



The Independent

A Monthly Look at Aravilla Sarasota

November 2025

Big Events!

Monthly Excursions:

Publix
Walmart
Detwiler's
Gulf Gate Library
Dollar Tree/Banks
Gecko's
Bonefish
Bangkok

Thanksgiving
Thursday, November
27, ALL DAY

Veterans Day
Tuesday, November 11,
ALL DAY

Resident Council
Tuesday, November 11
10:30 AM
Food Council
Thursday, November 20
10AM

3271 Proctor Road
Sarasota, FL 34231
AravillaSarasota.com
941.444.9398

Assisted Living Facility #12551

Happy Thanksgiving, remember there is always room for pie!



The past month our residents have decided to bring out their artistic side and take water painting classes from one of our residents Fred who is an artist him self. You can see his paintings hanging up in our halls. Every class they take they are learning a new skill on how to perfect their own painting. Their first class they took, they were able to pick out the picture they wanted to capture. We cannot wait to see how our pictures turn out week by week.

The start of the holiday season is the busiest time of the year for most people. With everything going on, it's easy to overlook potential safety hazards for seniors. There are many holiday safety tips to be mindful this Thanksgiving. From decorations to cooking to health and nutrition. Here are a few suggestions to make it the best Thanksgiving. Stay hydrated, eat healthy, get enough sleep, take breaks, and most importantly enjoy yourself.



Gobble, Gobble! Happy Thanksgiving. All day on Thursday, November 27, we will be celebrating the greatest feast of all. Our residents will start the day with some Turkey Trot exercise, then move onto the Macy's Day Thanksgiving Parade. At lunch time that's when we will have our big Thanksgiving meal. After lunch we will enjoy some Charlie Brown Thanksgiving and Mircale on 34th Street. Here at Aravilla, we have so much to be thankful for.

Meet the Marketing Director



Please join us in congratulating Michelle Sullivan on her well-deserved promotion. Many of you already know her smile and diligent work. For the past 1 ½ years, she has been an important part of our community—as our wonderful Move-In Specialist (a role she adored). Now, we are ecstatic that she will be leading our community as the Marketing Director. With years of experience in Assisted Living, she brings not only expertise marketing skills, but also a deep personal connection to each resident and family member that enters our building. Her passion for family, Wisconsin football and her excitement for the future for Aravilla are what she hopes to share with current and future residents and families.

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!

