



# 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



### SEPTEMBER BIRTHDAYS

Patricia Gipson	Sept. 7
Guadalupe Evangelista-Employee	Sept. 13
Remmy Sevilla-Employee	Sept. 13
Rene Cardinaux	Sept. 18
Jim Murphy	Sept. 18
Ignacio Vargas-Employee	Sept. 23
Duncan Murdoch	Sept. 24
Rita Knox	Sept. 25
Adalberto Galindo-Employee	Sept. 30

### WELCOME, AUTUMN

Breathe in fall fragrances.

Celebrate the season. Surround yourself with the fragrances of fall by looking for scented products in woodsy or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry, patchouli or pine.

## September 2023

### HAPPY 100TH BIRTHDAY, MR. JIM MURPHY



Jim was born and grew up in a small logging camp outside of Weed, Ca., on 9/18/1923. As you can guess by his cap, he is a World War II Veteran having served with the Army Air Corps. Ground Crew in England and France.

He landed on Normandy Beach, France, on D-Day + Six and helped with the liberation of France. Jim was married to

his wife, Elaine, an artist, for 72 years; they raised 4 very devoted children in the SF Bay area. They moved to Sonoma 4 years ago. Jim worked for the Ca. Wool Growers, as an editor for the California livestock Journal, then as a life insurance agent.

Jim loved playing golf, bridge and traveling. In their early 90s, Jim and Elaine took their last road trip, spending one month each in Palm Springs, Puerto Penasco, Mexico, and Phoenix, Arizona. Jim enjoys living at Sonoma Hills and appreciates all of the nice people here.

You are a hero, Mr. Jim Murphy, and one with a marvelous sense of humor!! An amazing birthday for an amazing gentleman! It is a privilege to have you living at Sonoma Hills Retirement. Thank you.

PT

Billiards

Walking Group





DR

Book Club

Outing

AR

Ice Cream

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> <div>9</div> <div> <div>PATRIOT DAY</div> <div>WE WILL NEVER FORGET</div> </div> </div> </div>	<div> <div>CALLING ALL FUN POKER PLAYERS</div> <div>Are there any residents interested in playing a Weekly Game of <b>FUN</b> Poker? Please contact Pat V. for details!</div> </div>	<div> <div>WELCOME, AUTUMN</div>  </div>	<div> <div>All Events Are Subject to Change</div> </div>	<div> <div>SEPTEMBER 16 - MEXICAN INDEPENDENCE DAY</div>  </div>	<div> <div>1</div> <div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> Bingo with Kelly</div> <div>4:00 <span></span> Social Hour from 4 - 5pm</div> </div> </div>	<div> <div>2</div> <div> <div>10:00 <span></span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> Bingo</div> <div>3:00 <span>AR</span> Art Club</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>
<div> <div>3</div> <div> <div>10:00 <span>GE</span> Catholic Communion</div> </div> </div>	<div> <div>4</div> <div> <div>LABOR DAY - FEDERAL HOLIDAY - NO ACTIVITIES, HOUSEKEEPING OR TRANSPORTATION</div>  <div>HAPPY LABOR DAY</div> </div> </div>	<div> <div>5</div> <div> <div>9:00 <span></span> Walking Group 60 minutes</div> <div>1:00 <span></span> Resident Meeting</div> <div>1:15 <span>AR</span> “Knit Wits” -Needle Art</div> <div>2:15 <span>L</span> Meditation &amp; Movement</div> <div>3:15 <span></span> Jelly Beans Game</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>6</div> <div> <div>9:00 <span></span> Walking group - 30 min</div> <div>9:30 <span></span> Bridge</div> <div>1:00 <span>AR</span> Bingo with Barbara</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> </div> </div>	<div> <div>7</div> <div> <div>10:00 <span></span> OUTING - TBA</div> <div>11:00 <span>AR</span> Scrapbooking</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:15 <span></span> Blackjack Time</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>8</div> <div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> Bingo with Kelly</div> <div>4:00 <span></span> Social Hour from 4 - 5pm</div> </div> </div>	<div> <div>9</div> <div> <div>10:00 <span></span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> Bingo</div> <div>3:00 <span>AR</span> Art Club</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>
<div> <div>10</div> <div> <div>- HAPPY GRANDPARENTS DAY - 10:00 Catholic Communion</div>  </div> </div>	<div> <div>11</div> <div> <div>Patriot Day</div> <div> <div>11:00 <span>TR</span> Strength Training</div> <div>1:30 <span>PT</span> Billiards class</div> <div>2:00 <span></span> Rummikub</div> </div> </div> </div>	<div> <div>12</div> <div> <div>9:00 <span></span> Walking Group 60 minutes</div> <div>1:00 <span></span> Chef’s Corner</div> <div>1:15 <span>AR</span> “Knit Wits” -Needle Art</div> <div>2:15 <span>L</span> Meditation &amp; Movement</div> <div>3:15 <span></span> Jelly Beans Game</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>13</div> <div> <div>9:00 <span></span> Walking group - 30 min</div> <div>9:30 <span></span> Bridge</div> <div>1:00 <span>AR</span> Bingo with Barbara</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> </div> </div>	<div> <div>14</div> <div> <div>11:00 <span>AR</span> Scrapbooking</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:15 <span></span> Blackjack Time</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>15</div> <div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> Bingo with Kelly</div> <div>4:00 <span></span> Social Hour from 4 - 5pm</div> </div> </div>	<div> <div>16</div> <div> <div>10:00 <span></span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> Bingo</div> <div>3:00 <span>AR</span> Art Club</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>
<div> <div>17</div> <div> <div>10:00 <span>GE</span> Catholic Communion</div> </div> </div>	<div> <div>18</div> <div> <div>11:00 <span>TR</span> Strength Training</div> <div>1:30 <span>PT</span> Billiards class</div> <div>2:00 <span></span> Rummikub</div> </div> </div>	<div> <div>19</div> <div> <div>9:00 <span></span> Walking Group 60 minutes</div> <div>10:30 <span>GE</span> Catholic Mass</div> <div>1:15 <span>AR</span> “Knit Wits” -Needle Art</div> <div>2:15 <span>L</span> Meditation &amp; Movement</div> <div>3:15 <span></span> Jelly Beans Game</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>20</div> <div> <div>9:00 <span></span> Walking group - 30 min</div> <div>9:30 <span></span> Bridge</div> <div>1:00 <span>AR</span> Bingo with Barbara</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> </div> </div>	<div> <div>21</div> <div> <div>10:00 <span></span> OUTING - TBA</div> <div>11:00 <span>DR</span> Book Club</div> <div>11:00 <span>AR</span> Scrapbooking</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:15 <span></span> Blackjack Time</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>22</div> <div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> Bingo with Kelly</div> <div>4:00 <span></span> Social Hour from 4 - 5pm</div> </div> </div>	<div> <div>23</div> <div> <div>Autumn Begins</div> <div> <div>10:00 <span></span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> Bingo</div> <div>3:00 <span>AR</span> Art Club</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div> </div>
<div> <div>24</div> <div> <div>10:00 <span>GE</span> Catholic Communion</div> </div> </div>	<div> <div>25</div> <div> <div>11:00 <span>TR</span> Strength Training</div> <div>1:30 <span>PT</span> Billiards class</div> <div>2:00 <span></span> Rummikub</div> </div> </div>	<div> <div>26</div> <div> <div>9:00 <span></span> Walking Group 60 minutes</div> <div>1:15 <span>AR</span> “Knit Wits” -Needle Art</div> <div>2:15 <span>L</span> Meditation &amp; Movement</div> <div>3:15 <span></span> Jelly Beans Game</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>27</div> <div> <div>9:00 <span></span> Walking group - 30 min</div> <div>9:30 <span></span> Bridge</div> <div>1:00 <span>AR</span> Bingo with Barbara</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:00 <span>AR</span> Social Ice Cream</div> </div> </div>	<div> <div>28</div> <div> <div>11:00 <span>AR</span> Scrapbooking</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:15 <span></span> Blackjack Time</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>	<div> <div>29</div> <div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> Bingo with Kelly</div> <div>4:00 <span></span> Social Hour from 4 - 5pm</div> </div> </div>	<div> <div>30</div> <div> <div>10:00 <span></span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> Bingo</div> <div>3:00 <span>AR</span> Art Club</div> <div>6:30 <span>L</span> Movie Night</div> </div> </div>





*The Hula Mai Dancers Performance during our Luau was really exceptional! Yes, you deserve the best!!*



**"Life Style in Drawings"** -- a unique exhibit by **Rene Cardinaux, Architect**. Thank you, Rene, for sharing your talented work with our community. Congratulations!!