

April 2019

We are in a Cultural Craze

Excursions

Sarasota Ballet
 Ringling Museum
 Van Wezel
 Player's Theater
 STC/ACE
 AMC Theater
 Fruitville Library

Shopping

Publix
 Garden Center
 Steinmart
 Michael's

New

Catholic Mass

St. Patrick's
 Church of Incarnation
 St. Thomas Moore

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Assisted Living Facility License #12551



Residents gather for the Wilde Broadway Series, "Spelling Bee" at The Players Theater



Maryann and Paul pose by the Asolo stage for "A Doll's House"

Sarasota offers a diverse array of Arts and Culture. Theater, Ballet, Opera, Orchestra, Museums, Concerts, and more!

Sarasota residents are no stranger to the abundance of offerings and Aravilla residents are no exception! We take advantage of being so close to all the action that every month we plan several excursions to Downtown. Residents have enjoyed The Ballet, Players Theater, Van Wezel and more.

Join us April 27th for Giselle at the Ballet, Van Wezel for Hollywood Hits on April 13, and The Follies at The Players Theater on April 14th. Also, Come with us to the Ringling Museum, April 8. See Japanese printing woodblocks and Knight's Armor.

The Sarasota Ballet



Our local Ballet is so good, it's like having a New York Ballet Company in Sarasota. The dancers are graceful and technical. The variety of work presented allows residents a unique opportunity to experience astounding performances. Each artistic endeavor is carefully selected and tailored for optimal success. Residents are grateful for the companionship and the transportation provided.

Above: *Life Enrichment Assistant, Peggy, brings Maryann, Joann, and Gilda to the Sarasota Ballets*

Meeting A Personal Goal



Waking up on July 18 with one dead leg and paralysis from the waist down was a very frightening experience. I was worried I would never walk again.

After spending 100 days in rehab, meeting milestones, I was ready to be more independent. I found Aravilla, which has helped me tremendously to set new goals and strive to meet them. I now have physical therapy here and thankfully I was introduced to myofascial release, with Mederi Therapy, which has steadily led me on the road to recovery.

No longer did I experience pain in my legs; and now my hands have more flexibility too.

I use a motorized scooter to get around long distances, but I am able to walk from my room to activity programs and the dining room with the assistance of a walker. I even recently danced with a professional dancer from Fred Astaire Dance Studios for the first time!

It's a long road, but I continue to set new goals achieving further independence; and am determined to dance with my grandson at his wedding in May, all by myself.