



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



Carol George	Oct 01
Marie Burries	Oct 19
Tomiko Yabumoto	Oct 21
Steve White	Oct 20



## A stack of books with autumn leaves and pumpkins. A large orange pumpkin is on the left, a smaller one on the right, and a small yellow pumpkin in the foreground. A red maple leaf and a yellow leaf are scattered around the books.

Here it comes: The air is crisp; the trees are changing color; the days are getting shorter. Time to dig out your favorite sweater and go for a brisk walk in the park. Fall is upon us again! It'll be time for football and Thanksgiving turkeys before you know it! We hope you can take some time out, enjoy the season and join Sonoma Hills events specially planned for you.



**HALLOWEEN PARTY**  
**AFTERNOON ON TUESDAY, OCTOBER 31, FOR A HALLOWEEN**  
**BASH! JOIN US ONLY IF YOU DARE TO HAVE SOME SPOOKY**  
**FUN!!**  
**WE GOT THE BOOZE... YOU BRING THE BOOOOH!**  
**COSTUMES ENCOURAGED!!**

PT

Billiards

Walking Group

DR

Book Club

Outing

L

Special Events

AR

Ice Cream

Community Meetings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>10:00 <span>GE</span> Catholic Communion</div>	<div>2</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>3</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>4</div> <div>9:00 <span></span> Walking Group - 30 Min.</div> <div>9:30 <span></span> Bridge</div> <div>2:00 <span>AR</span> <i>Pumpkin Decoration</i></div>	<div>5</div> <div>11:00 <span>AR</span> Scrapbooking</div> <div>1:00 <span>L</span> <i>Art History Lecture “American Art Series”</i></div> <div>3:15 <span></span> Blackjack Time</div> <div>6:30 <span>L</span> Movie Night</div>	<div>6</div> <div>10:00 <span>L</span> <b>-FLU SHOT CLINIC- From 10am to 12pm</b></div> <div>1:00 <span>AR</span> BINGO with Kelly</div> <div>4:00 <span></span> <i>Social Hour from 4 - 5pm NEW Music by Del Prado Brothers</i></div>	<div>7</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>8</div> <div>10:00 <span>GE</span> Catholic Communion</div>	<div>9</div> <div><b>Columbus Day</b></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>10</div> <div>9:00 <span></span> Walking Group 60 Minutes</div> <div>1:00 <span></span> <b>Chef’s Corner</b></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>11</div> <div>9:00 <span></span> Walking Group - 30 Min.</div> <div>9:30 <span></span> Bridge</div> <div>2:00 <span>AR</span> Pumpkin Decoration</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div>	<div>12</div> <div>10:00 <span></span> OUTING</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>13</div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> BINGO with Kelly</div> <div>4:00 <span></span> <i>Social Hour from 4 - 5pm - Michael O'brien - Piano Music</i></div>	<div>14</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>15</div> <div>10:00 <span>GE</span> Catholic Communion</div>	<div>16</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>17</div> <div>9:00 <span></span> Walking Group 60 Minutes</div> <div>10:30 <span>GE</span> <b>Catholic Mass</b></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>18</div> <div>9:00 <span></span> Walking Group - 30 Min.</div> <div>9:30 <span></span> Bridge</div> <div>2:00 <span>AR</span> Pumpkin Decoration</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:00 <span></span> Parkinson’s Group</div>	<div>19</div> <div>11:00 <span>DR</span> <b>Book Club</b></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>20</div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> BINGO with Kelly</div> <div>4:00 <span></span> <i>Social Hour from 4 - 5pm - Italian Festival -Accordion Music by Michael Cardini</i></div>	<div>21</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>22</div> <div>10:00 <span>GE</span> Catholic Communion</div>	<div>23</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>24</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>25</div> <div>9:00 <span></span> Walking Group - 30 Min.</div> <div>9:30 <span></span> Bridge</div> <div>2:00 <span>AR</span> Pumpkin Decoration</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:00 <span>AR</span> <b>Social Ice Cream</b></div>	<div>26</div> <div>10:00 <span></span> OUTING</div> <div>11:00 <span>AR</span> Scrapbooking</div> <div>1:00 <span></span> <b>Art History Lecture “American Art Series”</b></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>27</div> <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> BINGO with Kelly</div> <div>4:00 <span></span> <i>Social Hour from 4 - 5pm - Pati &amp; Louie Perez F</i></div>	<div>28</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>29</div> <div>10:00 <span>GE</span> Catholic Communion</div>	<div>30</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>3:00 <b>Dog Costume Halloween Parade</b></div>	<div>31</div> <div>9:00 <span></span> Walking Group 60 Minutes</div> <div>1:30 <span>L</span> <b>HALLOWEEN PARTY- Get your costume ready!</b></div> <div>6:30 <span>L</span> Movie Night</div>	<div></div>	<div></div>	<div></div>	<div> <div>HOLIDAY BOUTIQUE - NOVEMBER 17</div> <div>-IF YOU HAVE ITEMS FOR SALE -----</div> <div>RESERVE A TABLE</div> <div> <div>Please</div> <div>SIGN UP</div> </div> </div>



THURSDAY, OCTOBER 5, 2023

ART IN AMERICA CHAPTER 2: ART IN COLONIAL AMERICA

The Puritans were the first group of European settlers seeking to found an entirely new society in the New World, but they would not be the last. Soon they were followed by Quakers, Amish, Shakers and other hopeful groups of settlers and seekers. Each group brought its own traditions, and many began to develop new traditions in their new land. Together they created the beginnings of an American vision for art that still lives with us today. Please join us for Art in America Chapter 2: Art in Colonial America.

THURSDAY, OCTOBER 26, 2023

ART IN AMERICA CHAPTER 3: ART IN THE AMERICAN REVOLUTION

By the end of the 1700s, America was beginning to produce her first artists of truly professional stature and international reputation. Painters like Benjamin West, John Singleton Copley, and Charles Willson Peale brought a new sophistication and awareness to American Art, while recording the faces and deeds of Revolutionary times, documenting the history of a new nation about to be born.

Please join us for their story in Art in America Chapter 3:  
Art of the American Revolution.



Sharon Derby was born in Palo Alto, CA, and had one sister. Her father was an electronics engineer; and at a young age, the family moved constantly. Sharon discovered she had a passion for art, especially cartoons like Bugs Bunny! Her art inspired her to accept all life's challenges.

Sharon met her husband of 60 years at work and was married at 19; at age 21 Michael was born followed by David. She has 5 grandchildren and 5 great-grandchildren.

She worked for the school district for 25 years. Sharon's passions are art, nature and animals. When David brought Sharon to Sonoma Hills for a tour two years ago, she immediately "fell in love" with the community, partly due to the landscaping. Her dog, Annie, felt the same!

She is involved in so many activities which are keeping her sharp; her glass is always full. Sharon is loved by the staff and has established lifelong friendships with various residents due to positive outlook on life, counting her blessings, and especially her fabulous sense of humor. Sharon and Annie are SH blessings for sure!!!!