



SonomaHills

RETIREMENT LIVING

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

Executive Director	Kimber Bowlby
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 NOVEMBER BIRTHDAYS

Bertie Cardinaux	Nov. 4
Esther Martinez - Employee	Nov. 4
Mary Jo White	Nov. 14
Nijole Adams	Nov. 14
Denise Stokes	Nov. 16
Beatrice Abshear	Nov. 22
Barajas Rosa - Employee	Nov. 23
Kay Loutzenheiser	Nov. 26
John Pfautz	Nov. 8



November 2022

KIMBER BOWLBY EXECUTIVE DIRECTOR



Hello everyone! My name is Kimber (short for Kimberley). It is a pleasure and an honor to return to Sonoma Hills.



































































































While I may be new to you, I am no stranger to Sonoma Hills. Six years ago, I was the Business Office Manager, and prior to that, Life Enrichment Director.

On a personal note, my mother and stepfather lived here for many years. They were so happy here that my grandmother chose to leave her home in Napa to live at Sonoma Hills. We had three generations of women that would walk these halls. I look forward to meeting everyone. Kindly - Kimber Bowlby



Practicing gratitude has been proven to have a positive impact on a person's well being.

Take some time to express to your family and friends exactly what you're thankful for. It will help them and help you. You may want to write a few gratitude letters to people you're grateful for. The practice of gratitude can positively change your outlook. Share it and show it each day and reap many rewards while uplifting yourself and others.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div><div>DIA DE LOS MUERTOS NOVEMBER 2</div></div>	<div>1<div>9:30  Walking Group 60 minutes</div><div>1:00  RESIDENT MEETING</div><div>2:15  Meditation & Movement</div><div>6:30  Movie Night</div></div>	<div>2<div>9:00  Walking group - 30 min</div><div>9:30  Bridge</div><div>1:00  Bingo</div><div>2:15  Gentle Stretch & Balance</div><div>4:00  KARAOKE - With Sherlie</div></div>	<div>3<div>10:00  OUTING - TBA</div><div>11:00  Scrapbooking</div><div>2:15  Gentle Stretch & Balance</div><div>3:30  Black Jack Time</div><div>6:30  Movie Night</div></div>	<div>4<div>11:00  Zumba</div><div>1:00  Bingo</div><div>4:00  Social Hour from 4 to 5</div></div>	<div>5<div>10:00  Mexican Train Dominoes</div><div>1:00  Outing to the Green Music Center</div><div>1:15  Bingo</div><div>3:00  Art Club</div><div>6:30  Movie Night</div></div>
<div>6<div>10:00  Catholic Communion</div></div>	<div>7<div>11:00  Strength Training</div><div>1:00 Educational Medicare Seminar</div><div>1:30  Billiards class</div><div>2:00  Rummikub</div></div>	<div>8<div>9:30  Walking Group 60 minutes</div><div>1:00  Chef's Corner</div><div>2:15  Meditation & Movement</div><div>6:30  Movie Night</div></div>	<div>9<div>9:00  Walking group - 30 min</div><div>9:30  Bridge</div><div>1:00  Bingo</div><div>2:15  Gentle Stretch & Balance</div></div>	<div>10<div>10:00  OUTING - TBA</div><div>11:00  Scrapbooking</div><div>2:15  Gentle Stretch & Balance</div><div>3:30  Black Jack Time</div><div>6:30  Movie Night</div></div>	<div>11<div>THANK YOU FOR YOUR SERVICE! HAPPY VETERANS DAY</div><div>11:00  Zumba</div><div>1:00  Bingo</div><div>4:00  Social Hour from 4 to 5</div></div>	<div>12<div>10:00  Mexican Train Dominoes</div><div>1:15  Bingo with Nancy</div><div>3:00  Art Club</div><div>6:30  Movie Night</div></div>
<div>13<div>10:00  Catholic Communion</div></div>	<div>14<div>11:00  Strength Training</div><div>1:30  Billiards class</div><div>2:00  Rummikub</div></div>	<div>15<div>9:30  Walking Group 60 minutes</div><div>10:30  Catholic Mass</div><div>2:15  Meditation & Movement</div><div>6:30  Movie Night</div></div>	<div>16<div>9:00  Walking group - 30 min</div><div>9:30  Bridge</div><div>1:00  Bingo</div><div>2:15  Gentle Stretch & Balance</div><div>3:00  Ice Cream Social</div></div>	<div>17<div>10:00  OUTING - TBA</div><div>11:00  Book Club</div><div>11:00  Scrapbooking</div><div>2:15  Gentle Stretch & Balance</div><div>3:30  Black Jack Time</div><div>6:30  Movie Night</div></div>	<div>18<div>HOLIDAY BOUTIQUE</div><div>10:00  Holiday Boutique from 10 to 3pm</div><div>11:00  Zumba</div><div>1:00  Bingo</div><div>4:00  Social Hour from 4 to 5</div></div>	<div>19<div>10:00  Mexican Train Dominoes</div><div>1:15  Bingo with Nancy</div><div>3:00  Art Club</div><div>6:30  Movie Night</div></div>
<div>20<div>Art Gallery Exhibit</div><div>10:00  Catholic Communion</div><div>3:30  Sonoma Hills Art Gallery Invites to the Art Exhibition Opening. Art by Luz Bravo</div></div>	<div>21<div>11:00  Strength Training</div><div>1:30  Billiards class</div><div>2:00  Rummikub</div></div>	<div>22<div>9:30  Walking Group 60 minutes</div><div>2:15  Meditation & Movement</div><div>6:30  Movie Night</div></div>	<div>23<div>9:00  Walking group - 30 min</div><div>9:30  Bridge</div><div>1:00  Bingo</div><div>2:15  Gentle Stretch & Balance</div></div>	<div>24<div>HAPPY THANKSGIVING -----NO ACTIVITIES, HOUSEKEEPING OR TRANSPORTATION</div></div>	<div>25<div>HOLIDAY WEEKEND-----NO ACTIVITIES, HOUSEKEEPING OR TRANSPORTATION</div></div>	<div>26<div>10:00  Mexican Train Dominoes</div><div>1:15  Bingo with Nancy</div><div>3:00  Art Club</div><div>6:30  Movie Night</div></div>
<div>27<div>10:00  Catholic Communion</div></div>	<div>28<div>11:00  Strength Training</div><div>1:30  Billiards class</div><div>2:00  Rummikub</div></div>	<div>29<div>9:30  Walking Group 60 minutes</div><div>2:15  Meditation & Movement</div><div>6:30  Movie Night</div></div>	<div>30<div>9:00  Walking group - 30 min</div><div>9:30  Bridge</div><div>1:00  Bingo</div><div>2:15  Gentle Stretch & Balance</div></div>	<div>Invite your family and friends to our Holiday Boutique on Friday, November 18th. Beautifully crafted, reasonably priced items will be on sale from 20 vendors. A festive event not to be missed to kick off the holiday season!</div>	<div>BE ACTIVE..... BE HEALTHY..... BE HAPPY & GRATEFUL.....</div>	<div>We salute our Sonoma Hills Veterans on November 11th! Please accept our deepest appreciation for our priceless freedom. View our veterans' photo on page 4.</div>

"Let's Sing! Karaoke Time"



Resident Sherlie Broughton emceed our first "Dress Rehearsal" Karaoke session. Sherlie has an amazingly beautiful voice and performed professionally before coming to Sonoma Hills.

The machine really does the work showing the words.... All we have to do is sing along. It was so much fun and the large resident turnout really contributed to the success of this event.

The machine and CD player do all the work -- all we have to do is use our sensational voices and gyrations.

Don't be shy.... Life is too short not to have fun, laugh and sing to our heart's desire!



Sonoma Hills Veterans, we salute you! Standing; Genny Paulson, Larry Brownson, Steve White, John Pfautz, Carla Dole, Jack Rowe. Sitting; Gerald Morrill, Jim Murphy, Ron George, Chuck MacLaughlin. Not in the photo Frank Drews and Charles Ciolino.