



# 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 .....	Pat Valone



### DECEMBER BIRTHDAYS

Consepcion Ramos	December 08
Beth Keenan	December 09
Jorge Leyva-Employee-	December 11
Carol George	December 12
Gerald Morrill	December 13
Donna Harland-Employee-	December 25
Deborah Stevenson-Employee-	December 26
Jesus Gomez-Employee	December 28



### December 2023







Hello, and welcome to the busiest month of the year! I would like to wish our residents and their families a joyous season full of peace and love. Happy holidays!



So many fun events this month! Tree Decorating (12/1)-Join us for hot cocoa, cookies and sharing happy memories; Ugly Sweater Day (12/8)-Show off your tacky, quirky or comical Style & don't forget the funny socks; Holiday Carols (12/15); Winter Solstice (12/22) and New Year's Eve Party on Sunday (12/31)! Best wishes for good health and happiness during the holidays! Cheers to celebrating another year of holiday fun and camaraderie! Wishing you peace, love & joy!

### Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. When people are focused on remembering a nostalgic event from their lives, versus an ordinary memory, they were better able to tolerate the cold. They perceived a room's temperature to be higher than it was.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NEW YEARS' EVE CELEBRATION ON SUNDAY DECEMBER 31.</b> 	<b>-----DECEMBER 8</b> 	<b>DECEMBER 7</b> 	<b>All Events Are Subject to Change</b>	<b>DECEMBER 7</b> 	<b>1</b> 11:00 <span>TR</span> Zumba 1:00 <span>AR</span> Bingo with Kelly <b>2:30 HOLIDAY TREE DECORATING</b> 4:00 <span>DR</span> To 5pm <b>SOCIAL HOUR- "MERRY EVERYTHING" WITH PATTI AND LOUIE</b>	<b>2</b> 10:00 <span>DR</span> Mexican Train Dominoes 1:00 <span>AR</span> Bingo <b>3:00 <span>AR</span> Art Club</b> 6:30 <span>L</span> Movie Night
<b>3</b> 10:00 <span>GE</span> Catholic Communion	<b>4</b> 11:00 <span>TR</span> Strength Training 2:00 <span>DR</span> Rummikub	<b>5</b> 9:00 <span>TR</span> Walking Group 60 Minutes <b>1:00 <span>DR</span> Resident Meeting</b> 1:15 <span>AR</span> "Knit Wits" -Needle Art 2:15 <span>L</span> Meditation & Movement 6:30 <span>L</span> Movie Night	<b>6</b> 9:00 <span>TR</span> Walking Group - 30 Min. 9:30 <span>DR</span> BRIDGE 2:15 <span>TR</span> Gentle Stretch & Balance 3:15 <span>DR</span> CANASTA	<b>7</b> <b>HANUKKAH BEGINS</b> 11:00 <span>AR</span> Scrapbooking <b>1:00 <span>L</span> Art History Lecture "American Art Series"</b> 2:15 <span>TR</span> Gentle Stretch & Balance 6:30 <span>L</span> Movie Night	<b>8</b> 11:00 <span>TR</span> Zumba 1:00 Bingo with Kelly <b>4:00 <span>DR</span> To 5pm SOCIAL HOUR -UGLY SWEATER THEME</b>	<b>9</b> 10:00 <span>DR</span> Mexican Train Dominoes 1:00 <span>AR</span> Bingo <b>3:00 <span>AR</span> Art Club</b> 6:30 <span>L</span> Movie Night
<b>10</b> 10:00 <span>GE</span> Catholic Communion	<b>11</b> 11:00 <span>TR</span> Strength Training 2:00 <span>DR</span> Rummikub	<b>12</b> 9:00 <span>TR</span> Walking Group 60 Minutes <b>1:00 <span>DR</span> Chef's Corner</b> 1:15 <span>AR</span> "Knit Wits" -Needle Art 2:15 <span>L</span> Meditation & Movement 6:30 <span>L</span> Movie Night	<b>13</b> 9:00 <span>TR</span> Walking Group - 30 Min. 9:30 <span>DR</span> BRIDGE 2:15 <span>TR</span> Gentle Stretch & Balance 3:15 <span>DR</span> CANASTA	<b>14</b> 10:30 <span>DR</span> OUTING 11:00 <span>AR</span> Scrapbooking 2:15 <span>TR</span> Gentle Stretch & Balance 6:30 <span>L</span> Movie Night	<b>15</b> 11:00 <span>TR</span> Zumba 1:00 <span>AR</span> Bingo <b>4:00 <span>DR</span> To 5pm SOCIAL HOUR -HOLIDAY CAROLS WITH MICHAEL CARINI</b>	<b>16</b> 10:00 <span>DR</span> Mexican Train Dominoes 1:00 <span>AR</span> Bingo <b>3:00 <span>AR</span> Art Club</b> 6:30 <span>L</span> Movie Night
<b>17</b> 10:00 <span>GE</span> Catholic Communion	<b>18</b> 11:00 <span>TR</span> Strength Training 2:00 <span>DR</span> Rummikub	<b>19</b> 9:00 <span>TR</span> Walking Group 60 Minutes <b>10:30 <span>GE</span> Catholic Mass</b> 1:15 <span>AR</span> "Knit Wits" -Needle Art 2:15 <span>L</span> Meditation & Movement 6:30 <span>L</span> Movie Night	<b>20</b> 9:00 <span>TR</span> Walking Group - 30 Min. 9:30 <span>DR</span> BRIDGE <b>1:00 <span>L</span> Hula Mai (15 min -Holiday Dance)</b> 2:15 <span>TR</span> Gentle Stretch & Balance 3:15 <span>DR</span> CANASTA	<b>21</b> <b>11:00 <span>DR</span> Book Club</b> 11:00 <span>AR</span> Scrapbooking <b>1:00 <span>L</span> Art History Lecture "American Art Series"</b> 2:15 <span>TR</span> Gentle Stretch & Balance 6:30 <span>L</span> Movie Night	<b>22</b> 11:00 <span>TR</span> Zumba 1:00 Bingo <b>4:00 <span>DR</span> To 5pm SOCIAL HOUR- HOLIDAY CELEBRATION WITH KENDALL</b>	<b>23</b> 10:00 <span>DR</span> Mexican Train Dominoes 1:00 <span>AR</span> Bingo <b>3:00 <span>AR</span> Art Club</b> 6:30 <span>L</span> Movie Night
<b>24</b> 10:00 <span>GE</span> Catholic Communion	<b>25</b> <b>-----CHRISTMAS HOLIDAY -----NO ACTIVITIES, HOUSEKEEPING OR TRANSPORTATION</b> 	<b>26</b> 9:00 <span>TR</span> Walking Group 60 Minutes 1:15 <span>AR</span> "Knit Wits" -Needle Art 2:15 <span>L</span> Meditation & Movement 6:30 <span>L</span> Movie Night	<b>27</b> 9:00 <span>TR</span> Walking Group - 30 Min. 9:30 <span>DR</span> BRIDGE 2:15 <span>TR</span> Gentle Stretch & Balance <b>3:00 <span>AR</span> Social Eggnog Day</b> 3:15 <span>DR</span> CANASTA	<b>28</b> 11:00 <span>AR</span> Scrapbooking 2:15 <span>TR</span> Gentle Stretch & Balance 6:30 <span>L</span> Movie Night	<b>29</b> 11:00 <span>TR</span> Zumba 1:00 <span>AR</span> Bingo with Kelly 2:00 <span>AR</span> Hot Chocolate Social Hour	<b>30</b> 10:00 <span>DR</span> Mexican Train Dominoes 1:00 <span>AR</span> Bingo <b>3:00 <span>AR</span> Art Club</b> 6:30 <span>L</span> Movie Night
<b>31</b> <b>HAPPY NEW YEAR'S EVE</b> 						





***A huge round of applause to everyone who dressed up and showed up for our Spooktacular Halloween Party!!***



***The 1st Annual Sonoma Hills Dog Costume Parade was a huge success!! The dogs are already excited for next year's event! Hopefully more will keep their costumes on! They were really good sports and all received awards for Best In Show!!!***