

Tribes of America

More than 5 million people identifying as American Indian or Alaska Native live in the United States, where there are 566 federally recognized tribes. Here's more about some of the most populous groups:

Cherokee: Originally from the southeastern U.S., the majority of Cherokee tribe members — who make up the largest tribal nation in the country — live in Oklahoma. One of the most well-known Cherokee historical figures is Sequoyah, who created a writing system for the Cherokee language.

Navajo: The Navajo Nation occupies more than 27,000 square miles of desert land in Arizona, New Mexico and Utah. Known for creating beautiful art pieces such as silver and turquoise jewelry, woven blankets and ceremonial sand paintings, the Navajo people also hold a significant place in U.S. military history: During World War II, their native language was used as an unbreakable code.

Sioux: This Great Plains tribe is one of the most recognized groups in American history, identified by iconic images such as their elaborate feather headdresses worn by chiefs and warriors in sacred ceremonies, as well as teepees made of buffalo hides. Famous Sioux include Chiefs Sitting Bull and Crazy Horse.

Chippewa: The homeland of the Chippewa (or Ojibway) people includes the U.S. states of Minnesota, Wisconsin and Michigan, as well as the Canadian provinces of Ontario, Manitoba and Saskatchewan. Although now regarded as a symbol of American Indian culture in general, the dreamcatcher originated with the Chippewa tribe.

Life Is Fun at The Barrington! (Continued)



Lounging poolside!



Hula time!



Fun times with friends at The Barrington!



Margaritas poolside!

The Barrington Lifestyle

Independent Living
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THE BARRINGTON SENIOR LIVING AT EASE
Like Us!

October 2015

Life Is Fun at The Barrington!



The residents love our Quesadilla stations!



Cheeseburgers in Paradise!

(Photos continued on back)

Dear Barrington Family and Friends,

Happy Fall! As we welcome cooler weather, we will see additional outdoor improvements happening at The Barrington. We are coming up with creative and fun activities to make the most of our Florida fall! We will be trying our hands at some herbal gardens, so if interested, please join our Garden Club!

October will be filled with many exciting activities, so please check out the calendar for more details. We will be doing lots of fall crafts to help get our building decorated and feeling like fall. Please join in and help make something special for your door! The Barrington will be hosting a Halloween Party on Oct. 15 and costumes are encouraged! We will be giving away prizes for best costumed residents. We have lots of outings this month, including a farmer's market visit, picnic at the park and other fun events! Reservations can be made at the Concierge desk or by calling (727) 585-5900.

We are still seeking good neighbors to live at The Barrington. If you have friends, neighbors or family members who are thinking about senior living, please send them our way. Remember, you receive a \$500 check after they are here for 90 days!

Please have your family and friends check out our website at www.barringtonseniorliving.com and follow us on Facebook, <https://www.facebook.com/thebarringtonseniorliving>. We update Facebook weekly with pictures from our events, information on upcoming events and educational articles.

Regards,
Shelby Anderson
Executive Director



INDEPENDENT LIVING

OCTOBER 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

- Corinne L., 2nd
- Eileen B., 3rd
- Marietta P., 11th
- Mary B., 14th
- Don H., 15th
- Erma H., 16th
- Doris J., 16th
- Peggy M., 17th
- Suzie R., 25th
- Luciana M., 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
						
<p>8:00 Church Trips, L ⁴</p> <p>9:00 Spice Donuts, GP</p> <p>10:00 Let's Shoot Pool, BR</p> <p>3:00 Skip-Bo, LI</p> <p>3:00 Church Service, GP</p> <p>7:00 Halloween Movie: Matinee, GP</p>	<p>10:00 Coffee/Chat How Did You Do It?(Work& Family), GP ⁵</p> <p>11:00 Wii Bowling, GP</p> <p>2:00 Bridge, LI</p> <p>2:00 Outdoor Social: Fresh Air, CY</p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>9:00 Bob Evans Hearing, GP ⁶</p> <p>9:30 Let's Walk for Health, L</p> <p>10:00 <i>Bible Study, LI</i></p> <p>11:00 Happy National Chili Month: Lunch</p> <p>1:00 Ol'Time Music, GP</p> <p>3:00 Pokeno, GP</p> <p>6:30 Progressive Rummy, LI</p>	<p>9:30 Blood Pressure Check With Bayada, GP ⁷</p> <p>11:00 Moving to Music, GP</p> <p>1:00 Community Painting, GP</p> <p>2:00 Library Trip, L</p> <p>2:00 Photography Social/ Picture Taking, GP</p> <p>2:30 Golf Card Game, GP</p> <p>7:00 Bingo</p>	<p>9:00 <i>Bank Trip, L</i> ¹</p> <p>10:00 Wii Bowling, GP</p> <p>1:30 Baking Club: Autumn Cookies, GP</p> <p>2:00 Community Pep Rally, GP</p> <p>3:00 Pokeno, GP</p> <p>7:00 Poker Club, BR</p>	<p>8:00 Dunkin' Donuts & Coffee, GP ²</p> <p>9:00 Publix Trip, L</p> <p>11:00 Sit and Be Fit, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>3:00 Oktoberfest Happy Hour: German Month, GP</p> <p>7:00 Movies With Bayada, GP</p>	<p>9:00 Pokeno, GP ³</p> <p>9:30 Scrabble, LI</p> <p>10:30 Largo Mall Trip, L</p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Halloween Bingo, GP</p> <p>7:00 Saturday Night at the Movies, GP</p>
<p>8:00 Church Trips, L ¹¹</p> <p>10:00 Let's Shoot Pool, BR</p> <p>11:00 Charlene's Cards and More, L</p> <p>2:00 Board Game Challenge, CS</p> <p>2:30 <i>Halloween Movie: Thriller, GP</i></p> <p>3:00 Skip-Bo, LI</p> <p>3:00 Church Service, GP</p>	<p>COLUMBUS DAY ¹²</p> <p>9:00 <i>Bank Trip, L</i></p> <p>10:00 Shelby's Book Club, LI</p> <p>11:00 Professional Women Meeting, GP</p> <p>2:00 Bridge, LI</p> <p>2:00 Pumpkin Decorating Contest: Begins, GP</p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>9:30 <i>Walking Club, L</i> ¹³</p> <p>10:00 <i>Bible Study, LI</i></p> <p>11:00 Men's Club, BR</p> <p>1:00 Ol'Time Music, GP</p> <p>2:30 <i>Pumpkin Bowling, CY</i></p> <p>3:00 Pokeno, GP</p> <p>6:30 Progressive Rummy, LI</p>	<p>9:30 Blood Pressure Check With Bayada, GP ¹⁴</p> <p>10:00 Health Talk: Dental Health, L</p> <p>11:00 Moving to Music, GP</p> <p>1:00 Community Painting, GP</p> <p>2:00 <i>Caramel Deserts, GP</i></p> <p>2:30 Golf Card Game, GP</p> <p>7:00 Bingo With Bayada, GP</p>	<p>10:00 Wii Bowling, GP ¹⁵</p> <p>2:00 Pokeno, CS</p> <p>5:30 All Hallow's Eve Bash: (Costume Party), GP</p> <p>7:00 Poker Club, BR</p>	<p>9:00 Publix Trip, L ¹⁶</p> <p>10:00 Larry's Jewelry, L</p> <p>10:30 Bealls/Bealls Outlet Trip, L</p> <p>11:00 Sit and Be Fit, GP</p> <p>1:30 Making Haunted Ginger Bread House, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>3:00 Think Pink Happy Hour, GP</p> <p>7:00 Movies With Bayada, GP</p>	<p>9:00 Pokeno, GP ¹⁷</p> <p>9:30 Scrabble, LI</p> <p>10:30 Largo Mall Trip, L</p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Halloween Bingo, GP</p> <p>7:00 Saturday Night at the Movies, GP</p>
<p>8:00 Church Trips, L ¹⁸</p> <p>10:00 Let's Shoot Pool, BR</p> <p>2:00 <i>Halloween Movie: Thriller, GP</i></p> <p>3:00 Skip-Bo, LI</p> <p>3:00 Church Service, GP</p>	<p>10:30 Picnic in the Park, L ¹⁹</p> <p>11:00 Wii Bowling, GP</p> <p>1:30 <i>Let's Make Pizza: (National Pizza Month), GP</i></p> <p>2:00 Bridge, LI</p> <p>2:00 Coffee Chat:(Apollo Mission Day) Where Were You?, GP</p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>9:30 Walking Club, L ²⁰</p> <p>10:00 <i>Bible Study, LI</i></p> <p>1:00 Ol'Time Music, GP</p> <p>2:00 <i>Baking Spice Pumpkin Seeds, GP</i></p> <p>3:00 Pokeno, GP</p> <p>6:30 Progressive Rummy, LI</p>	<p>9:30 Blood Pressure Check With Bayada, GP ²¹</p> <p>10:30 Health Talk: National Physical Therapy Month, GP</p> <p>11:00 Moving to Music, GP</p> <p>1:00 Community Painting, GP</p> <p>2:00 Library Trip, L</p> <p>2:00 <i>Halloween Pictionary, GP</i></p> <p>2:30 Golf Card Game, GP</p> <p>3:00 The Barrington Birthday Bash! Bingo</p> <p>7:00 Bingo</p>	<p>10:00 Avon Calling, L ²²</p> <p>10:00 Wii Bowling, GP</p> <p>11:30 Dollar Hot Dogs, GP</p> <p>12:00 Senior Variety Band, GP</p> <p>1:00 Fitness Machine Group, FR</p> <p>3:00 Pokeno, GP</p> <p>7:00 Poker Club, BR</p>	<p>9:00 Publix Trip, L ²³</p> <p>10:30 Walmart, L</p> <p>11:00 Sit and Be Fit, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>2:00 Food Drive (National Food Bank Week), GP</p> <p>3:00 Magic & Mimosa Happy Hour, GP</p> <p>7:00 Movie/Snack, GP</p>	<p>9:00 Pokeno, GP ²⁴</p> <p>9:30 Scrabble, LI</p> <p>10:30 Largo Mall Trip, L</p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Halloween Bingo, GP</p> <p>7:00 Saturday Night at the Movies, GP</p>
<p>8:00 Church Trips, L ²⁵</p> <p>10:00 Let's Shoot Pool, BR</p> <p>2:00 <i>Halloween Movie: Thriller, GP</i></p> <p>3:00 Skip-Bo, LI</p> <p>3:00 Church Service, GP</p>	<p>10:00 Shelby's Book Club, LI ²⁶</p> <p>11:00 Wii Bowling, GP</p> <p>1:30 Coffee Chat: What Do You Collect?, GP</p> <p>2:00 Bridge, LI</p> <p>2:00 Meet & Greet New Neighbors, GP</p> <p>2:30 <i>Wheel of Fortune Social, GP</i></p> <p>3:00 Bingo: Three for \$1, GP</p>	<p>10:00 <i>Bible Study, LI</i> ²⁷</p> <p>1:00 Ol'Time Music, GP</p> <p>2:00 Town Hall Meeting, GP</p> <p>2:30 Neighborhood Walk for a Cure: Donations, L</p> <p>3:00 Pokeno, GP</p> <p>6:30 Progressive Rummy, LI</p>	<p>9:30 Blood Pressure Check With Bayada, GP ²⁸</p> <p>11:00 Moving to Music, GP</p> <p>1:00 Community Painting, GP</p> <p>2:00 Pumpkin Decorating Contest: You Vote, GP</p> <p>2:30 Golf Card Game, GP</p> <p>7:00 Bingo With Bayada, GP</p>	<p>10:00 Wii Bowling, GP ²⁹</p> <p>1:30 Baking Club: Harvest Hash Trail Mix, GP</p> <p>2:00 <i>Coffee Chat: (Stock Market Crash), GP</i></p> <p>3:00 Pokeno, GP</p> <p>7:00 Poker Club, BR</p>	<p>9:00 Publix Trip, L ³⁰</p> <p>11:00 Sit and Be Fit, GP</p> <p>2:00 Blood Pressure Check by Bayada, GP</p> <p>3:00 Pumpkin Galore! Happy Hour, GP</p> <p>7:00 Movie With Snacks (Spic Popcorn), GP</p>	<p>HALLOWEEN ³¹</p> <p>9:00 Pokeno, GP</p> <p>9:30 Scrabble, LI</p> <p>10:30 Largo Mall Trip, L</p> <p>1:00 Left, Right, Center, GP</p> <p>2:30 Halloween Bingo, GP</p> <p>7:00 Saturday Night at the Movies, GP</p>