



The Insider

A Monthly Look Inside Aravilla Sarasota

September Fun!

Lunch Bunch

Week 1 Der Dutchmen

Week 2 Culvers

Week 3 Plaza Mexico

Week 4 Joey D's

Forget Me Not Ministry

Tuesdays

11 am

Atrium

Resident Birthday Party

September 28th

2 pm 1st floor

3 pm 2nd floor

Carnival

September 25th

2 pm

3251 Proctor Road
Sarasota, FL 34231
Aravilla.com
941.444.9398

Assisted Living Facility #12551

Vegas Party at Aravilla



Barb & Sumer pose with their prize money.



Our BIG WINNERS!



Paul was the Bingo Winner

We've had conversations about desirable vacation getaways, and some residents mentioned their love for Las Vegas. Since traveling to Las Vegas wasn't an option, we recreated the Vegas experience at Aravilla.

We hosted a memorable Vegas themed party complete with games, prizes, snacks, and an abundance of fun.

All of our residents received prizes. Some won chocolates at Bingo and others like Mila, who was our top prize winner courtesy of a scratch off ticket, were thrilled with their money prizes.

I wonder what party September has for us. Can't wait to share it with you.



Feeling rich!

Sit and Be Fit Seniorcise

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.



Maria stretches during her morning exercise class.



Full house for exercise class

Regular moderate physical activity can help manage stress and improve your mood. Being active on a regular basis may help reduce feelings of depression. Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Join our exercise class at 10 am in the atrium everyday. We guarantee a great time and workout.

Feeding the Swans

I am eagerly anticipating that September brings a cooler climate that allows us to spend time outdoors by the pond, enjoying the peaceful activity of feeding the swans and ducks. Be sure to tag along everyday after breakfast for this activity. Nataly and Kristen will be coming around inviting everyone who wants to come along and help us get our feathery friends fed and happy.



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!

