

March Fun!

Lunch Bunch

Sonny's BBQ

PDQ

IHOP

A's Subs Picnic

Strawberry Short Cakes

March 9th

2pm Second Floor

3pm First Floor

St. Patrick's Day

March 17th

During Music Hour

Easter Egg Hunt

March 31st

11 am

3251 Proctor Road
Sarasota, FL 34231

Aravilla.com

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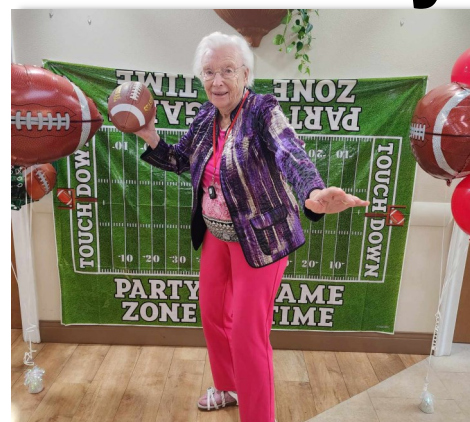
Assisted Living Facility #12551

Aravilla Superbowl Party

This year's Super Bowl was very exciting, no matter what team you were cheering for. Aravilla residents had a pregame party. Nataly made sure our decorations were very festive. We decorated with colorful football balloons and football field backgrounds. We also made our own football decorations during arts and crafts.

There is no way we would let all these decorations go to waste. We set up a photo shoot for the residents. They were all very excited to have their picture taken.

The party foods were perfect. We had pigs in a blanket with a mustard dip and chips with cold sodas. We ended the day with music entertainment from our friend George. The Chiefs went on to win the Super Bowl later that night.



Gloria is ready to make some throws for the win.



Betty has all the yummy snacks.



Top: Sara has a huge smile before the game.



Right: Mavis shows off her Super Bowl football art project.

Aravilla Social Life



Christine is making cupcakes for all at cooking class.

Most people understand the importance of encouraging young children to socialize, but it's easy to overlook the importance of socialization for older adults. Human nature leads us to crave fulfilling relationships with others. As we age, life circumstances may push us toward loneliness and isolation unless we take proactive steps to cultivate new relationships.

Joining a group of people with the same interests makes life more fun. It can provide a reason to get up and go with a smile. Socializing can enhance your loved one's quality of life considerably and add years to their expected lifespan. Seniors will be able to make new friends and strengthen existing relationships when they engage in activities they love with others who enjoy the same interests.

Encouraging others and receiving encouragement in return

raises your self-confidence. Think about how your loved one would feel if he/she was asked to help someone with something they are good at. Even still, how proud would they feel if they were asked to join a corn hole game or bake a special recipe. Making yourself useful and helpful always boosts your spirit and with that your mental health. It's all about feeling good about yourself.



JJ whips up some tasty batter for our waffles.

Forget Me Not Ministry

Forget Me Not Ministry visits Aravilla every Tuesday. Service is held at 11 am every week. We always have a full house. Residents from both floors are invited and encouraged to attend. Phil shares a beautiful message for our residents. All the favorite church songs are sung by the volunteers that come in for our services and the residents during services. Our residents participate by praying, playing the piano and singing. Join us for our Easter service on the 26th.



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!

