "fro-yo" is usually lower in fat and calories than ice cream. Its flavor is often described as more tart than sweet, and it has a uniquely thick texture thanks to yogurt cultures.

**Sherbet:** With more of an icy texture than ice cream, sherbet is a low-fat dessert option. Although it contains some milk fat, most of sherbet's flavor comes from high amounts of sugar. It's usually found in tart, fruity flavors like orange and lime.

**Sorbet:** Similar to sherbet, sorbet is made of water, fruit puree or juice, and sugar, but contains no dairy ingredients, so it's very low in fat. It is constantly churned during the freezing process, creating a fine, soft texture.

## Life Is Fun at The Barrington!



*Fourth of July Pool Party!*



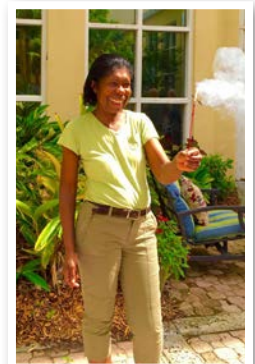
*Joan helped make yummy chow-chow!*



*Blanche was having fun!*



*Line Dancing fun!*



*Sparkler fun!*



*Happy Hour!*