



# 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
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



### HAPPY BIRTHDAY

Will Selleck	April 01
Nelly Baas -Employee	April 04
Mary Ann Gooshin	April 06
Patricia Valone	April 07
Ronal Florentino -Employee	April 15
Austra Toulze	April 18
Avril Pierce	April 28

**WHITE ELEPHANT SALE**  
**FRIDAY, APRIL 28TH -- 9A-2P**

**CONTACT PAT VALONE REGARDING YOUR**  
**AMAZING DONATIONS.**

**THANK YOU! THANK YOU!**

## April 2023

### MARDI GRAS CELEBRATION






Sonoma Hills traditional Mardi Gras Party brought our community together while having lots of fun!



Don't miss our parties!! Beautiful people, excellent live music, wine, good food, creative costumes and lots of merriment!



Can you guess who these amusing and lively women are?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Pat is Dancing with the Stars .... but who is leading? His name is Ziggy and he is a 7 month Burmese Doodle and they fell in love at first sight! He and his owner live in Petaluma!</p>		<p>APRIL 22</p>  <p>save THE PLANET</p>	 <p>HAPPY EASTER</p>	<p>All Events Are Subject to Change</p>	<p>APRIL 1st.</p>  <p>APRIL FOOLS' DAY!</p>	
<p>10:00 <span style="background-color: #800080; padding: 2px;">GE</span> Catholic Communion</p>	<p>11:00 <span style="background-color: #3CB371; padding: 2px;">TR</span> Strength Training</p> <p>1:30 <span style="background-color: #FFA500; padding: 2px;">PT</span> Billiards class</p> <p>2:00 <span style="background-color: #654321; padding: 2px;">Rummikub</span></p>	<p>9:30 <span style="background-color: #4682B4; padding: 2px;">Walking Group</span> 60 minutes</p> <p>1:00 <span style="background-color: #FF69B4; padding: 2px;">Resident Meeting</span></p> <p>1:15 <span style="background-color: #ADD8E6; padding: 2px;">"Knits Wits"</span> -Needle Art</p> <p>2:15 <span style="background-color: #9370DB; padding: 2px;">Meditation &amp; Movement</span></p> <p>6:30 <span style="background-color: #FFA500; padding: 2px;">L</span> Movie Night</p>	<p>9:00 <span style="background-color: #4682B4; padding: 2px;">Walking group</span> - 30 min</p> <p>9:30 <span style="background-color: #654321; padding: 2px;">Bridge</span></p> <p>1:00 <span style="background-color: #ADD8E6; padding: 2px;">Bingo</span> with Barbara</p> <p>2:15 <span style="background-color: #90EE90; padding: 2px;">TR</span> Gentle Stretch &amp; Balance</p>	<p>10:00 <span style="background-color: #DC143C; padding: 2px;">OUTING</span> - TBA</p> <p>11:00 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Scrapbooking</p> <p>2:15 <span style="background-color: #90EE90; padding: 2px;">TR</span> Gentle Stretch &amp; Balance</p> <p>3:30 <span style="background-color: #654321; padding: 2px;">Blackjack Time</span></p> <p>6:30 <span style="background-color: #FFA500; padding: 2px;">L</span> Movie Night</p>	<p>11:00 <span style="background-color: #90EE90; padding: 2px;">TR</span> Zumba</p> <p>1:00 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Bingo with Kelly</p> <p>1:30 <span style="background-color: #654321; padding: 2px;">SF GIANTS HOME OPENER</span> - TV</p> <p>4:00 <span style="background-color: #DC143C; padding: 2px;">Social Hour</span> from 4 to 5p</p>	<p>10:00 <span style="background-color: #654321; padding: 2px;">Mexican Train Dominoes</span></p> <p>1:15 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Bingo with Nancy</p> <p>3:00 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Art Club</p> <p>6:30 <span style="background-color: #FFA500; padding: 2px;">L</span> Movie Night</p>
<p>HAPPY - EASTER - 10:00 AM Catholic Communion</p> 	<p>11:00 <span style="background-color: #3CB371; padding: 2px;">TR</span> Strength Training</p> <p>1:30 <span style="background-color: #FFA500; padding: 2px;">PT</span> Billiards class</p> <p>2:00 <span style="background-color: #654321; padding: 2px;">Rummikub</span></p>	<p>9:30 <span style="background-color: #4682B4; padding: 2px;">Walking Group</span> 60 minutes</p> <p>1:00 <span style="background-color: #FF69B4; padding: 2px;">Chef's Corner</span></p> <p>1:15 <span style="background-color: #ADD8E6; padding: 2px;">"Knits Wits"</span> -Needle Art</p> <p>2:15 <span style="background-color: #9370DB; padding: 2px;">Meditation &amp; Movement</span></p> <p>6:30 <span style="background-color: #FFA500; padding: 2px;">L</span> Movie Night</p>	<p>9:00 <span style="background-color: #4682B4; padding: 2px;">Walking group</span> - 30 min</p> <p>9:30 <span style="background-color: #654321; padding: 2px;">Bridge</span></p> <p>1:00 <span style="background-color: #ADD8E6; padding: 2px;">Bingo</span> with Barbara</p> <p>2:15 <span style="background-color: #90EE90; padding: 2px;">TR</span> Gentle Stretch &amp; Balance</p>	<p>11:00 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Scrapbooking</p> <p>2:15 <span style="background-color: #90EE90; padding: 2px;">TR</span> Gentle Stretch &amp; Balance</p> <p>3:30 <span style="background-color: #654321; padding: 2px;">Blackjack Time</span></p> <p>6:30 <span style="background-color: #FFA500; padding: 2px;">L</span> Movie Night</p>	<p>11:00 <span style="background-color: #90EE90; padding: 2px;">TR</span> Zumba</p> <p>1:00 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Bingo with Kelly</p> <p>4:00 <span style="background-color: #DC143C; padding: 2px;">Social Hour</span> from 4 to 5p</p>	<p>10:00 <span style="background-color: #654321; padding: 2px;">Mexican Train Dominoes</span></p> <p>1:15 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Bingo with Nancy</p> <p>3:00 <span style="background-color: #ADD8E6; padding: 2px;">AR</span> Art Club</p> <p>6:30 <span style="background-color: #FFA500; padding: 2px;">L</span> Movie Night</p>
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RESIDENT LENA DAVIS, APT. #138, OUR 100 YEAR "YOUNG" SONOMA HILLS GEM!

Lena Davis (Mom born in France; Dad Luca, Italy) was born, raised and lived her life in Glen Ellen/Sonoma. She had an older half sister & two younger brothers. For fun in those days they swam in Sonoma Creek (no TV/car, etc.). They had dogs, chickens and cows. Her parents owned a small grocery store, and the family lived upstairs. Mom cooked for 30 train people while Dad ran the store. There were no street names or addresses; just a PO box #17. Lena married at 21 and raised 1 girl & 1 boy. She worked for 26 years at the Valley of the Moon Grocery. Lena said she does not feel 100 (wonders where did the time go) but attributes it to "Good Clean Habits." When talking with Lena her humor is most apparent through her laughter and sparkling eyes! Her regret was not going to college and having to sell her home. She is appreciative of her companions and dedicated daughter, Judy. Lena's Dad always said: "If you had salami, cheese and French bread, you had everything." A very wise man!



The opening of our Art Gallery provides an opportunity for our residents to display their artwork. Painting, however, is not the only form of visual art. We are ready to exhibit your special brand of art. Share your talent with our community! We at SH are proud to facilitate a unique space for our talented residents. For more information please contact Luz Bravo.