



Executive Director	Mark Nilsson
Business Manager	Sandra Lopez
Maintenance Manager	Ignacio Vargas
Culinary Director	Jorge Gomez
Life Enrichment Director	Luz Bravo
Chauffeur	Deborah De Martini
Community Liaison	Pat Valone
Cuisine Creator	Maria V.
Cuisine Creator	Jason Vail



Pat Repetto	June 03
Sharon Derby	June 06
Irmgard Bagshaw	June 29



A small, fluffy brown and white dog is sitting on a red vintage suitcase. The dog is wearing dark sunglasses and looking towards the left. To the left of the suitcase is a blue and white polka-dot beach bag with a rope handle. In front of the suitcase lies a white starfish. To the right of the suitcase is a large, light brown straw hat with a decorative zig-zag stitching around the brim. The entire scene is set against a plain, light-colored wall and floor.

Father's Day is celebrated on the third Sunday in June. It is a time to honor fathers, celebrate fatherhood and appreciate the influence of fathers in society. Let all the fathers in your life know how special they are on this day just for them.



Aloha -Let's Get Ready for Luau Festival!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:00 SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 GE Catholic Communion</div>	<div>2</div> <div>11:00 TR Strength Training</div> <div>1:00 CORNHOLE TIME</div> <div>2:00 L Meditation & Movement</div> <div>2:00 Rummikub</div> <div>3:00 AR Popcorn at the Lobby</div>	<div>3</div> <div>9:30 Walking Group 30 Minutes</div> <div>1:00 AR BINGO</div> <div>1:00 RESIDENTS' MEETING</div> <div>3:00 CANASTA -</div>	<div>4</div> <div>9:00 BRIDGE</div> <div>12:00 L Mary Kay Consultant</div> <div>1:00 AR BINGO</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>5</div> <div>10:00 Walking Group 50 Minutes</div> <div>11:00 BILLIARDS</div> <div>1:00 TR NOHO HULA CLASS</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:00 L "The Crown" -NETFLIX -</div>	<div>6</div> <div>11:00 TR Zumba</div> <div>1:00 AR BINGO</div> <div>4:00 LUAU FESTIVAL- -- From 4 to 5pm - @ The Fountain Courtyard</div>	<div>7</div> <div>10:00 Mexican Train Dominoes</div> <div>1:00 AR BINGO</div> <div>3:00 AR ART CLUB - Watercolors & more with Berti</div>
<div>8</div> <div>9:00 SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 GE Catholic Communion</div>	<div>9</div> <div>11:00 TR Strength Training</div> <div>1:00 CORNHOLE TIME</div> <div>2:00 L Meditation & Movement</div> <div>2:00 Rummikub</div> <div>3:00 AR Popcorn at the Lobby</div>	<div>10</div> <div>9:30 Walking Group 30 Minutes</div> <div>10:30 L Hearing Screening</div> <div>1:00 AR BINGO</div> <div>3:00 CANASTA -</div>	<div>11</div> <div>9:00 BRIDGE</div> <div>1:00 AR BINGO</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>12</div> <div>10:00 Walking Group 50 Minutes</div> <div>11:00 BILLIARDS</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:00 L "The Crown" -NETFLIX -</div>	<div>13</div> <div>11:00 TR Zumba</div> <div>1:00 AR BINGO</div> <div>4:00 SOCIAL HOUR - -- From 4 to 5pm</div>	<div>14</div> <div>10:00 Mexican Train Dominoes</div> <div>1:00 AR BINGO</div> <div>3:00 AR ART CLUB - Watercolors & more with Berti</div>
<div>15</div> <div>HAPPY FATHER'S DAY</div>	<div>16</div> <div>11:00 TR Strength Training</div> <div>1:00 CORNHOLE TIME</div> <div>2:00 L Meditation & Movement</div> <div>2:00 Rummikub</div> <div>3:00 AR Popcorn at the Lobby</div>	<div>17</div> <div>9:30 Walking Group 30 Minutes</div> <div>10:30 GE Catholic Mass</div> <div>1:00 AR BINGO</div> <div>3:00 CANASTA -</div>	<div>18</div> <div>9:00 BRIDGE</div> <div>11:00 L Songs for the Soul</div> <div>1:00 AR BINGO</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>19</div> <div>Juneteenth</div> <div>10:00 Walking Group 50 Minutes</div> <div>11:00 BILLIARDS</div> <div>11:00 DR Book Club</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:00 L "The Crown" -NETFLIX -</div>	<div>20</div> <div>SUMMER BEGINS</div> <div>11:00 TR Zumba</div> <div>1:00 AR BINGO</div> <div>4:00 SOCIAL HOUR - -- From 4 to 5pm</div>	<div>21</div> <div>10:00 Mexican Train Dominoes</div> <div>1:00 AR BINGO</div> <div>3:00 AR ART CLUB - Watercolors & more with Berti</div>
<div>22</div> <div>9:00 SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 GE Catholic Communion</div>	<div>23</div> <div>11:00 TR Strength Training</div> <div>1:00 CORNHOLE TIME</div> <div>2:00 L Meditation & Movement</div> <div>2:00 Rummikub</div> <div>3:00 AR Popcorn at the Lobby</div>	<div>24</div> <div>9:30 Walking Group 30 Minutes</div> <div>1:00 AR BINGO</div> <div>2:00 ARMCHAIR TRAVEL - FRANCE</div> <div>3:00 CANASTA -</div>	<div>25</div> <div>9:00 BRIDGE</div> <div>1:00 AR BINGO</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>26</div> <div>10:00 Walking Group 50 Minutes</div> <div>11:00 BILLIARDS</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:00 L "The Crown" -NETFLIX -</div>	<div>27</div> <div>11:00 TR Zumba</div> <div>1:00 AR BINGO</div> <div>4:00 SOCIAL HOUR - -- From 4 to 5pm</div>	<div>28</div> <div>10:00 Mexican Train Dominoes</div> <div>1:00 AR BINGO</div> <div>3:00 AR ART CLUB - Watercolors & more with Berti</div>
<div>29</div> <div>9:00 SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 GE Catholic Communion</div>	<div>30</div> <div>11:00 TR Strength Training</div> <div>1:00 CORNHOLE TIME</div> <div>2:00 L Meditation & Movement</div> <div>2:00 Rummikub</div> <div>3:00 AR Popcorn at the Lobby</div>	<div></div> <div></div>	<div></div> <div></div>	<div></div> <div></div>	<div></div> <div></div>	<div></div> <div>All Events Are Subject to Change</div>

CELEBRATING WOMEN



FROM LEFT TO RIGHT: MARK, JORGE, LUZ, ROSALVA, MARIA & PAT

On May 10th approximately 70 ladies congregated in our dining room for our "Annual Celebrating Women Event." Everyone enjoyed bubbles, sweets, gifts, flowers and lively piano playing. We are not sure who had more fun -- our staff, residents or their guests. Please visit our website (sonomaretirement.com) Facebook Page for more photos.

This event can be described as a setting where individuals were engaged in lively conversations, sharing experiences and enjoying moments of laughter, ultimately leading to a feeling of connection and enjoyment.

Womankind are the Creators, Beautifiers and Managers of Life Around Us! THANK YOU!!!!

WHO'S WORKING IN THE VEGETABLE GARDEN?



Why, it is our own multi-talented Executive Director, Mark Nilsson, planting for our enjoyment the following: tomatoes, cucumbers, broccoli, cauliflower, Spanish & green onions, orange bell peppers, spinach, lettuce, strawberries, basil, thyme, parsley & cilantro! These homegrown vegetables will be incorporated into our meals! The fresh herbs will add a yummy flavor to any dish!

Now all we need is patience.

A large round of applause for Mark!!!!