



The Insider

A Monthly Look Inside Aravilla Sarasota

November Fun!

Lunch Bunch Trip

Week 1 Park Picnic

Week 2 Olive Garden

Week 3 Pot Belly

Week 4 Culver's

Veteran's Day Ceremony

November 11th

11 am

In the Atrium

Big Cat Habitat

November 21st

Sign up with Diana

Fall Photoshoot

November 15th

Atrium

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Aravilla Fall Fun

We have been embracing the beautiful fall weather with a delightful visit to the **Fruitville Grove Pumpkin Patch**. Residents enjoyed feeding the baby goats—one particularly eager goat even managed to snatch a cup right from our hands!

There was no shortage of activities to enjoy, and a favorite among many was watching the children enjoy pony rides while we relaxed with refreshing beverages. It was a wonderful day filled with smiles, sunshine, and the spirit of the season.

We also began our **Halloween celebrations** a bit early this year with a visit from a group of children dressed in festive costumes, including kittens, superheroes, witches, and more.

Our residents thoroughly enjoyed their company and were well-prepared with plenty of candy and treats. The visit brought joy to everyone, and the children left with happy faces and full bags of candy.



Key Chorale at Aravilla

Aravilla is thrilled to announce our continued partnership with Key Chorale, a renowned choir dedicated to bringing uplifting experiences for our residents and care partners. We look forward to Key Chorale to bring people together through music and joy.

We have launched an 8-week program at Aravilla, featuring weekly visits from Maestro Caulkins and Key Chorale's volunteer singers. Our first day of this session was a full house. Our residents were actively participating and singing along. Everyone seemed to thoroughly enjoy themselves. The Key Chorale volunteers supplied music and lyric books for all the participants, making it an easy task to engage in the experience. They paired with residents to ensure that everyone stayed on track. Our residents easily followed the materials, tapping their feet and singing with enthusiasm.

Our first session was all the talk for the next few days. We are excited for our future choir days. We would also like to encourage you to come and join your loved one. You can find us singing in the Atrium on Thursdays at 10:30 pm at Aravilla Memory Care.



Gloria partners up with Zac for Key Chorale

Congratulations Lauren!



Please join us in celebrating Lauren Wheless on her well-deserved promotion to Executive Director at Aravilla Sarasota! For the past 6½ years, Lauren has been an essential part of our community—first as a CNA and Medication Tech, then as our Move-In Specialist, and most recently as Marketing Director. With over 23 years of experience in Assisted Living, she brings both expertise and heartfelt dedication to serving residents and families.

Lauren shares, “It is truly a privilege to guide and care for our Aravilla Sarasota family. My greatest joy is ensuring that every resident feels safe, cared for, and celebrated.” Outside of work, Lauren enjoys running, crafting, reading, and spending time with her four grown sons. Her passion for people and love of life shine through in everything she does. Please join us in congratulating Lauren on this exciting new chapter!

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!

