



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

December 2022

Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives, versus an ordinary memory, they were better able to tolerate the cold, and perceived a room's temperature to be higher than it was! As we **"Embrace Change"** in our lives, realistic expectations are key! May love, harmony and gratefulness be apparent to everyone we come in contact with!

Show off your tacky, quirky or comical style at our **Annual Ugly Sweater Day Friday**, December 9th. Don't forget the funny socks!



Jingle Bells Jingle Bells

So many fun events this month! Tree decorating (12/2); Ugly Sweater/Socks Party (12/9); Resident Party (12/16) and New Year's Eve Eve Party (12/30)! Best wishes for health and happiness during the holidays! Cheers to celebrating another year of holiday fun and camaraderie! Wishing you peace, love & joy!



DEAREST SANTA - EVERYONE AT SONOMA HILLS HAS BEEN EXCEPTIONALLY GOOD THIS YEAR! (Hint Hint)

HAPPY
Holidays!

DECEMBER BIRTHDAYS

Yesenia Alcantar-Employee	Dec. 02
Consepcion Ramos-Employee	Dec. 08
Beth Keenan	Dec. 09
Jorge Leyva-Employee	Dec. 11
Carol Mattice	Dec. 12
Gerald Morrill	Dec. 13
Donna Harland-Employee	Dec. 25
Deborah Stevenson-Employee	Dec. 26
Jesus Gomez-Employee	Dec. 28



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Happy first day of December! As the weather turns colder, may your hearts be warmed by thoughts of holidays and time spent with loved ones. Never too early to get in the Christmas Spirit!!</p>		<p><i>The monthly calendar is subject to change. Please check the "Week At A Glance" for the most accurate updates!</i></p>	<p>10:00 OUTING - TBA 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:30 Blackjack Time 6:30 Movie Night</p>	<p>2 11:00 Zumba 1:00 Bingo with Kelly 2:00 CHRISTMAS TREE DECORATION 4:00 Social Hour from 4 to 5p with Olga at the piano</p>	<p>3 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night</p>
<p>4 10:00 GE Catholic Communion</p>	<p>5 11:00 TR Strength Training 1:30 PT Billiards class 2:00 Rummikub</p>	<p>6 9:30 Walking Group 60 minutes 1:00 RESIDENT MEETING 2:15 L Meditation & Movement 6:30 L Movie Night</p>	<p>7 9:00 Walking group - 30 min 9:30 Bridge 1:00 AR Bingo with Barbara 2:15 TR Gentle Stretch & Balance 4:00 Karaoke with Sherlie</p>	<p>8 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 3:30 Blackjack Time 6:30 L Movie Night</p>	<p>9 10:00 AR Christmas Ugly Sweater Decoration 11:00 TR Zumba 1:00 AR Bingo with Kelly 4:00 Social Hour from 4 to 5 Xochitl and her Guitar. Ugly Sweater Party</p>	<p>10 10:00 Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night</p>
<p>11 10:00 GE Catholic Communion</p>	<p>12 10:00 AR Building a Gingerbread House 11:00 TR Strength Training 1:30 PT Billiards class 2:00 Rummikub</p>	<p>13 9:30 Walking Group 60 minutes 1:00 Chef's Corner 2:15 L Meditation & Movement 3:30 L Hanukkah Chorus 6:30 L Movie Night</p>	<p>14 9:00 Walking group - 30 min 9:30 Bridge 1:00 AR Bingo with Barbara 2:15 TR Gentle Stretch & Balance 3:30 L Hanukkah Songs and Stories</p>	<p>15 10:00 OUTING - TBA 11:00 DR Book Club 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 3:30 Blackjack Time 6:30 L Movie Night</p>	<p>16 11:00 TR Zumba 1:00 AR Bingo with Kelly 4:00 Social Hour from 4 to 5 RESIDENT CHRISTMAS PARTY</p>	<p>17 10:00 Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night</p>
<p>18 10:00 am Catholic Communion</p> 	<p>19 11:00 TR Strength Training 1:30 PT Billiards class 2:00 Rummikub</p>	<p>20 9:30 Walking Group 60 minutes 10:30 GE Catholic Mass 2:15 L Meditation & Movement 6:30 L Movie Night</p>	<p>21 9:00 Walking group - 30 min 9:30 Bridge 1:00 AR Bingo with Barbara 2:15 TR Gentle Stretch & Balance 3:00 AR Ice Cream Social</p>	<p>22 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 3:30 Blackjack Time 6:30 L Movie Night</p>	<p>23 11:00 TR Zumba 1:00 AR Bingo with Kelly 4:00 Social Hour from 4 to 5 Kendall - Guitar</p>	<p>24 10:00 Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night</p>
<p>25 Merry Christmas</p> 	<p>26 OBSERVED HOLIDAY - No Activities, Housekeeping or Transportation</p> 	<p>27 9:30 Walking Group 60 minutes 2:15 L Meditation & Movement 6:30 L Movie Night</p>	<p>28 9:00 Walking group - 30 min 9:30 Bridge 1:00 AR Bingo with Barbara 2:15 TR Gentle Stretch & Balance</p>	<p>29 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 3:30 Blackjack Time 6:30 L Movie Night</p>	<p>30 11:00 TR Zumba 1:00 AR Bingo with Kelly 4:00 Social Hour from 4 to 5 Michael O'Brien -Piano Goodbye 2022 Party</p>	<p>31 10:00 Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night</p>



Dear Santa.....As I mentioned previously, exceptional camaraderie was apparent at Sonoma Hills in 2022! (Hint Hint)

