



The Insider

A Monthly Look Inside Aravilla Sarasota

March Fun!

Lunch Bunch

- Picnic Lunch
- Joey D's
- Plaza Mexico
- McDonald's

International Women's Day Celebration

March 8th

St. Patrick's Day Party

March 17th
2pm

Key Chorale

March 19th & 26th
10:30 am
1st Floor Atrium

3251 Proctor Road
Sarasota, FL 34231
Aravilla.com
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Assisted Living Facility #12551

Glam Time



Everyone likes to look and feel their best. Taking a little time each day for yourself can really lift your mood and boost your confidence. It doesn't have to be anything fancy — brushing your hair, putting on a favorite shirt, or following your usual morning routine can make a bigger difference than you might think.

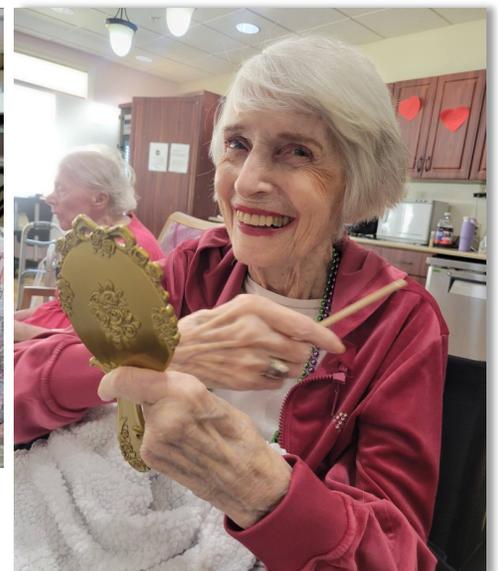
When we feel put together, we often feel more positive and ready to take on the day. It can make socializing easier, help us feel more comfortable around others, and encourage us to get involved in our community. Looking good isn't about being perfect — it's about feeling like yourself.

Simple grooming habits also support good hygiene and give you a chance to notice small changes, which can be helpful for staying on top of your health. Plus, having a regular routine brings a sense of comfort and structure. There's something reassuring about starting the day in a familiar way.

So as you get ready each morning, remember that those few minutes you spend on yourself really matter. A little effort can go a long way — and you just might notice the difference in how you feel throughout the day.



Marilyn helps Melvie get ready for the day before putting on her own glam.



Love is in the Air



Chuck hands Annie a rose during the photo shoot.

Valentine's Day is a time to celebrate love in all its beautiful forms — not just romantic love, but the love we share with our residents, staff, friends, and family. We all have someone special in our lives, and what better day to celebrate that than Valentine's Day?

We kicked off the month by decorating our community with hearts, flowers, and everything red. The dining rooms were brightened with the cutest gnome Valentine's banners, and the tabletops featured heart-shaped designs along with lovely handmade flower arrangements.



Mae is nothing but love!



Norma and his wife pose for a lovely picture.

Aravilla hosted a special Valentine's Day photo event for all of our residents to enjoy. Everyone was excited to have their picture taken in front of the festive backdrop we created.

Residents quickly lined up, eager for their turn in front of the camera. Diana and Kristen helped the ladies with their makeup before the photos, adding an extra special touch to the day. Each resident chose their favorite props, including stuffed animals, hearts, and roses, to make their pictures uniquely their own.

There were so many smiling faces, and we even heard some funny — yet surprisingly helpful — love advice shared throughout the day! We wrapped up the celebration with a party featuring delicious treats made by Kristen and music from our friend Karlus. It was truly a heartwarming day filled with laughter, joy, and lots of love.

Key Chorale Is Back

It's that time again! We are thrilled to welcome back our friends from the Key Chorale this month.

We invite all of our friends and families to join us for this special 8-week chorus session. Key Chorale will be here every Thursday for 8 weeks, beginning March 19th. We will gather in the atrium at 10:30 AM to sing together. We hope you can join us for this wonderful time of music and community!

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!



Key Chorale friends with our residents at our last session finally.