



# The Insider

A Monthly Look Inside Aravilla Sarasota

## February Fun!

### Lunch Bunch

Sonny's BBQ

Culvers

Chinese Buffet

Gecko's

### Valentines Day Party

February 14th

2:00 pm

Atrium

### Bingo Blast

Fridays

2:00 pm 2nd floor

3:00 pm Atrium

### Sit and Be Fit

Exercise Class

10 am

Both Floors

3251 Proctor Road  
Sarasota, FL 34231

Aravilla.com

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Assisted Living Facility #12551

## Aravilla Adventures

This month was filled with wonderful adventures for our Aravilla residents. Our very talented ladies have been hard at work creating beautiful flower arrangements that now adorn our dining room tables. They thoughtfully selected colors that perfectly complement our community and our Valentine's Day décor.

Our friend Lolita, along with other residents, has also been busy baking delicious treats for everyone to enjoy. This past Wednesday, we baked blueberry muffins, and the irresistible aroma drew everyone into the room. We enjoyed the freshly baked muffins while listening to music entertainment by Paul.

During our church service with Forget Me Not Ministry, each resident received a crown, which many proudly wore throughout the day as a reminder that we are all children of the true King. Later, as the weather turned colder, we decided to stay indoors and enjoy each other's company. We ordered warm soups and sandwiches, making for a cozy and enjoyable time shared with friends.





# 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 or on the second floor at the same time.



## Bingo Blast

Bingo at an assisted living sounds so cliché, but it's 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 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 1st floor atrium and 2pm for our 2nd floor ladies. Join 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!

