



# The Independent

A Monthly Look at Aravilla Sarasota

OCTOBER 2024

## Big Events!

Monthly Excursions:  
SHAKESPEARE'S  
DETWILER'S  
DRYDOCK  
TRADER JOE'S  
GRANDPA'S SCHINITZEL  
WOLFIE'S  
KEKE'S

**SPECIAL EVENTS**  
**SHARKTOBERFEST**  
Charity Tea Party  
Thursday, October 10  
1:45 PM

**HAPPY HALLOWEEN**  
Party  
2:30 PM  
Thursday, October 31

Meetings:  
Resident Council  
Tuesday, October 8  
10:30 am

3271 Proctor Road  
Sarasota, FL 34231  
AravillaSarasota.com  
941.444.9398

Assisted Living Facility #12551

## Celebrating the Art of Tea

At Aravilla, we hold "Tea Parties" every month. They aren't literally tea parties, but instead are monthly themed events that typically correspond to the season or are just random fun. These parties date back to when Aravilla first opened its doors and were originally gatherings where tea was actually served in the name of collecting money for a charity. Attendees are encouraged to donate as little or as much money as they like. The residents of Aravilla choose a worthy cause to donate to and at the end of the year Aravilla matches any donations made by the community. In the past, *Make-A-Wish* was one of the charities that was donated to. This year, the residents are contemplating on donating to the charity *Tunnels to Towers*, which provides housing and resources to veterans and their families. These parties also provide chances for socialization to all who come. Socialization provides many benefits to seniors such as promoting good mental health through boosting mood, creating a sense of belonging, increasing stress management skills, and reducing risk of depression. Regular socialization can help you live a longer and happier life, so be sure to attend our monthly tea parties and all the other community events held here at Aravilla!



Delores has a chat with the guard



Glenn has tea fit for a King!



New residents; Dorli & Bill; travel to jolly old England at our latest Tea Party

## How Daily Routines Improve Mental Health

Structure in daily routines can significantly impact our psychological well-being, offering a myriad of benefits that extend beyond mere scheduling to deeply affect mental health. Research shows that routines are calming, reduce anxiety, and help control your life, which can be particularly reassuring for those who may feel overwhelmed by uncertainty or changes in their daily lives. Knowing what to expect each day helps reduce the cognitive load associated with decision-making and planning, thereby decreasing stress levels. For these reasons & more your Activities Department has printed Daily Schedules to keep you engaged & entertained every day. Be sure to pick one up today.



*Carole knows the importance of having her daily schedule on hand to keep her on track.*

## Mama Mia-That's Italian!



*Fran, Ed, Judith, Phyllis, Jean, Kate & Bill enjoy a delicious lunch at Asaro's Restaurant on one of our lunch outings.*

Have you visited our website yet? Learn more about all our Aravilla communities, find upcoming public events and support groups, as well as our monthly resident activities calendar. You will also find local and national resources, and be sure to browse the photo galleries and videos of all the fun we have here at Aravilla Sarasota!

