

**Big Events!**

**Monthly Excursions:**

- Publix
- Walmart
- Detwiler's
- Gulf Gate Library
- Dollar Tree/Banks
- Clubhaus SRQ Indoor Golf
- TJ MAXX
- Sarasota Art Museum
- Alpine Steakhouse
- Maxs Table
- Fresh Catch
- Mad Fish

**Fathers Day** Sunday, June, 21st  
**First Day of Summer** Sunday June, 21st

**Resident Council**

Tuesday, June, 9th  
 10:15 AM

**Food Council**

Thursday, June, 18th 10AM

3271 Proctor Road  
 Sarasota, FL 34231

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Assisted Living Facility #12551

## Summer Here We Come!

"I scream, you scream, we all scream for ice cream!"

Friday, June 19th, we will be welcoming an ice cream truck to our community! Supplied by Myrtle's Sweet Treats, residents will be able to indulge in a variety of delicious frozen treats as we celebrate Father's Day and the first day of summer.

Residents look forward to a sweet afternoon filled with smiles, sunshine, and tasty treats for everyone to enjoy!

"Quack, Quack!"

Over the past couple of months, residents had the amazing experience of raising ducklings from the incubation process all the way to 4 weeks old. Our residents loved watching them hatch, grow, and waddle around each day.

Once they reached 4 weeks old, the ducklings were able to move to a local farm in Myakka City, where they are now living their best lives alongside other ducks and chickens. They have a full-sized pond to swim in and plenty of land to roam and explore.

Our residents are already looking forward to doing this special experience again next year!

Now that summer is quickly approaching, the perfect way to cool down is by joining us for water aerobics!

Water aerobics is a great form of exercise that places less stress on your joints than walking, making it both fun and low impact. We host this refreshing activity twice a week:

- **Mondays at 11:50 AM**
- **Thursdays at 1:50 PM**

Come enjoy some of the many benefits of water aerobics, including improved cardiovascular health, increased mobility, and gentle exercise on the joints. All you need is your swimsuit, and you're ready to jump in!



# Aravilla Resident Snap Shots!



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!

