



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	Pat Valone



Berti Cardinaux	Nov. 04
Esther Martinez-Employee	Nov. 04
Mary Jo White	Nov. 14
Nijole Adams	Nov. 14
Denise Stokes	Nov. 16
Helke Perriard	Nov. 16
Beatrice Abshear	Nov. 22
Rosa Barajas-Employee	Nov. 23
Kay Loutzenheiser	Nov. 26

★ Thank you ★
Veterans

November 2023

HAPPY
Thanksgiving

Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CHANGE YOUR CLOCKS</div> <div>10:00 GE Catholic Communion</div> <div>4:00 AR ~Sonoma Hills Art Gallery~ <i>P r e s e n t s</i> -Exhibit by Carla Dole - "Life is an Open Book"</div>	<div>"Day of the Death" Celebration 11/2</div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiards Class</div> <div>2:00 Games Rummikub</div>	<div>All Events Are Subject to Change</div> <div>9:00 Walking Group 60 Minutes</div> <div>1:00 Resident Meeting</div> <div>1:15 AR "Knit Wits" -Needle Art</div> <div>2:15 L Meditation & Movement</div> <div>3:15 Games Jelly Beans Game</div> <div>6:30 L Movie Night</div>	<div>"DIA DE LOS MUERTOS" 1</div> <div>9:00 Walking Group - 30 Min.</div> <div>9:30 Bridge</div> <div>2:00 AR Pumpkin Decoration</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>"DIA DE LOS MUERTOS" - 2</div> <div>11:00 AR Scrapbooking</div> <div>1:00 L <i>Art History Lecture "American Art Series"</i></div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:15 Games Blackjack Time</div> <div>6:30 L Movie Night</div>	<div>11:00 TR Zumba</div> <div>1:00 AR BINGO with Kelly</div> <div>4:00 to 5pm - SOCIAL HOUR</div>	<div>Do Not Forget - Clocks Will "Fall Back" One Hour Tonight</div> <div>10:00 Games Mexican Train Dominoes</div> <div>1:00 AR Bingo</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div>
<div>10:00 GE Catholic Communion</div> <div>4:00 AR ~Sonoma Hills Art Gallery~ <i>P r e s e n t s</i> -Exhibit by Carla Dole - "Life is an Open Book"</div>	<div>11:00 TR Strength Training</div> <div>1:30 PT Billiards Class</div> <div>2:00 Games Rummikub</div>	<div>9:00 Walking Group 60 Minutes</div> <div>1:00 Resident Meeting</div> <div>1:15 AR "Knit Wits" -Needle Art</div> <div>2:15 L Meditation & Movement</div> <div>3:15 Games Jelly Beans Game</div> <div>6:30 L Movie Night</div>	<div>9:00 Walking Group - 30 Min.</div> <div>9:30 Bridge</div> <div>2:00 AR Pumpkin Decoration</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>10:00 OUTING</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:15 Games Blackjack Time</div> <div>6:30 L Movie Night</div>	<div>Veterans Day (Observed)</div> <div>11:00 TR Zumba</div> <div>1:00 AR BINGO with Kelly</div> <div>4:00 to 5pm - SOCIAL HOUR Veterans Day Celebration</div>	<div>Veterans Day</div> <div>10:00 Games Mexican Train Dominoes</div> <div>1:00 AR Bingo</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div>
<div>10:00 GE Catholic Communion</div>	<div>11:00 TR Strength Training</div> <div>1:30 PT Billiards Class</div> <div>2:00 Games Rummikub</div>	<div>9:00 Walking Group 60 Minutes</div> <div>1:00 Chef's Corner</div> <div>1:15 AR "Knit Wits" -Needle Art</div> <div>2:15 L Meditation & Movement</div> <div>3:15 Games Jelly Beans Game</div> <div>6:30 L Movie Night</div>	<div>9:00 Walking Group - 30 Min.</div> <div>9:30 Bridge</div> <div>2:00 AR Pumpkin Decoration</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:00 Community Meetings Parkinson Group</div>	<div>11:00 DR Book Club</div> <div>11:00 AR Scrapbooking</div> <div>1:00 L <i>Art History Lecture "American Art Series"</i></div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:15 Games Blackjack Time</div> <div>6:30 L Movie Night</div>	<div>-ANNUAL HOLIDAY BOUTIQUE - From 10 am To 2 pm</div> <div>11:00 TR Zumba</div> <div>1:00 AR BINGO with Kelly</div> <div>4:00 to 5pm - SOCIAL HOUR</div>	<div>10:00 Games Mexican Train Dominoes</div> <div>1:00 AR Bingo</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div>
<div>10:00 GE Catholic Communion</div>	<div>11:00 TR Strength Training</div> <div>1:30 PT Billiards Class</div> <div>2:00 Games Rummikub</div>	<div>9:00 Walking Group 60 Minutes</div> <div>10:30 GE Catholic Mass</div> <div>1:15 AR "Knit Wits" -Needle Art</div> <div>2:15 L Meditation & Movement</div> <div>3:15 Games Jelly Beans Game</div> <div>6:30 L Movie Night</div>	<div>9:00 Walking Group - 30 Min.</div> <div>9:30 Bridge</div> <div>2:00 AR Pumpkin Decoration</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:00 AR Social Ice Cream</div>	<div>FEDERAL HOLIDAY- NO ACTIVITIES, HOUSEKEEPER OR TRANSPORTATION</div> <div>Happy Thanksgiving</div>	<div>Employees' Holiday (Observed) NO ACTIVITIES, HOUSEKEEPING OR TRANSPORTATION</div> <div></div>	<div>10:00 Games Mexican Train Dominoes</div> <div>1:00 AR Bingo</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div>
<div>10:00 GE Catholic Communion</div>	<div>11:00 TR Strength Training</div> <div>1:30 PT Billiards Class</div> <div>2:00 Games Rummikub</div>	<div>9:00 Walking Group 60 Minutes</div> <div>1:15 AR "Knit Wits" -Needle Art</div> <div>2:15 L Meditation & Movement</div> <div>3:15 Games Jelly Beans Game</div> <div>6:30 L Movie Night</div>	<div>9:00 Walking Group - 30 Min.</div> <div>9:30 Bridge</div> <div>2:00 AR Pumpkin Decoration</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:15 Games Blackjack Time</div> <div>6:30 L Movie Night</div>	<div>HOLIDAY BOUTIQUE BIG SALE</div> <div></div>	<div>Thank You VETERANS</div>



Carla Dole was born in Aurora, Iowa, along with her two brothers. Her parents moved the family to Nebraska and Minnesota where she went to high school & college. In her early 20s, she moved to San Francisco and worked as an x-ray technician for 4 years. During that time she read a book about Afghanistan and spent 6 weeks traveling alone and left with a love for camels! However, her life's passion was fulfilled when she worked as a Travel Agent for Mountain Travel.

It was there she met the love of her life, Stuart Dole, who was the company lawyer. They married and escorted hiking groups throughout China, Africa and Spain. Carla (and her stunning red hair) and Stuart lived in Berkeley and spent many enjoyable nights going out and dancing.

In the 1970s, Carla took an art class at the "S.F. Center for the Book" where she learned to create Accordion Books. Carla's work will be featured in our Art Gallery with a Reception Gala Sunday, November 5th from 4-5 p.m.

We are very fortunate that two years ago Carla's friend suggested she visit Sonoma Hills, and the rest is history!



Genny Paulson, Larry Brownson, Steve White, John Pfautz, Carla Dole, Jack Rowe, Gerald Morrill, Jim Murphy, Ron George, Chuck McLaughlin and (not in the picture) Alfred Kenny. THANK YOU FOR YOUR SERVICE!!