



# The Independent

A Monthly Look at Aravilla Sarasota

January 2026

## Big Events!

### Monthly Excursions:

Publix  
Walmart  
Detwiler's  
Gulf Gate Library  
Dollar Tree/Banks  
Marshalls/Bealls/Michaels  
Ringling Museum of Art  
Sonny's BBQ  
Millies  
Alpine Steakhouse  
Max's Table  
Mad Fish

**New Years Day** Thursday,  
January 1st, 2026

### Resident Council

Tuesday, January 13  
10:15 AM

### Food Council

Thursday, January 15 10AM

3271 Proctor Road  
Sarasota, FL 34231  
AravillaSarasota.com  
941.444.9398

Assisted Living Facility #12551

And now we welcome the new year. Full of things that have never been.



Every Sunday, Aravilla Sarasota is blessed to offer not only virtual church but also in-person church outings for our residents. We transport residents to both Incarnation Church and Church of the Palms.

We load the bus around 10:30 a.m., allowing residents enough time to attend both services at their church of choice. If you are interested in learning more about our church outings, please do not hesitate to reach out to Aravilla.



Our seniors dove *20,000 Leagues Under the Sea* with a visit to the brand-new Mote Aquarium! From stingrays and sharks to gentle manatees, the experience was both exciting and educational. We also learned how Mote Aquarium is growing coral reefs to help restore ocean ecosystems. In a special moment, our Life Enrichment Director even adopted a manatee—naming it after our oldest resident—so it will be protected and cared for by the Mote Aquarium. At Aravilla Sarasota, we take our seniors on enriching adventures like this every month. If you'd like to learn more about our upcoming trips in the new year, please reach out to us at **941-444-9398**.



Every day is a new opportunity to learn something new. When you look at your daily schedule, you will see that at 1:00 p.m. we feature a documentary for those who are interested. We often have a regular group, but some documentaries draw a larger crowd.

The group is always looking for suggestions for documentary choices. If you are interested in diving into something you've never heard about before or want to learn more about a familiar topic, we encourage you to join us every day at 1:00 p.m. for our documentary hour.



# Our year in a review!



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!

