



The Independent

A Monthly Look at Aravilla Sarasota

May 2024

Big Events!

Monthly Excursions:

Bangkok Thai
Restaurant
Walt's Fishmarket
Stella's Greek
Restaurant
Alpine Steakhouse
Bonefish Grill
Detwiler's
Beall's
Tidewell Treasures
CVS
Walgreen's

Celebrate MOMS
Charity Tea Party
Friday, May 10
11:00 AM

Meetings:
Resident Council
Tues. May 14
10:30 am
Food Committee
Fri. May 17
10:30 am

3271 Proctor Road
Sarasota, FL 34231
AravillaSarasota.com
941.444.9398

Assisted Living Facility #12551

Ladies Who Love to Lunch



Jeanette, Jean, Phyllis, Ellen, Penny, Fran & Maggie enjoy a Mexican Lunch at Plaza Mexico.

People of any age are happier, healthier, and more fulfilled when physically, mentally, and socially active. This is particularly true for seniors. The harsh reality is that inactivity in seniors can contribute to cancer, diabetes, osteoporosis, depression, hypertension, and premature death. Isolation and loneliness are also highly detrimental to the overall well-being of older adults. Group outings for seniors provide all the benefits of physical activity, mental stimulation, and social interaction crucial to optimal health in older adults.

At Aravilla in Sarasota, we understand the importance of group outings. Our senior community is vibrant and active, providing a wide range of activities to encompass the interests of our residents. Through our senior group outings, residents get to connect with their neighbors and the broader community while exploring new places and having new experiences.



Penny, Jean, Jeanette, Addy, Sue & Fran at Stottlemeyers Restaurant.

Saturday Arts & Crafts Class is a Blast!



Marti, Goldie & Georgina show off their custom Birdhouse designs.

Be sure to join in the fun of our weekly Crafting Class with Emily & Diana. You never know what cute creation is awaiting you to put your own spin on it. We meet every Saturday in the Atrium outside of the Activities Studio at 10:15.

How do we spell fun? B-I-N-G-O!

Bingo is commonly thought of as a game for the elderly, but did you know it's beneficial to our health? Here's more about the benefits of playing bingo. Bingo is stereotypically referred to as one of those "games old people play", but bingo can actually be a very healthy activity for aging adults. Studies have shown that there are many benefits of playing bingo for seniors in particular. Did you know that bingo for seniors scientifically improves health? It increases social engagement. Playing memory games, like bingo, is great for combating mental illness and memory loss diseases like Alzheimer's. Brain games help aging adults remain sharp which can help them tackle day-to-day tasks. Another benefit of playing bingo for the elderly is that it supports memory improvement. Seniors must place chips onto their card quickly in bingo, which aides in improving hand-eye coordination. Now that you know the benefits of seniors playing bingo, consider spending time together this week on Monday, Wednesday, Friday, and Saturday to play bingo with your friends at Aravilla!



Myrtle, Barbara, Georgina, Nedra, Dot, John, Jan, Barb, Phyllis, Cynthia, Jean, Judith, Betty, Wes, Goldie, Al & Noreen

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!

