



# The Insider

A Monthly Look Inside Aravilla Sarasota

## June Fun!

### Lunch Outings

Week 1 Sonny's BBQ

Week 2 Olive Garden

Week 3 Luau Party

Week 4 McDonalds

### Mote Marine

Friday

June 6th

11 am

Sign up with Diana

### Donut with Dad

Sunday

June 15th

11 am

### Luau Party

June 18th

2 pm

Atrium

3251 Proctor Road  
Sarasota, FL 34231  
Aravilla.com  
941.444.9398

Assisted Living Facility #12551

## Celebrations at Aravilla

May is one of our favorite months. We have lots of birthdays and lots to celebrate though out the month.

We started the month off with our Cinco de Mayo celebration. As always the decorations are all so vibrant and colorful. We wore big sombreros and feasted on chips and salsa along with delicious Margaritas as we listened to music by our friend Al.



Señor Bob; dressed for the fiesta.



*The ladies enjoying their tea.*

Our next big day was the Mother's Day Tea Party. We had such a nice time at this celebration. The ladies dressed up with their fancy flowered hats and pearl necklaces for this special occasion. We had the cutest tea sets and a variety of tea flavors. We enjoyed the tea with delicious pastries and macarons . What a treat.

May had lots more adventures. We enjoyed them all. We can't wait to see what June has instore for us.



*Cheers on Mother's Day*



*Dorothy and her daughter*

# Memorial Day



*Full house for our Memorial Day ceremony.*

Memorial Day is the day that is set aside to remember with gratitude and pride all of those who served and died for our country and our freedom. We thank them and honor them on this holiday.

The entire day was very patriotic. We held a ceremony to thank and pray for those who made the ultimate sacrifice. Residents read poems, prayers and sang along to many patriotic tunes. We made beautiful patriotic

crafts which we used to decorate the atrium with. We set out our flags and banners which made the room very festive.

Of course this was followed by our traditional, delicious BBQ lunch with ribs, hot dogs, burgers, sodas and more!

Music hour was a blast. Ron played a few patriotic songs for us to sing and tap our toes to. I think everyone had a nap after such a busy day.



*Mr. Becker wants to remember & honor those who gave their lives for our freedom.*

# Yoga at Aravilla

Staying active and mobile in your senior years can provide many health benefits. Yoga is an excellent option to consider if you want to remain active and flexible without muscle strain.

Many studies show that yoga practice has a positive effect on cellular aging, mobility, balance, mental health, prevention of cognitive decline and improves sleep habits in seniors who practice it correctly..

Join Martha and the gang in the Memory Care atrium every Thursday at 11 am. Be sure to come early. Seats fill quickly.



*Yoga Class with Martha.*

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!

