

Big Events!

Monthly Excursions:
CINEBISTRO
DETWILER'S
RINGLING
ART GALLERY
PF CHANG
ASARO
CULVER'S
RINCON

Charity Tea Party
ENGLISH TEA
THURS. SEPT. 12
1:45 PM

Meetings:
Resident Council
TUESDAY, SEPT. 10
10:30 am
MEET CHEF DAVID

3271 Proctor Road
Sarasota, FL 34231
AravillaSarasota.com
941.444.9398

Assisted Living Facility #12551

What's Cookin' at Aravilla



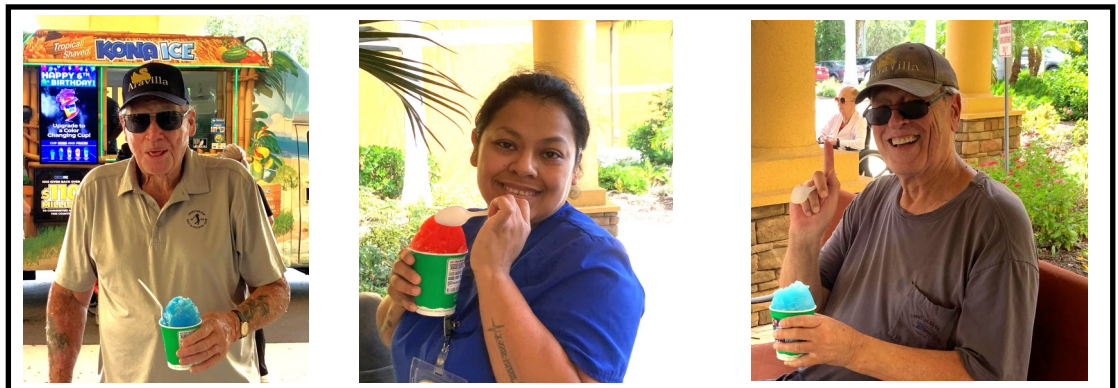
Maggie, Jean, Fran, Emily, Bill, Phyllis, Darlene & Jeannette enjoy lunch out at El Toro Bravo.

Whether we go out for lunch or have a tasty treat delivered, Aravilla knows how to serve our residents with style.

We value the opportunity to schedule weekly lunch outings to many fine dining establishments in the Sarasota area. In addition to this, we often times have food, pizza & ice cream delivered right to our door for resident engagement.

You'll find all of our monthly excursions & activities in the monthly calendar & newsletter as well as updated for any last minute changes in the daily schedule available through the Activity Department.

We invite you to make any suggestions for your favorites & join in on the bus trips to all the great destinations in Sarasota.



Bill, Sandra & John enjoy a refreshing treat on a hot day from the Kona Ice Truck

Thankful & Blessed



Karyl, Carole, Judith & Kay really enjoy our Craft classes. This month we are getting ready for fall with some lovely Leaf displays for our apartments.

Whether it's knitting, painting, sculpting, or woodworking, a hobby is a wonderful way to spend time for people of all ages. But when seniors perform arts and crafts, they serve as more than a hobby—they also provide benefits of all kinds that can improve their quality of life and overall happiness.

Arts and crafts offer seniors a creative outlet, fostering a sense of purpose and skill mastery. They can enhance cognitive function, memory, and motor skills while alleviating stress. Additionally, they help aid in social bonding.

Lion Fish, Tiger Barbs & SHARKS! OH my!



Dot, Zach, Jeanne, Jean, Barb, Jimmy, Fran & Jake enjoy an outing to the World Famous Mote Aquarium.

We took a closer look at our wondrous oceans by visiting Mote Marine Laboratory & Aquarium – home to more than 100 marine species and to interactive exhibits featuring the lab's world-class marine research. Located on Sarasota's City Island just north of St. Armands Circle, the Aquarium offers plenty of "sea" for locals and visitors alike.

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!