



The Independent

A Monthly Look at Aravilla Sarasota

APRIL 2025

Big Events!

Monthly Excursions:

- PUBLIX
- WALMART
- DER DUTCHMAN
- WOLFIE'S
- WALT'S FISH MARKET
- BANGKOK
- SUNCOAST CONCERT BAND
- CVS/WALGREEN/P.O.

CHARITY TEA PARTY

**EASTER
EGGSTRAVAGANZA
THURSDAY,
APRIL 17TH
3 PM**



Resident Council

**TUESDAY,
APRIL 8
10:30 AM**

Happy Easter from Aravilla!

As Easter approaches for residents at Aravilla, we know how important it is that there are activities planned to give residents something to look forward to, participate in, and enjoy during the holiday season.

We realize that Easter is a time for Christians to prepare & celebrate their faith & so we will have many spiritual, creative & culinary activities to participate in during this special time.

All of us at Aravilla wish each one of you a blessed holiday, a beautiful spring and a healthy, fun summer & be sure to join us soon to keep happy & well in mind, body & spirit.



Goldie gets a big Easter Hug from the Easter Bunny!



Phyllis, Marie, Judith Jean & Pamela are the Yahtzee Queens of Aravilla

Life is short, Take a Chance-You could roll a Yahtzee!

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Having an active lifestyle is important for seniors, which can be harder to do the older they get, especially if they don't have anyone to do things with. Doing things in a group, from reading a favorite book to playing softball, going fishing, or playing golf, can make it easier for seniors to stay active.

One of the main reasons why group activities are crucial for seniors is the socializing opportunities it creates. It can be very easy for senior adults to isolate themselves when going out becomes too difficult. Unfortunately, this can lead to depression and a drop in activity levels, which can hasten the onset of age-related decline.

Doing things in a group increases social engagement, promotes exercise, and helps seniors feel more connected to others and the community they live in. The mental health benefits alone are enough reason to get up, join a group, and have some fun. Seniors who participate in group activities regularly have a more enriching retirement and are generally happier and healthier.

Lunchtime adventures with our favorite people



Judith, Ernie, Fran, Jean, Mary, Phyllis, Zach, Minnie, Shirley, Goldie & Myrtle enjoy each others' company at lunch.

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!

