



The Insider

A Monthly Look Inside Aravilla Sarasota

June Fun!

Lunch Outings

- Week 1 Mote Marine
- Week 2 Sonny's BBQ
- Week 3 Olive Garden
- Week 4 McDonalds

Chair Wash

Thursday
June 18th
10:30 am

Donut for Dad

Sunday
June 21st
11 am

Luuau Party

June 27th
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 so much to celebrate throughout the month.

We started the month off with our festive Cinco de Mayo celebration. As always, the decorations were vibrant and colorful, setting the perfect mood for the day. We wore big sombreros, feasted on chips and salsa, and enjoyed delicious margaritas while listening to wonderful music by our friend Joey.

Our next big event was our lovely Mother's Day Tea Party. Everyone had such a wonderful time celebrating this special occasion. The ladies dressed up in fancy flowered hats and pearl necklaces, adding an elegant touch to the afternoon. The tables were decorated with the cutest tea sets, and we had a variety of tea flavors to enjoy alongside delicious pastries and macarons. It was truly a delightful treat for all.

May brought us many more fun adventures, and we enjoyed every moment together. Now, we can't wait to see what exciting memories June has in store for us!



Señor Bob; dressed for the fiesta.



Right: Judy rocks the maracas at the fiesta



Cheers on Mother's Day



Jan looking cute as a button at the tea party.

Memorial Day



Our Residents proudly hold the military flags.

Memorial Day is a day set aside to remember with gratitude and pride all of those who served and gave their lives for our country and our freedom. We honor and thank them on this special holiday.

The entire day was filled with patriotism and remembrance. We held a heartfelt ceremony to thank and pray for the brave men and women who made the ultimate sacrifice. Residents participated by reading poems and prayers, while everyone joined together singing many beloved patriotic songs. The room looked beautiful and festive with American flags, banners, and flags representing each branch of the military proudly displayed throughout the room.

Of course, the celebration continued with our traditional and delicious BBQ lunch. Residents enjoyed ribs, hot dogs, hamburgers, sodas, and many other tasty treats while sharing laughter and conversation with friends.

Music hour was a wonderful time as always. Dave played several patriotic favorites that had everyone singing along, tapping their toes, and smiling from ear to ear. To cool off on the warm afternoon, we enjoyed cold popsicles while listening to the music. After such a fun-filled and busy day, we think many residents were ready for a well-deserved nap!

Uplift & Balance

Looking for a fun and supportive way to stay active? Join Martha and the gang each Thursday at 11:00 a.m. in the Memory Care atrium for exercises using parallel bars! Parallel bars are commonly used in physical therapy to provide extra support while improving balance, strength, and mobility. They offer a safe and comfortable way to practice movements and build confidence during exercise.

Whether you're working on balance, building strength, or simply looking for a great way to keep moving, these sessions are a wonderful opportunity to exercise in a fun and encouraging environment.

Be sure to come early — seats fill quickly!



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!