

Big Events!

Monthly Excursions:

Publix
Walmart
Detwiler's
Gulf Gate Library
Dollar Tree/Banks
CVS/Walgreens/Post Office
Trader Joes
Target
Steak and Shake
Lefty's Seafood
Clever Monkey

Christmas Thursday,
December 25, ALL DAY

Resident Christmas Party
Thursday, December 18,
5pm-7pm

Resident Council
Tuesday, December 9
10:15 AM
Food Council
Thursday, December 11
10AM

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Assisted Living Facility #12551

"Tis the season to be jolly!" and "Happy Holidays and best wishes for a Happy New Year"



On Thursday, December 18th from 5pm-7pm our residents will be having their annual Resident Christmas party. They will be enjoying a huge Christmas Buffett style dinner put on by our dining staff along with Christmas music sung by Diane Postell. The residents have been decking the halls of Aravilla since November getting ready for the holidays so they cannot wait to celebrate all their hard work with this party. We cannot wait to show off photos with you of our Holly Jolly fun.

Are you on the Naughty or Nice List this year? Happy Christmas Everyone. All day on Thursday, December 25th, we will be celebrating Christmas. Our residents will start the day with some Christmas exercise, then move onto the Disney Christmas Parade. At lunch time that's when we will have our big Christmas meal. After lunch we will enjoy some Charlie Brown Christmas and White Christmas. Here at Aravilla, we have so much to be merry for. As Tiny Tim said "Merry Christmas to us all; God bless us, everyone!"



Happy New Years Eve everyone. The residents have been reflecting on their past friendships, memories, lives these past 365 days. To say a proper goodbye to 2025 and hello to 2026 the residents will be having a Count Down to Noon party with champagne, snacks, and confetti. Because much of the world rings in the New Year before we do, we decided to join their celebration!" As we say sing every New Years Eve auld lang syne "time long past"

Holiday Health and Safety Tips for Seniors



The holidays are the busiest time of the year for most people. With everything going on, it's easy to overlook potential safety hazards to seniors. Here are a few to remember:

Falling Hazards: Holiday decorations can be a great way to uplift your mood, get you in the spirit of the season, and create a cozy and inviting home. However, some decor can pose a tripping hazard for elders. With that in mind: **Opt for simple decorations, Keep extension cords off the floor, Don't decorate surfaces used for balancing** (like handrails), **Ensure you have proper lighting, Add a nightlight in the hall.** (etc.)

Fire Hazards: According to the National Fire Protection Association (NFPA), electrical issues caused nearly 50% of Christmas tree fires, and 11% of candle fires occurred in December and January. With that in mind: **Check the batteries in your smoke detectors and carbon monoxide alarms, Set timers and reminders to turn off your stove when finished cooking, If you buy an artificial tree, get one with a fireproof label.** (etc.)

Holiday Safety Tips For Shopping: Love it or hate it, holiday shopping is a fact of life. To make this season's shopping trips the best yet, follow these holiday safety tips for shopping. With that in mind: **Break up shopping trips, Get a head start, Shop earlier in the day, Bring someone with you, Carpool or order a rideshare.** (etc.)

Holiday Safety Tips For Scams: As sad as it is, older adults are one of the primary targets of scammers, both online and in-person. You might see an influx of email, phone, or marketing scams during the holidays. With that in mind: **Look out for delivery notification emails confirming an order you didn't make or claims that FedEx, UPS, or the post office has a package for you., These notifications look authentic, but there are ways to tell that it's fake, Also, if you get a message from a charity requesting donations, check if it's a legitimate organization. Charity Navigator and Give.org are two websites that will help you verify the email's authenticity.** (etc.)

Holiday Safety Tips For Health & Wellbeing: Maintaining a nutritious and healthy diet and lifestyle can be a challenge during the holidays, but you can do it! Follow these nutrition and lifestyle tips for senior holiday safety. With that in mind: **Drink plenty of water, Stay physically active, Ask for help, Don't stress about gifts, Let yourself rest.** (etc.)

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!

