



# SonomaHills

## RETIREMENT LIVING

405 W. Macarthur Street • Sonoma, CA 95476 • (707) 939-7856 • [www.sonomaretirement.com](http://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 JANUARY BIRTHDAYS

Charles Ciolino	Jan 4
Mary Suydam	Jan 7
Gretchen Vallette	Jan 11
Joyce Fry	Jan 13
Lilli Weihl	Jan 17
Rosalva Reyes-Employee	Jan 26



January 2023

# Thank You!







### EMPLOYEE APPRECIATION

Sonoma Hills employees would like to take this opportunity to thank our residents for the Christmas gifts. We are very appreciative of your generosity, which warmed our hearts. Truly this was the most wonderful time of the year! We are blessed to be working at Sonoma Hills in such a family atmosphere.

We wish you peace, good health and lots of smiles in 2023. Please be prepared for lots of hugs and well wishes today and every day in 2023 from the staff. **GOOD LUCK WITH YOUR 2023 RESOLUTIONS!**





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> 	<div>2</div> <b>NEW YEAR'S DAY - (Observed) - NO ACTIVITIES, HOUSEKEEPING, OR TRANSPORTATION.</b> 	<div>3</div> 9:30  Walking Group 60 minutes <b>1:00 RESIDENT MEETING</b> 2:15  Meditation & Movement 6:30  Movie Night	<div>4</div> 9:00  Walking group - 30 min 9:30  Bridge 1:00  Bingo with Barbara 2:15  Gentle Stretch & Balance	<div>5</div> 11:00  Scrapbooking 2:15  Gentle Stretch & Balance <b>3:30 Blackjack Time</b> 6:30  Movie Night	<div>6</div> 11:00  Zumba 1:00  Bingo with Kelly <b>4:00 Social Hour from 4 to 5p</b>	<div>7</div> 10:00  Mexican Train Dominoes 1:15  Bingo with Nancy <b>3:00 Art Club</b> 6:30  Movie Night
<div>8</div> 10:00  Catholic Communion	<div>9</div> 11:00  Strength Training 1:30  Billiards class 2:00  Rummikub	<div>10</div> 9:30  Walking Group 60 minutes <b>1:00 Chef's Corner</b> 2:15  Meditation & Movement 6:30  Movie Night	<div>11</div> 9:00  Walking group - 30 min 9:30  Bridge 1:00  Bingo with Barbara 2:15  Gentle Stretch & Balance <b>4:00 Karaoke with Sherlie</b>	<div>12</div> 10:00  OUTING - TBA 11:00  Scrapbooking 2:15  Gentle Stretch & Balance <b>3:30 Blackjack Time</b> 6:30  Movie Night	<div>13</div> 11:00  Zumba 1:00  Bingo with Kelly <b>4:00 Social Hour from 4 to 5p</b>	<div>14</div> 10:00  Mexican Train Dominoes 1:15  Bingo with Nancy <b>3:00 Art Club</b> 6:30  Movie Night
<div>15</div> 10:00  Catholic Communion	<div>16</div> <b>Martin Luther King Jr. Day</b> 11:00  Strength Training 1:30  Billiards class 2:00  Rummikub	<div>17</div> 9:30  Walking Group 60 minutes <b>10:30 Catholic Mass</b> 2:15  Meditation & Movement 6:30  Movie Night	<div>18</div> 9:00  Walking group - 30 min 9:30  Bridge 1:00  Bingo with Barbara 2:15  Gentle Stretch & Balance	<div>19</div> <b>11:00 Book Club</b> 11:00  Scrapbooking 2:15  Gentle Stretch & Balance <b>3:30 Blackjack Time</b> 6:30  Movie Night	<div>20</div> 11:00  Zumba 1:00  Bingo with Kelly <b>4:00 Social Hour from 4 to 5p</b>	<div>21</div> 10:00  Mexican Train Dominoes 1:15  Bingo with Nancy <b>3:00 Art Club</b> 6:30  Movie Night
<div>22</div> 10:00  Catholic Communion	<div>23</div> 11:00  Strength Training 1:30  Billiards class 2:00  Rummikub	<div>24</div> 9:30  Walking Group 60 minutes 2:15  Meditation & Movement 6:30  Movie Night	<div>25</div> 9:00  Walking group - 30 min 9:30  Bridge 1:00  Bingo with Barbara 2:15  Gentle Stretch & Balance <b>3:00 Social Ice Cream</b>	<div>26</div> 10:00  OUTING - TBA 11:00  Scrapbooking 2:15  Gentle Stretch & Balance <b>3:30 Blackjack Time</b> 6:30  Movie Night	<div>27</div> 11:00  Zumba 1:00  Bingo with Kelly <b>4:00 Social Hour from 4 to 5p</b>	<div>28</div> 10:00  Mexican Train Dominoes 1:15  Bingo with Nancy <b>3:00 Art Club</b> 6:30  Movie Night
<div>29</div> 10:00  Catholic Communion	<div>30</div> 11:00  Strength Training 1:30  Billiards class 2:00  Rummikub	<div>31</div> 9:30  Walking Group 60 minutes 2:15  Meditation & Movement 6:30  Movie Night				

*We* appreciate our *Residents!*  
Thank you for making  
our community  
*A great place* to **LIVE!**



Cover coughs and sneezes  
and wash your hands often.