



SonomaHills

RETIREMENT LIVING

405 W. Macarthur Street • Sonoma, CA 95476 • (707) 939-7856 • www.sonomaretirement.com

Executive Director	Mark Nilsson
Business Manager	Sandra Lopez
Maintenance Manager	Ignacio Vargas
Kitchen Director	Michele Jones
Life Enrichment Director	Luz Bravo
Chauffeur	Deborah De Martini
Cuisine Creator	Lori Stegner
Cuisine Creator	Jorge Gomez
Community Liaisons	Esther Martinez & Pat Valone



HAPPY OCTOBER BIRTHDAYS

Eva Amman	Oct. 04
Emanuel Rodriguez - (Employee)	Oct. 04
Steve White	Oct. 20
Tomiko Yabumoto	Oct. 21



October 2022



October Greetings

October is here! I'm looking forward to a month of fall weather and fun festivities. Be sure to check the calendar for our daily activities and special events. Join us for a good time!

You are cordially invited to our Monthly Planning Events Meeting on the last Wednesday of each month. Feel free to stop by Life Enrichment office any time with questions or comments. It's a joy to have you here.



HALLOWEEN PARTY
OCTOBER 31st -- 1:00PM
"DOC KRAFT BAND"

**IT'S A BOOTIFUL
AFTERNOON ON MONDAY,
OCTOBER 31ST FOR A
HALLOWEEN BASH!
JOIN US ONLY IF YOU DARE
TO HAVE SOME SPOOKY
FUN!**

COSTUMES ENCOURAGED!
WE'VE GOT THE BOOZE...YOU BRING THE BOOS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Hands on -Getting Ready for the Holidays</div> <div> <div>10:00 GE Catholic Communion</div> <div>2</div> </div>	<div>Social Hour “All We Need Is Love”</div> <div> <div>10:00 Card Making Hour</div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard</div> <div>2:00 Rummikub</div> <div>3</div> </div>	<div>October 5,</div> <div> <div>GET YOUR FLU SHOT</div> <div>4</div> </div>	<div>Lunch at Sausalito</div> <div> <div>Flu Shot Clinic.</div> <div> <div>9:00 Walking group - 30 min</div> <div>9:30 Bridge</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>5</div> </div> </div>	<div>Sausalito -</div> <div> <div> <div>10:00 OUTING - TBA</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div> <div>6</div> </div> </div>	<div>Oktoberfestival on Friday, 7th.</div> <div> <div> <div>10:00 AR Hands on - Craft Hour</div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5</div> <div>7</div> </div> </div>	<div> <div> <div>10:00 Mexican Train Dominoes</div> <div>1:15 AR Bingo with Nancy</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div> <div>1</div> </div> </div>
<div> <div>10:00 GE Catholic Communion</div> <div>9</div> </div>	<div>Columbus Day</div> <div> <div>10:00 Card Making Hour</div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard</div> <div>2:00 Rummikub</div> <div>10</div> </div>	<div> <div>9:00 Walking Group 60 minutes</div> <div>1:00 RESIDENT MEETING</div> <div>2:15 L Meditation & Movement</div> <div>3:00 PT Billiard Class</div> <div>6:30 L Movie Night</div> <div>11</div> </div>	<div> <div>9:00 Walking group - 30 min</div> <div>9:30 Bridge</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>12</div> </div>	<div> <div>10:00 OUTING - TBA</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div> <div>13</div> </div>	<div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5</div> <div>14</div> </div>	<div> <div>10:00 Mexican Train Dominoes</div> <div>1:15 AR Bingo with Nancy</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div> <div>8</div> </div>
<div> <div>10:00 GE Catholic Communion</div> <div>3:30 AR Sonoma Hills Art Gallery -Opening Reception - --“The Art of Card Making”</div> <div>16</div> </div>	<div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard</div> <div>2:00 Rummikub</div> <div>17</div> </div>	<div> <div>9:00 Walking Group 60 minutes</div> <div>10:30 GE Catholic Mass</div> <div>2:15 L Meditation & Movement</div> <div>3:00 PT Billiard Class</div> <div>6:30 L Movie Night</div> <div>18</div> </div>	<div> <div>9:00 Walking group - 30 min</div> <div>9:30 Bridge</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:00 AR Ice Cream Social</div> <div>19</div> </div>	<div> <div>10:00 OUTING - TBA</div> <div>11:00 DR Book Club</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div> <div>20</div> </div>	<div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5</div> <div>21</div> </div>	<div> <div>10:00 Mexican Train Dominoes</div> <div>1:15 AR Bingo with Nancy</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div> <div>22</div> </div>
<div> <div>10:00 GE Catholic Communion</div> <div>23</div> </div>	<div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard</div> <div>2:00 Rummikub</div> <div>24</div> </div>	<div> <div>9:00 Walking Group 60 minutes</div> <div>2:15 L Meditation & Movement</div> <div>3:00 PT Billiard Class</div> <div>6:30 L Movie Night</div> <div>25</div> </div>	<div> <div>9:00 Walking group - 30 min</div> <div>9:30 Bridge</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:00 Events Planning Meeting</div> <div>26</div> </div>	<div> <div>10:00 OUTING - TBA</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div> <div>27</div> </div>	<div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5</div> <div>28</div> </div>	<div> <div>10:00 Mexican Train Dominoes</div> <div>1:15 AR Bingo with Nancy</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div> <div>29</div> </div>
<div> <div>10:00 GE Catholic Communion</div> <div>30</div> </div>	<div> <div>HAPPY Halloween TRICK OR TREAT</div> <div>31</div> </div>					



- Applauses to our talented artists; Kay, Barbara and Nijoli. The best textile show ever!! - Congratulations

"THE ART OF CARD MAKING"

SONOMA HILLS ART GALLERY

Presents

THE ART OF CARD MAKING

A unique show with incredible expressions of art by

Mary Suydam, Carol Mattice

Beverly Granzella, Tomiko Yabumoto

Avril Pierce & Berti Cardinaux

*Join us for the opening reception
Sunday, October 16 at 3:30 pm.*

