



The Independent

A Monthly Look at Aravilla Sarasota

JANUARY 2025

Big Events!

Monthly Excursions:

- DETWILER'S
- T.J. MAXX
- DOLLAR TREE/
BANKS
- EUROPEAN DELI
- MADFISH
- CONNOR'S
- LONGHORN
- FRESH CATCH
- SUNCOAST CONCERT



Festive folks out for a drive to see Christmas lights in and around Sarasota

CHARITY TEA PARTY

**SHAKE, RATTLE, &
ROLL WITH ELVIS
THURSDAY,
JAN. 16**



Myrtle and Carole pose for the camera at the holiday Frozen party



Charlie is all smiles with St. Nick at the annual Aravilla holiday party

Meetings:

**Resident Council
TUESDAY,
JANUARY 14
10:30 AM**

**3271 Proctor Road
Sarasota, FL 34231
AravillaSarasota.com
941.444.9398**

Assisted Living Facility #12551

The holiday season can be a time of magic, joy, and can bring back a sense of nostalgia. It can also trigger sadness about loved ones that have passed away and remind us of tough times we have faced in life. Being kind to others is a way that we can beat the holiday or post holiday blues if you start to experience them. When we pay kindness forward, many times we will notice that it will come back to us in spades! We can make the world a better place by initiating a chain reaction of kindness, where everyone benefits from the generosity shown to them!

NEW YEAR, NEW YOU!



Wes engages in regular exercise to maintain a healthy lifestyle



Maggie plays BINGO for fun and to stay mentally sharp

Many people make resolutions for the New Year around ways to improve their lives. Change is not easy, so inevitably people struggle with keeping their resolutions. Here are some tips to maintaining resolutions for healthier living. First, focus on setting realistic, specific goals, breaking them down into smaller steps, finding accountability partners, tracking your progress & making your resolutions align with your values and lifestyle. The Aravilla Activities Department plans and facilitates many groups that are aimed at improving your physical, social, and mental well being all while trying to have fun. So be sure to join us in any of the various activities today to take steps towards healthier living!

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!

