



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



Maria Vargas - Employee	July 3
Flo Tinsman	July 7
Clarissa Escobar - Employee	July 10
Al Kenny	July 19

Greetings!

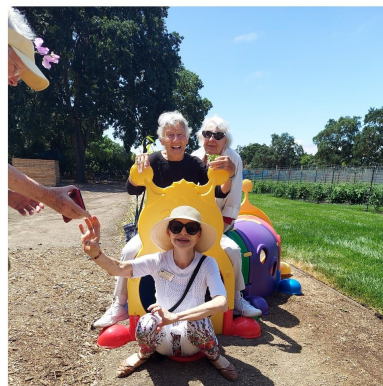
Welcome to July! I hope to see you sitting outside in one of our beautiful courtyards with a smile on your face!




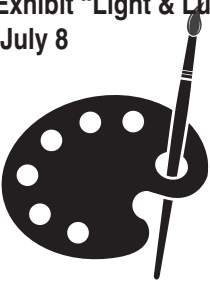

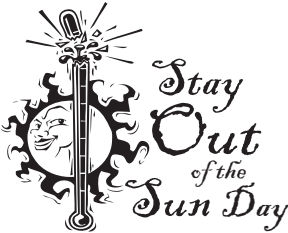


July 2023



**INDEPENDENCE DAY CELEBRATION--
T.R.A.D. J.A.S.S. BAND Friday, June 30.**



Our recent outing to Haystack Farm (a privately owned non-profit donating all produce & flowers to those in need with dignity) was amazing. We were treated to an exquisite sit down lunch!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sonoma Hills Art Gallery - Mary Kendrick Exhibit "Light & Luminosity" Saturday, July 8 			All Events Are Subject to Change		<div>1</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>2</div> 10:00 Catholic Communion	<div>3</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>4</div> INDEPENDENCE DAY - NO Activities, Housekeeping or Transportation 	<div>5</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Resident Meeting 1:30 Bingo with Barbara 2:15 Gentle Stretch & Balance	<div>6</div> 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:15 Blackjack Time 6:30 Movie Night	<div>7</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	<div>8</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:30 Sonoma Hills Art Gallery Presents Mary Kendrick's Exhibit "Light & Luminosity" Opening Reception at 3:30p 6:30 Movie Night
<div>9</div> 10:00 Catholic Communion	<div>10</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>11</div> 9:00 Walking Group 60 minutes 1:00 Chef's Corner 1:15 "Knit Wits" -Needle Art 2:15 Meditation & Movement 3:15 Jelly Beans Game 6:30 Movie Night	<div>12</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Bingo with Barbara 2:15 Gentle Stretch & Balance	<div>13</div> 10:00 OUTING - TBA 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:15 Blackjack Time 6:30 Movie Night	<div>14</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	<div>15</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>16</div> 10:00 Catholic Communion	<div>17</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>18</div> 9:00 Walking Group 60 minutes 10:30 Catholic Mass 1:15 "Knit Wits" -Needle Art 2:15 Meditation & Movement 3:15 Jelly Beans Game 6:30 Movie Night	<div>19</div> 9:00 Walking group - 30 min 9:30 Bridge 1:00 Bingo with Barbara 2:15 Gentle Stretch & Balance	<div>20</div> 11:00 Book Club 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:15 Blackjack Time 6:30 Movie Night	<div>21</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	<div>22</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>23</div> 10:00 Catholic Communion	<div>24</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub	<div>25</div> 9:00 Walking Group 60 minutes 1:15 "Knit Wits" -Needle Art 2:15 Meditation & Movement 3:15 Jelly Beans Game 6:30 Movie Night	<div>26</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>27</div> 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 3:15 Blackjack Time 6:30 Movie Night	<div>28</div> 11:00 Zumba 1:00 Bingo with Kelly 4:00 Social Hour from 4 to 5p	<div>29</div> 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
<div>30</div> 10:00 Catholic Communion	<div>31</div> 11:00 Strength Training 1:30 Billiards class 2:00 Rummikub					

In 1931 Bea was born in S. Dartmouth, Mass. and had 2 older brothers. She grew up in a small village on the bay and spent many hours at the beach and later on, sailing. Winters were spent ice skating and sledding. She got married in 1951 and moved to Texas, then Redondo Beach and finally settling in Torrance. She raised 4 children (3 boys and 1 girl). In 1962 she re-entered the work force and retired in 1992 working for an aerospace co. Retirement has been filled with volunteering in various charitable organizations and entertaining. She gets much joy and laughter when spending time with her 4 children, 8 grand, 6 great grandchildren and friends. Bea likes to knit and originated Sonoma Hills' "Knit Wits Group." She reads, works on puzzles and enjoys life! Bea is a SH treasure, as she is not only very interesting and funny but mostly because of her Positive Outlook on Life!



Bea Abshear & Granddaughter at SH Celebrating Women Event in May.



Mary Kendrick "Light & Luminosity" - S.H. Art Gallery

"When Mary was a schoolgirl, her mother once asked--"When it comes to art, why do you always pick the most challenging path?" Fast-forward and it's no surprise this mother of 8 and granny to 7 put learning to paint with watercolors at the top of her retirement bucket list. Considered the most unforgiving of all paint media, Mary found the way light and transparency could be rendered inspiring. She enrolled in a class at Vintage House and was hooked. **When she moved to Sonoma Hills, she quickly found the watercolor classes, still life exercises and tutorials to offer the perfect creative outlet, along with a welcoming circle of friends.** An avid bird-lover, Mary often turns her paper and palette to the great outdoors, studying how light and shadow change with the seasons and terrain. She enjoys capturing--and elevating--the everyday subject with translucent layers, drawing us into the subtle differences her practiced eye sees." Written by daughter Kathy Kendrick