

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



#### 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

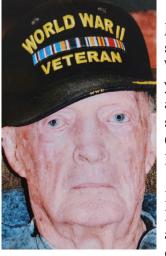
### **WELCOME, AUTUMN**

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.

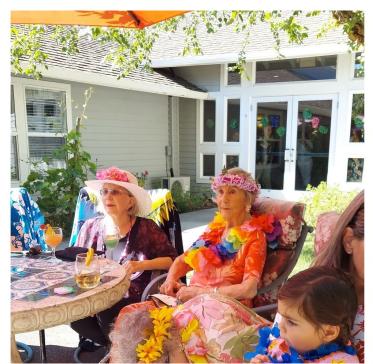
You are a hero, Mr. Jim Murphy, and one with a marvelous sense of humor!! An amazing birthday for an amazing gentleman! It is a privilege to have you living at Sonoma Hills Retirement. Thank you.



# September 2023

AR Bingo
L Movies
PT Billiards
TR Fitness Class
AR Arts & Crafts
Walking Group
Resident Meeting
TR Fitness
L Meditation & Movement
Social Hour
Games
AR Ice Cream

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







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!!

