



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
Culinary Director	Jorge Gomez
Life Enrichment Director	Luz Bravo
Chauffeur	Deborah De Martini
Cuisine Creator	Lori Stegner
Cuisine Creator	Maria Vargas
Community Liaisons	Esther Martinez & Pat Valone



Barbara Klingbeil	March 01
Myrle MacLaughin	March 06
Mary Waldo	March 07
Marcella Jones	March 13
Josephine Maisterra	March 16
Robert Rhoads	March 17
Mary Kendrick	March 26
Joyce Andersen	March 27



Spring Starts

Spring starts on March 20, and with it come new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.




March 2023



Going Green on March 17

St. Patrick's Day has become a joyful celebration at Sonoma Hills, for all people, Irish or not. Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see. Get all the green you can get and join on Friday's Social Hour. --Accordion Irish music by Michael Cardini--



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SONOMA HILLS ART GALLERY A special invitation is extended to all our resident artists to display your artwork (in any form of visual art) in the Sonoma Hills Art Gallery. Creations from all mediums are welcomed. Check with our Life Enrichment Director for available dates to display your art.		<div>1</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Bingo with Barbara 2:15 Gentle Stretch & Balance	<div>2</div> 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:30 Blackjack Time 6:30 Movie Night	<div>3</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	<div>4</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>5</div> 10:00 Catholic Communion	<div>6</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>7</div> 9:30 Walking Group 60 minutes 1:00 Resident Meeting 1:15 “Knits Wits” -Needle Art 2:15 Meditation & Movement 6:30 Movie Night	<div>8</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Bingo with Barbara 2:15 Gentle Stretch & Balance 4:00 Karaoke with Sherlie	<div>9</div> 10:00 OUTING - TBA 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:30 Blackjack Time 6:30 Movie Night	<div>10</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	<div>11</div> ***ADJUST YOUR CLOCKS*** 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>12</div> 10:00 Catholic Communion 3:30 Sonoma Hills Art Gallery - GRAND REOPENING GERHARD WEIHL EXHIBITION	<div>13</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>14</div> 9:30 Walking Group 60 minutes 1:00 Chef's Corner 1:15 “Knits Wits” -Needle Art 2:15 Meditation & Movement 6:30 Movie Night	<div>15</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Bingo with Barbara 2:15 Gentle Stretch & Balance	<div>16</div> 11:00 Book Club 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:30 Blackjack Time 6:30 Movie Night	<div>17</div> St. Patrick's Day 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p T.R.A.D.J.A.S.S. BAND	<div>18</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>19</div> 10:00 Catholic Communion	<div>20</div> SPRING BEGINS 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>21</div> 9:30 Walking Group 60 minutes 10:30 Catholic Mass 1:15 “Knits Wits” -Needle Art 2:15 Meditation & Movement 6:30 Movie Night	<div>22</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Bingo with Barbara 2:15 Gentle Stretch & Balance 3:00 Social Ice Cream	<div>23</div> 10:00 OUTING - TBA 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:30 Blackjack Time 6:30 Movie Night	<div>24</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	<div>25</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>26</div> 10:00 Catholic Communion	<div>27</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>28</div> 9:30 Walking Group 60 minutes 1:15 “Knits Wits” -Needle Art 2:15 Meditation & Movement 6:30 Movie Night	<div>29</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Bingo with Barbara 2:15 Gentle Stretch & Balance	<div>30</div> 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:30 Blackjack Time 6:30 Movie Night	<div>31</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	

SONOMA HILLS ART GALLERY - GRAND REOPENING



Sonoma Hills has exciting news—our Art Gallery is ready! Our community is proud to facilitate a unique space for all arts from our talented residents!

Sonoma Hills Proudly presents the
first exhibit of the year:

Watercolors by
GERHARD WEIHL

Gerhard is a professional artist in all mediums; however, he found his niche in watercolors. "He has traveled throughout Europe and South America and has acknowledged the diversity of the cultures in his paintings."

Join us for the opening reception on Sunday, March 12, from 3:30 to 5:00pm.



A huge round of applause and appreciation to our resident/employee models on Valentine's Day! The Fashion Show was an amazing event! Special thanks to Carol Anderson, owner of Razzle Dazzle, for supplying the gorgeous outfits.