



# The Insider

A Monthly Look Inside Aravilla Sarasota

## February Fun!

### Lunch Bunch

- Olive Garden
- Sonny's BBQ
- Culvers
- Applebee's

### Valentines Day Party

- February 14th
- 2:00 pm
- Atrium

### Bingo Blast

- Fridays
- 3:00 pm

### Sit and Be Fit

- Exercise Class
- 10 am
- 1st floor In the Lobby
- 2nd Floor in the Dining Room

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Assisted Living Facility #12551

## Satisfying the Cravings

If you happen to walk in the door and pick up the smell of fresh baked cookie, its probably coming from Aravilla's cooking and baking class. With so many tasty treats that come from this class, there is no wonder as to why it is a crowd pleaser.

Marilyn had the most important job. She made sure all of our ingredients were measured precisely. Then she mixed them until they were well incorporated. The thick batter was the perfect consistency for our pie. It was warm, moist and delicious. We decided to top our pumpkin pie off with whipped cream topping and a candy pumpkin to garnish. The only thing that interrupted the smiles on our faces was having to open up our mouths to eat it.

We would like to invite everyone at Aravilla to join us for all of our cooking classes. Join us Wednesdays at 2pm on the 2nd floor or 3 in the atrium.



*Marilyn makes the perfect pumpkin pie for all.*



*Sumer approves!*



*Yumm!!*

# Sit and Get Fit Exercise

Everyone has the right to feel good no matter how old you are. Our Sit and Get Fit exercise class is a low impact exercise program that everyone can enjoy. The results can make you feel empowered and lift your spirits. We work at a nice slow pace that can accommodate everyone. Starting off your day with exercise is the way to go. We always say "if you don't use it, you lose it."

Be sure to join us for Sit and Get fit everyday at 10 am in the Atrium.



*Full House at Exercise*

## Bingo Blast



*We got a Winner!!*

Bingo at an assisted living sounds so cliché, but its not. If anyone tells you it sounds boring, tell them to come on over to Aravilla. Play a few games with us and let us change your mind.

Aravilla residents love Bingo. We used to only play once a week and now we are up to 3x per week. If it were up to our residents, we would probably play every single day. The seats fill up quickly in the atrium for Bingo Blast days. Most residents play 2 cards at a time. Everyone is very competitive. We play regular bingo games and also some special ones such as 4 corners, figure X and others. You don't have to worry about bringing money. You won't need it at our



*Rose & Bob Bingo Date*

games. We play for yummy treats and chocolates. Bingo Blast is always a good time with great friends. Join us every Sunday, Tuesday, Friday at 3pm in the atrium for all the fun and chocolaty treats.

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!