



# The Insider

A Monthly Look Inside Aravilla Sarasota

## July Fun!

### Be Fit Exercise Class

Everyday

Atrium

10:00 am

### Fourth Of July Cookout

July 4th

Noon

RSVP 941.444.9398

### July Birthday Party

With Rick the Trickster

2 pm Atrium or

3 pm 2nd Floor

July 17th

### Hollywood Glitz Party

July 22nd

2:00 pm

Atrium & Dining Room 3

3251 Proctor Road  
Sarasota, FL 34231

Aravilla.com

941.444.9398

Assisted Living Facility #12551

# Aravilla Adventures



*Peter & Norma pose for a picture on our trip to Harts landing.*



*Top: Jean & Joanne having lunch at Longhorn.*

June was a month full of adventures! Our trips took us to many places around town.

We boarded our bus for the “Mystery Bus Trip”. The bus took us sight seeing over the Ringling Causeway. We went to Hart’s Landing and saw many people fishing and exercising.

On our other trip we went out for a nice lunch at Long Horn. Everything was delicious. Only one problem, the meals were huge. They always have big portions.

July will not be any different. We plan on keeping busy and going on as many trips as possible. Stay tuned for all the fun here at Aravilla.



*Right: Nancy welcomes us on the bus!*

# Morning Routines



*Morning walk to feed the swans.*

This Florida heat is no joke. We have had record high temperatures that feel well over 100 degrees outdoors. This heat has kept us indoors the majority of the day except for the morning routine.

Every morning a group of residents gathers to take a walk around the building. We chose the early morning before the day gets very hot.

After breakfast we grab swan foods and head to the gazebo where the swan and ducks are anxiously waiting for us. The gazebo is a nice place to sit and get fresh air outside. The walk is our warm up before the morning exercise class. Exercise class starts at 10 in the atrium and on the second floor everyday. We hope you can join us on our morning routine.

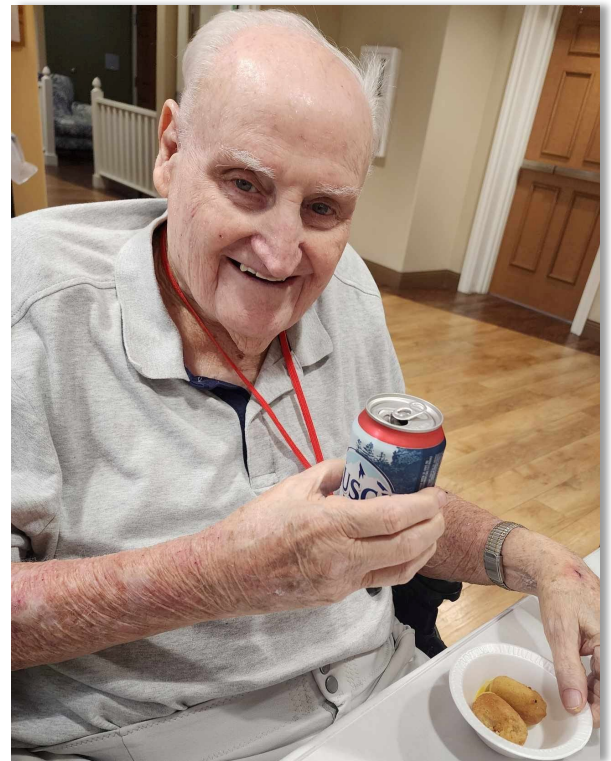
## Father's Day

All the cool dads came to the father's day celebration this past month. Our musical guest on this special day was Mark who played all of our favorite tunes for us to sing-a-long to.



Nataly and Kristen served crispy golden mini corn dogs for everyone. They were delicious. We paired this tasty snack with an ice cold beer.

All of the dads hung out, shared stories and enjoyed the afternoon together. Those beers really hit the spot on such a hot summer day in June. Happy Father's Day!



*Cheers! The cool dads enjoy an ice cold beer on father's day.*

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!