



Independent Living

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

September 2015

## Celebrating Patriot Day at The Barrington.

In the United States, Patriot Day is observed as the National Day of Service and Remembrance, and occurs on September 11 of each year in memory of the 2,977 killed in the 2001 September 11 attacks. The flag of the United States is flown at half-staff at the White House and on all U.S. government buildings and establishments throughout the world; flags are also encouraged to be displayed on individual American homes. Additionally, a moment of silence is observed to correspond with the attacks, beginning at 8:46 a.m. (Eastern Daylight Time), the time the first plane, American Airlines Flight 11, struck the North Tower of the World Trade Center on September 11, 2001.

At The Barrington, we also choose to honor the emergency service workers during this week. We will be hosting a cookout from 10:30 a.m. to 3:30 p.m. for all local Police Officers, EMT/ Paramedics and Firefighters. We will be hosting this annual luncheon on Sept. 10, 2015. We encourage all residents to wear your patriotic gear and stop by to thank these brave men and women for their service.

## A Look at the American Legion

Each year, the American Legion devotes millions of volunteer hours and raises millions of dollars to support veterans, current military personnel, and their communities.

Started in 1919, the Legion has grown to more than 2 million Legionnaires who belong to nearly 14,000 posts throughout the U.S., Puerto Rico, Mexico, the Philippines, and France. With the mission of "mutual helpfulness," the service organization has created numerous outreach efforts.

Members can be seen volunteering at schools, U.S. military installations and veterans hospitals. They conduct job fairs for veterans and help them and their families apply for health and education benefits. American Legion honor guards provide services at veterans' funerals. Legion posts are often the staging areas in times of natural disaster, as well as polling places and sites for community events. The Legion supports a variety of youth programs, such as sponsoring Boy Scout troops.

One of the group's most popular programs is American Legion Baseball. Founded in 1925, today nearly 100,000 teens participate in the amateur league every year. Many players go on to play for college and Major League Baseball teams.

INDEPENDENT LIVING

**SEPTEMBER 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**

- Betty W., 8th
- Robert R., 10th
- Clarence B., 13th
- Peter O., 15th
- Jack C., 17th
- June P., 20th
- Dorothy H., 21st
- Del-Ann W., 21st
- Dorothy H., 25th
- Stan R., 27th

**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
		9:00 Bank Trips, L 1 9:00 <b>Bob Evans Hearing, GP</b> 9:30 <b>Moving to Music, CS</b> 10:00 <b>Coupon Cutting, GP</b> 1:00 Ol'Time Music, GP 2:00 <b>Community Pep Rally, GP</b> 3:00 <b>Pokeno, GP</b> 6:30 Progressive Rummy, LI	9:30 Blood Pressure Check With Bayada, GP 2 10:00 <b>Short Talk With Brenda, GP</b> 11:00 <b>Moving to Music, GP</b> 1:00 <b>Community Painting, GP</b> 2:00 Library Trip, L 2:30 Golf Card Game, GP 6:30 <b>Bingo</b>	10:00 Wii Bowling, GP 3 1:30 <b>Craft Club (Tin Can Windsocks), GP</b> 2:00 <b>Honey and Tea Break, GP</b> 3:00 Pokeno, GP 7:00 Poker Club, BR	8:00 <b>Dunkin' Donuts &amp; Coffee, GP</b> 4 9:00 Publix Trip, L 11:00 Sit and Be Fit, GP 2:00 Blood Pressure Check by Bayada, GP 3:00 <b>Tacos &amp; Tequila Happy Hour With Steve, GP</b> 7:00 Movies With Bayada, GP	9:00 Pokeno, GP 5 9:30 Scrabble, LI 10:00 <b>Trip to Fire Station/Outing, L</b> 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 <b>Saturday Night at the Movies, GP</b>
8:00 Church Trips, L 6 10:00 Let's Shoot Pool, BR 10:00 <b>Alfred Hitchcock Movie, GP</b> 2:00 Board Game Challenge, CS 2:00 <b>Family Dollar Trip, L</b> 3:00 Skip-Bo, LI 3:00 <b>Bible Study, GP</b>	LABOR DAY 7 9:00 Walking Club, L 11:00 <b>Labor Day (Theme Lunch) Decor</b> 2:00 <b>Bridge, LI</b> 3:00 Bingo: Three for \$1, GP	10:00 <b>Coupon Cutting Club, GP</b> 8 11:00 Men's Club, BR 11:00 <b>Chair Exercise, GP</b> 1:00 Ol'Time Music, GP 2:00 <b>Rock N Roll Social, GP</b> 6:30 Progressive Rummy, LI	9:30 Blood Pressure Check With Bayada, GP 9 10:30 <b>Speaker: Safe Driving/Prevention, GP</b> 11:00 <b>Moving to Music, GP</b> 1:00 <b>Nifty After Sixty, GP</b> 7:00 <b>Bingo With Bayada, GP</b>	10:00 Wii Bowling, GP 10 1:30 <b>Craft Activity (Mystery Box), GP</b> 2:00 <b>Reminisce With a Cup of Tea, GP</b> 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 Publix Trip, L 11 10:30 <b>Walmart: Trip, L</b> 11:00 Sit and Be Fit, GP 2:00 Blood Pressure Check by Bayada, GP 3:00 <b>Wine &amp; Chesse Bach Happy Hour, GP</b> 7:00 <b>Movie/Snack, GP</b>	9:00 Pokeno, GP 12 9:30 Scrabble, LI 10:00 <b>CVS/Walgreens, L</b> 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 2:00 <b>Trip to Largo Senior Center, L</b> 2:30 Bingo, GP 7:00 <b>Saturday Night at the Movies, GP</b>
ROSH HASHANAH 13 8:00 Church Trips, L 10:00 Let's Shoot Pool, BR 11:00 <b>Charlene's Cards and More, L</b> 12:00 <b>Grandparents Day Brunch: Mimosas &amp; Flowers</b> 2:00 <b>TJ Maxx: Trip, L</b> 3:00 Skip-Bo, LI 3:00 <b>Bible Study, GP</b>	9:00 Walking Club, L 14 10:00 Shelby's Book Club, LI 11:00 <b>Professional Woman Meeting, GP</b> 1:00 <b>Murder Mystery Theater, GP</b> 3:00 Bingo: Three for \$1, GP	9:00 Bank Trips, L 15 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP 2:00 <b>Baking Club (Chocolate), GP</b> 3:00 <b>Pokeno, GP</b> 6:30 Progressive Rummy, LI	9:30 Blood Pressure Check With Bayada, GP 16 10:30 <b>Speaker: Safe Driving/Prevention, GP</b> 11:00 <b>Moving to Music, GP</b> 1:00 <b>Community Painting, GP</b> 2:00 Library Trip, L 2:30 Golf Card Game, GP 3:00 <b>The Barrington Birthday Bash! Bingo</b> 6:30 <b>Bingo</b>	10:00 Wii Bowling, GP 17 11:00 Chat With Shelby, LI 1:30 Singalong, GP 3:00 Pokeno, GP 5:30 <b>Murder Mystery Dinner, GP</b> 7:00 Poker Club, BR	9:00 Publix Trip, L 18 10:00 <b>Larry's Jewelry, L</b> 11:00 Sit and Be Fit, GP 11:30 Bealls/Bealls Outlet Trip, L 2:00 Blood Pressure Check by Bayada, GP 3:00 <b>Ahoy Mate Happy Hour, GP</b> 7:00 Movies With Bayada, GP	9:00 Pokeno, GP 19 9:30 Scrabble, LI 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 2:00 <b>Trip to the Museum, L</b> 2:30 Bingo, GP 7:00 <b>Saturday Night at the Movies, GP</b>
20 8:00 Church Trips, L 10:00 Let's Shoot Pool, BR 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 <b>Bible Study, GP</b>	21 9:00 Walking Club, L 10:30 <b>Picnic in the Park, L</b> 11:00 Wii Bowling, GP 2:00 <b>Bridge, LI</b> 3:00 Bingo: Three for \$1, GP	22 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP 2:00 <b>The Mens Club, BR</b> 3:00 <b>Pokeno, GP</b> 6:30 Progressive Rummy, LI	AUTUMN BEGINS 23 YOM KIPPUR 9:30 Blood Pressure Check With Bayada, GP 10:30 <b>Speaker: Safe Driving/Prevention, GP</b> 1:00 <b>Community Painting, GP</b> 2:30 <b>Rick Gospel, GP</b> 7:00 <b>Bingo With Bayada, GP</b>	10:00 <b>Avon Calling, L</b> 24 10:00 Wii Bowling, GP 10:30 <b>Let's Swap Recipes, GP</b> 11:30 <b>Dollar Hot Dogs, GP</b> 12:00 <b>Senior Variety Band, GP</b> 1:00 <b>Fitness Machine Group, FR</b> 3:00 Pokeno, GP 7:00 Poker Club, BR	9:00 Publix Trip, L 25 11:00 Sit and Be Fit, GP 11:30 Walmart, L 1:30 <b>Scrabble Tournament; FINAL, GP</b> 2:00 Blood Pressure Check by Bayada, GP 3:00 <b>Happy Hour, GP</b> 7:00 <b>Movie/With Snacks, GP</b>	9:00 Pokeno, GP 26 9:30 Scrabble, LI 10:30 Largo Mall Trip, L 1:00 Left, Right, Center, GP 2:30 Bingo, GP 7:00 <b>Saturday Night at the Movies, GP</b>
27 8:00 Church Trips, L 10:00 Let's Shoot Pool, BR 2:00 Board Game Challenge, CS 3:00 Skip-Bo, LI 3:00 <b>Bible Study, GP</b>	28 9:00 Walking Club, L 10:00 Shelby's Book Club, LI 11:00 Wii Bowling, GP 2:00 <b>Meet &amp; Greet New Neighbors, GP</b> 3:00 Bingo: Three for \$1, GP	29 10:00 Left, Right, Center, CS 1:00 Ol'Time Music, GP 2:00 <b>Craft: Autumn Wreaths, GP</b> 3:00 <b>Pokeno, GP</b> 6:30 Progressive Rummy, LI	30 9:30 Blood Pressure Check With Bayada, GP 10:30 <b>Health Speaker: Medication Management, GP</b> 11:00 <b>Moving to Music, GP</b> 1:00 <b>Community Painting, GP</b> 2:30 Golf Card Game, GP			

## A Flowering Fall

Cooler temperatures have us saying goodbye to the colorful blossoms of summer. But fall has plenty of floral beauty to enjoy. Here are some popular flowers you may see this season:

**Aster:** The birth flower for September, asters bloom from late August to the first frost. Their star-like blossoms, which attract birds and butterflies, come in white, pink, purple and blue hues and typically have cheerful yellow centers.

**Chrysanthemum:** Perhaps the most recognizable fall plant, chrysanthemums, or mums, are treasured for their wide range of colors and flower shapes. Typically found in yellow, orange and red shades that are popular for fall, mums can also be pink, purple, white and even green.

**Goldenrod:** This vibrant wildflower is an important pollen and nectar source for insects such as bees, butterflies and wasps. The bright yellow flowers atop goldenrod's long stalks are a familiar sight in fields and in seasonal arrangements.

**Sedum:** Also known as stonecrop, this flowering succulent has hundreds of varieties, from creeping container plants to large shrubs. Autumn Joy is a classic choice for autumn, with broccoli-like blossoms that change from pink to rusty red.

## Life Is Fun at The Barrington!



Kathy is always up for a dance!



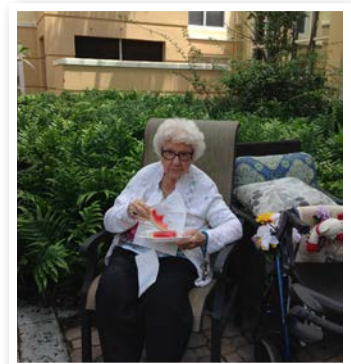
Pokeno and pastries!



Backyard BBQ Celebration!



Watermelon Social!



Watermelon Social!



Our patriotic gals!