



SonomaHills

RETIREMENT LIVING

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

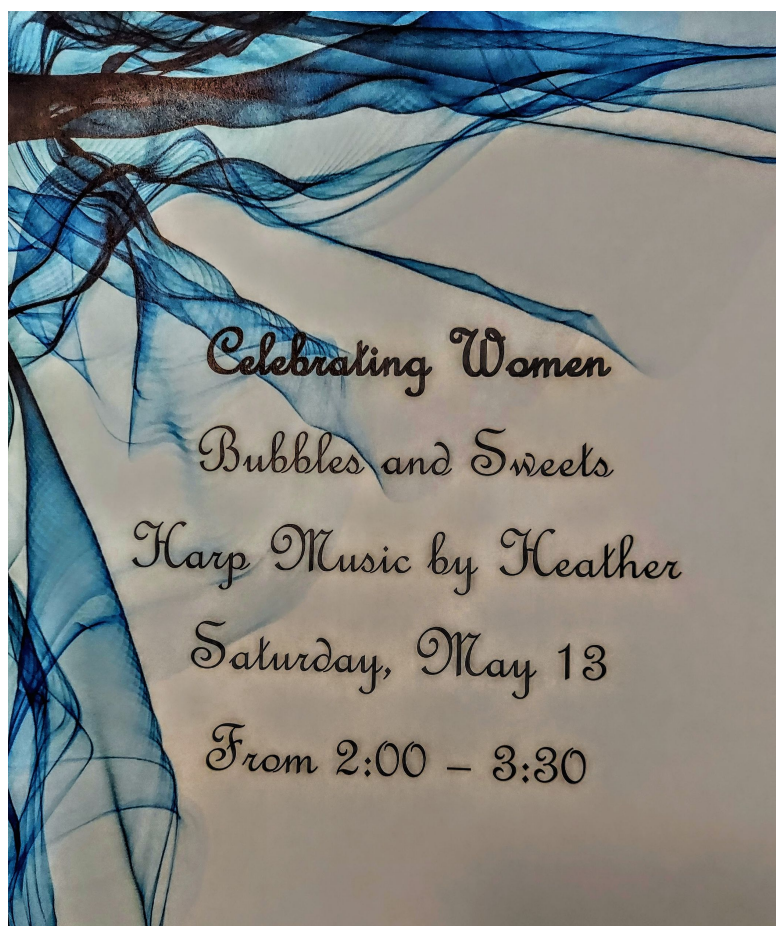
Executive Director	Kimber Bowlby
Business Manager	Sandra Lopez
Maintenance Manager	Ignacio Vargas
Culinary Director	Jorge Gomez
Life Enrichment Director	Luz Bravo
Chauffeur	Deborah De Martini
Cuisine Creator	Lori Stegner
Cuisine Creator	Maria Vargas
Community Liaisons	Esther Martinez & Pat Valone



Lori Stegner - Employee	May 01
Carla Dole	May 02
Sherlie Braghton	May 07
Maria Medina - Employee	May 07
Maria Cerna - Employee	May 11
Kelly Malchow	May 16
Frank Drews	May 16
Sandra Lopez	May 19
Ron George	May 29
Fernando Hernandez - Employee	May 29



May 2023



Celebrating Women With Bubbles, Sweets & Harp Music



A celebration honoring the lives of our very special Sonoma Hills women and those all around the world. Join us for a glass or two of champagne, etc. and delicious appetizers!

GE

Catholic Services

DR

Book Club

TR

Fitness

L

Meditation & Movement

TR

Social Hour

L

Games

PT

Ice Cream

TR




Walking Group

DR

Outing

L

Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>1</div>	<div>2</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:30 <div>PT</div> Billiards class</div> <div>2:00 <div>TR</div> Rummikub</div>	<div>3</div> <div>9:30 <div>TR</div> Walking Group 60 minutes</div> <div>1:00 <div>PT</div> Resident Meeting</div> <div>1:15 <div>AR</div> "Knits Wits" -Needle Art</div> <div>2:15 <div>PT</div> Meditation & Movement</div> <div>3:15 <div>TR</div> Jelly Beans Game</div> <div>6:30 <div>L</div> Movie Night</div>	<div>4</div> <div>9:00 <div>TR</div> Walking group - 30 min</div> <div>9:30 <div>TR</div> Bridge</div> <div>1:00 <div>AR</div> Bingo with Barbara</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>5</div> <div>10:00 <div>PT</div> OUTING - TBA</div> <div>11:00 <div>AR</div> Scrapbooking</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div> <div>3:30 <div>TR</div> Blackjack Time</div> <div>6:30 <div>L</div> Movie Night</div>	<div>6</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> Bingo with Kelly</div> <div>4:00 <div>PT</div> Social Hour from 4 to 5p</div>	<div>7</div> <div>10:00 <div>GE</div> Catholic Communion</div>
<div>7</div> <div>10:00 <div>GE</div> Catholic Communion</div>	<div>8</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:30 <div>PT</div> Billiards class</div> <div>2:00 <div>TR</div> Rummikub</div>	<div>9</div> <div>9:30 <div>TR</div> Walking Group 60 minutes</div> <div>1:00 <div>PT</div> Chef's Corner</div> <div>1:15 <div>AR</div> "Knits Wits" -Needle Art</div> <div>2:15 <div>PT</div> Meditation & Movement</div> <div>3:15 <div>TR</div> Jelly Beans Game</div> <div>6:30 <div>L</div> Movie Night</div>	<div>10</div> <div>9:00 <div>TR</div> Walking group - 30 min</div> <div>9:30 <div>TR</div> Bridge</div> <div>1:00 <div>AR</div> Bingo with Barbara</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>11</div> <div>10:00 <div>PT</div> OUTING</div> <div>11:00 <div>AR</div> Scrapbooking</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div> <div>3:30 <div>TR</div> Blackjack Time</div> <div>6:30 <div>L</div> Movie Night</div>	<div>12</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> Bingo with Kelly</div> <div>4:00 <div>PT</div> Social Hour from 4 to 5p</div>	<div>13</div> <div>SONOMA HILLS SPECIAL EVENT - CELEBRATING WOMEN</div> <div>10:00 <div>TR</div> Mexican Train Dominoes</div> <div>1:15 <div>AR</div> Bingo with Nancy</div> <div>2:00 <div>PT</div> CELEBRATING WOMEN</div> <div>6:30 <div>L</div> Movie Night</div>
<div>14</div> <div>-----MOTHER'S DAY-----</div> <div>10:00 am Catholic Communion</div> <div>HAPPY MOTHER'S DAY</div>	<div>15</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:30 <div>PT</div> Billiards class</div> <div>2:00 <div>TR</div> Rummikub</div>	<div>16</div> <div>9:30 <div>TR</div> Walking Group 60 minutes</div> <div>10:30 <div>GE</div> Catholic Mass</div> <div>1:15 <div>AR</div> "Knits Wits" -Needle Art</div> <div>2:15 <div>PT</div> Meditation & Movement</div> <div>3:15 <div>TR</div> Jelly Beans Game</div> <div>6:30 <div>L</div> Movie Night</div>	<div>17</div> <div>9:00 <div>TR</div> Walking group - 30 min</div> <div>9:30 <div>TR</div> Bridge</div> <div>1:00 <div>AR</div> Bingo with Barbara</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>18</div> <div>11:00 <div>DR</div> Book Club</div> <div>11:00 <div>AR</div> Scrapbooking</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div> <div>3:30 <div>TR</div> Blackjack Time</div> <div>6:30 <div>L</div> Movie Night</div>	<div>19</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> Bingo with Kelly</div> <div>4:00 <div>PT</div> Social Hour from 4 to 5p</div>	<div>20</div> <div>10:00 <div>TR</div> Mexican Train Dominoes</div> <div>1:15 <div>AR</div> Bingo with Nancy</div> <div>3:00 <div>AR</div> Art Club</div> <div>6:30 <div>L</div> Movie Night</div>
<div>21</div> <div>10:00 <div>GE</div> Catholic Communion</div>	<div>22</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:30 <div>PT</div> Billiards class</div> <div>2:00 <div>TR</div> Rummikub</div>	<div>23</div> <div>9:30 <div>TR</div> Walking Group 60 minutes</div> <div>1:15 <div>AR</div> "Knits Wits" -Needle Art</div> <div>2:15 <div>PT</div> Meditation & Movement</div> <div>3:15 <div>TR</div> Jelly Beans Game</div> <div>6:30 <div>L</div> Movie Night</div>	<div>24</div> <div>9:00 <div>TR</div> Walking group - 30 min</div> <div>9:30 <div>TR</div> Bridge</div> <div>1:00 <div>AR</div> Bingo with Barbara</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div> <div>3:00 <div>AR</div> Social Ice Cream</div>	<div>25</div> <div>10:00 <div>PT</div> OUTING</div> <div>11:00 <div>AR</div> Scrapbooking</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div> <div>3:30 <div>TR</div> Blackjack Time</div> <div>6:30 <div>L</div> Movie Night</div>	<div>26</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> Bingo with Kelly</div> <div>4:00 <div>PT</div> Social Hour from 4 to 5p</div>	<div>27</div> <div>10:00 <div>TR</div> Mexican Train Dominoes</div> <div>1:15 <div>AR</div> Bingo with Nancy</div> <div>3:00 <div>AR</div> Art Club</div> <div>6:30 <div>L</div> Movie Night</div>
<div>28</div> <div>10:00 - Catholic Communion</div> <div>MEMORIAL DAY</div> <div>REMEMBER AND HONOR</div>	<div>29</div> <div>Memorial Day</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:30 <div>PT</div> Billiards class</div> <div>2:00 <div>TR</div> Rummikub</div>	<div>30</div> <div>9:30 <div>TR</div> Walking Group 60 minutes</div> <div>1:15 <div>AR</div> "Knits Wits" -Needle Art</div> <div>2:15 <div>PT</div> Meditation & Movement</div> <div>3:15 <div>TR</div> Jelly Beans Game</div> <div>6:30 <div>L</div> Movie Night</div>	<div>31</div> <div>9:00 <div>TR</div> Walking group - 30 min</div> <div>9:30 <div>TR</div> Bridge</div> <div>1:00 <div>AR</div> Bingo with Barbara</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>Happy Anniversary - Rene and Berti May 5</div> 	<div>BASEBALL FANS</div> 	<div>Sonoma Hills Store Hours- M-T-F From 10am To 12pm & 1:00pm To 3:00pm</div> <div>All Events Are Subject to Change</div>



AL KENNY, APARTMENT #153. Al was born in New York's Upper West Side in 1933. His parents emigrated from Ireland.

Growing up in a New York Irish neighborhood, he and the young guys for fun would climb the fire escapes and jump from roof to roof. Little did he know how his life career would involve fire escapes! At age 15 the family moved to San Francisco. Al joined the Navy and went to electrical school. He was working for PG&E when his Dad encouraged him to take the test for the fire dept., even though Al had no interest. He passed, and it took a few years to be called up. He moved up through the department ranks of fireman, lieutenant, captain and finally SF Battalion Chief!! Al met Frances, the love of his life, in high school. They married and raised 3 children. When Frances developed Parkinson's, Al went to classes to see how he could be of assistance. His proudest accomplishment in life is that he could be her full-time, loving caregiver honoring their marriage vow: "In Sickness & In Health." Thank you, Al, for your service. You truly are a Sonoma Hills Treasure!!



St. Patrick's was celebrated with Irish music, festive dancers and delicious food. Join us for our Social Hour every Friday from 4 to 5pm.