



# 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



Happy  
**Birthday**



### JANUARY BIRTHDAYS

Charles Ciolino	Jan. 04
Mary Suydam	Jan. 07
Gretchen Vallette	Jan. 11
Lilli Weihl	Jan. 17
Reyes Rosalva	Jan. 26



### BRRRR ... Bundle Up!

Whether you're walking your dog, going to the car or visiting a neighbor, don't forget to exercise caution. Take the time to put on a coat, gloves or whatever you need to stay warm.

## January 2024

### Thank You Sonoma Hills Residents

Sonoma Hills employees would like to take this opportunity to thank our residents for the Holiday Gifts. We are very appreciative of your generosity, which warmed our hearts (and wallets). This truly is the most wonderful time of the year and may our gratitude be felt by each and every resident in our community! There truly are Santa Claus Residents at Sonoma Hills!!!!

We wish you and your family peace, good health and lots of smiles in 2024!



happy new year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>HEALTHY new Year</div>	<div>Happy New Year's Day- Holiday- NO ACTIVITIES, HOUSEKEEPING OR DRIVING</div> <div>2024</div>	<div>9:00 Walking Group 60 Minutes</div> <div>11:00 <b>MOVING WITH EASE</b></div> <div>1:00 <b>Resident Meeting</b></div> <div>1:15 "Knit Wits" -Needle Art</div> <div>2:15 Meditation &amp; Movement</div> <div>6:30 Movie Night</div>	<div>9:00 Walking Group - 30 Min.</div> <div>9:30 BRIDGE</div> <div>2:15 Gentle Stretch &amp; Balance</div> <div>3:15 CANASTA</div>	<div>11:00 Scrapbooking</div> <div>1:00 <b>Art History Lecture</b> "American Art Series"</div> <div>2:15 Gentle Stretch &amp; Balance</div> <div>6:30 Movie Night</div>	<div>11:00 Zumba</div> <div>1:00 BINGO</div> <div>4:00 <b>To 5pm SOCIAL HOUR -</b></div>	<div>10:00 Mexican Train Dominoes</div> <div>1:00 Bingo</div> <div>3:00 <b>Art Club</b></div> <div>6:30 Movie Night</div>	
	<div>10:00 Catholic Communion</div>	<div>11:00 Strength Training</div> <div>2:00 Rummikub</div> <div>3:00 BLACK JACK with Pat</div>	<div>9:00 Walking Group 60 Minutes</div> <div>11:00 <b>MOVING WITH EASE</b></div> <div>1:00 <b>Chef's Corner</b></div> <div>1:15 "Knit Wits" -Needle Art</div> <div>2:15 Meditation &amp; Movement</div> <div>6:30 Movie Night</div>	<div>9:00 Walking Group - 30 Min.</div> <div>9:30 BRIDGE</div> <div>2:15 Gentle Stretch &amp; Balance</div> <div>3:15 CANASTA</div>	<div>10:00 OUTING</div> <div>11:00 Scrapbooking</div> <div>2:15 Gentle Stretch &amp; Balance</div> <div>6:30 Movie Night</div>	<div>11:00 Zumba</div> <div>1:00 BINGO</div> <div>4:00 <b>To 5pm SOCIAL HOUR -</b></div>	<div>10:00 Mexican Train Dominoes</div> <div>1:00 Bingo</div> <div>3:00 <b>Art Club</b></div> <div>6:30 Movie Night</div>
	<div>10:00 Catholic Communion</div>	<div>Martin Luther King Jr. Day</div> <div>11:00 Strength Training</div> <div>1:00 Financial Planning Presentation</div> <div>2:00 Rummikub</div> <div>3:00 BLACK JACK with Pat</div>	<div>9:00 Walking Group 60 Minutes</div> <div>10:30 <b>Catholic Mass</b></div> <div>11:00 <b>MOVING WITH EASE</b></div> <div>1:15 "Knit Wits" -Needle Art</div> <div>2:15 Meditation &amp; Movement</div> <div>6:30 Movie Night</div>	<div>9:00 Walking Group - 30 Min.</div> <div>9:30 BRIDGE</div> <div>2:15 Gentle Stretch &amp; Balance</div> <div>3:00 Parkinson Group</div> <div>3:15 CANASTA</div>	<div>11:00 <b>Book Club</b></div> <div>11:00 Scrapbooking</div> <div>1:00 <b>Art History Lecture</b> "American Art Series"</div> <div>2:15 Gentle Stretch &amp; Balance</div> <div>6:30 Movie Night</div>	<div>11:00 Zumba</div> <div>1:00 BINGO</div> <div>4:00 <b>To 5pm SOCIAL HOUR -</b></div>	<div>10:00 Mexican Train Dominoes</div> <div>1:00 Bingo</div> <div>3:00 <b>Art Club</b></div> <div>6:30 Movie Night</div>
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## NEW YEAR'S RESOLUTIONS



Check our Monthly Newsletter Schedule and Join Us for Live Music, Classes, Lectures, and Events!

By the time the holiday celebrations have passed, most of us start making resolutions to live healthier through healthy food choices, getting enough sleep, exercising, socializing, creating affirmations to enhance self-esteem, or perhaps simply having a more positive attitude. To keep those resolutions alive, our Life Enrichment Department is dedicated to providing our residents with the tools to thrive!

**January** is a good month to start a **New Life Style**, and we are pleased to announce three new events:

-- **"Moving with Ease"** ..... A chair-based exercise program with

Certified Instructor Diane Griffeath!!

-- **"Black Jack for Fun"** is returning with Pat Valone Dealing!!

-- **"Billiards Practice"** Happy time with Dwight!

