

Big Events!

Monthly Excursions:

- DETWILER'S**
- SHELLY'S CHRISTMAS & GIFTS**
- STOTTEMEYERS**
- BONEFISH GRILL**
- TURTLE'S**
- BANGKOK**
- SUNCOAST CONCERT BAND**

**Charity Tea Party**  
**WINE & CHOCOLATE**  
**THURSDAY, NOV. 14**  
**1:45 PM**

**Meetings:**  
**Resident Council**  
**THURSDAY, NOV. 12**  
**10:30 am**

**SAVE THE DATE:**  
**HOLIDAY PARTY**  
**THURSDAY, DEC. 19**

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

Assisted Living Facility #12551

## HAPPY OKTOBERFEST!

It was a real Oktoberfest party last month at Aravilla. Residents enjoyed the Polka song stylings of Larry Breidenbach. We celebrated with puzzles, prizes & tasty Oktoberfest beer & cider, pretzels & bratwurst.

Our monthly tea parties are always fun for a good cause. Residents donate towards our charity & the annual collection will be dispersed to the charity of our choice, decided at the end of the year. Aravilla also generously meets these funds, so our donation is doubled.

November's Tea Party will be a Wine & Chocolate Pairing, just in time for the holidays.

Please be sure to join us on Thursday, November 14th at 1:45 to try some sweet treats, visit with your neighbors & give to a great cause.



Mark in his Oktoberfest garb

## The Morning Crew



Front row; Ed & Dick, 2nd row; June, Leila, Dolores & Jean, 3rd row; Vi, Kay, John, John, 4th row; Carole, Dori, Wes & John get prepared for their daily morning workout.

Should seniors exercise every day?

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke. Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns.

For these reasons & more, Aravilla offers daily group morning exercise classes, walking groups & more fun physical games.

If you want to stay fit or get back into shape, join us in the Atrium for a great start to your day.

# Man's Best Friend

## What is Pet Therapy?

Anyone who has spent time with a loving dog or heard the rumble of a cat's purr knows that animals have a powerful effect on people. A pet companion can bring many health benefits to seniors, even if seniors are unable to properly care for a pet. Through pet therapy animals interact with seniors to help improve their quality of life. Animals who are therapy trained, go through a basic obedience course, must be well socialized, and understand how to interact with seniors who have limited mobility.

Aravilla Assisted Living provides pet therapy once a month with Asher, our mascot, as well as others who visit occasionally.

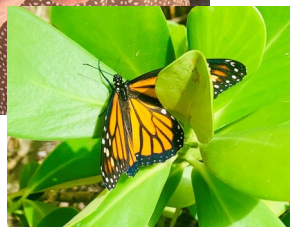


**Dennis & Asher**

## Butterflies add enchantment & wonder to our lives



*Karyl & Susan release a monarch for it's migration to Mexico*



Sarasota Butterflies, provides butterfly encounter experiences to Aravilla monthly, providing a way to watch the magic happen. We provide butterfly releases along with enclosures to watch the miracle of metamorphosis right before our eyes: from egg to caterpillar to chrysalis to beautiful butterfly. Each release helps the environment repopulate the dwindling numbers of butterflies, one beautiful and amazing butterfly at a time. Sarasota Butterflies was created as a way to share this experience and provide access to all things Butterfly.

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!