



# The Independent

A Monthly Look at Aravilla Sarasota

October 2025

## Big Events!

### Monthly Excursions:

Publix  
Walmart  
Detwiler's  
Gulf Gate Library  
Dollar Tree/Banks  
CVS/Walgreens/Post  
Office  
TJ Maxx  
Mote Aquarium  
Alpine Steak House  
Bonefish  
Millies  
Max's Table

## Halloween Party Friday October 31, at 4pm

**Resident Council**  
TUESDAY, October 14  
10:30 AM  
**Food Council**  
Thursday, October 16  
10AM

3271 Proctor Road  
Sarasota, FL 34231  
AravillaSarasota.com  
941.444.9398

Assisted Living Facility #12551

## Happy Halloween!



**Aravilla Walking Club:** Starting Wednesday, October 3rd at 10:00am we are kicking off our seasonal walking club. Now that Florida weather is cooling down we are excited to start our walking club back up on Wednesdays and Sundays at 10:00am. We look forward to welcoming all walkers, you can walk as slow or fast as you please. As Neil Armstrong once said "One small step for man, one giant leap for mankind."

All Ghost, Ghouls, Witches, Wizards come out once a year for the spookiest time of the year. HALLOWEEN! On Friday, October 31st at 4pm we will be throwing our Halloween party with spooky music, and treats for all to join. Come for our best dressed costume contest and monster mash dance moves. We hope you're not too scared to join us.



On Thursday, October 30th at 11am we will be traveling below the ocean to the brand new Mote Aquarium. We are hoping for a fantastic time as we get to explore all the new exhibits they have. The new Mote Aquarium is 110,000-square-foot building specifically dedicated to marine science, education, and immersive public experiences. You'll have to tune into our Facebook page to see our photos!

# Meet the Executive Director



Please join us in congratulating Lauren Wheless on her well-deserved promotion. Many of you already know her warm smile and dedicated spirit. For the past 6 ½ years, she has been an integral part of our community—first as a Certified Nursing Assistant and Medication Tech, then as our beloved Move-In Specialist (a role she cherished), and most recently as our Marketing Director. Now, we are thrilled that she will be leading our community as Executive Director. With more than 23 years of experience in Assisted Living, she brings not only knowledge and skill, but also a deep personal commitment to serving residents and families with excellence. She shares: ***“Please know that I am wholeheartedly devoted to giving my very best each day. It is truly a privilege to guide and care for our Aravilla Sarasota family, and my greatest joy is ensuring that every resident feels safe, cared for, and celebrated.”*** Beyond her professional dedication, Lauren is a proud mother of four grown sons, and enjoys outdoor running, crafting, and getting lost in a good book. Her passion for family and her enthusiasm for life are the same qualities she brings to her leadership here at Aravilla.

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!

