



SonomaHills

RETIREMENT LIVING

405 W. Macarthur Street • Sonoma, CA 95476 • (707) 939-7856 • www.sonomaretirement.com

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



Mark Nilsson Aug 12

Welcome New Residents

STEVE CROWLEY	170
KATHLEEN KEITH	127
GWYN SMITH	142
SANDI BOWMAN	147



August 2025




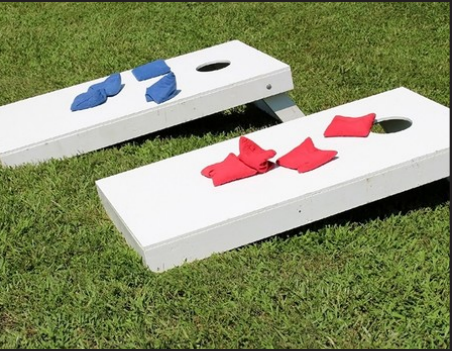


Visit Our Library & Join the Book Club

Fall in love with reading again in August: It's Read-a-Romance Month! If you're already a fan of love stories, step outside your usual comfort zone—maybe a historical romance or a graphic novel? Your happily-ever-after is waiting for you (in book form, of course).



Ice Cream Lovers and Dance Enthusiasts

Dancing is an aerobic activity that works several muscles all over your body, including your arms, calves, quads and hips. Plus, by concentrating on moving with the music, you won't even realize you're getting a full workout. Join us on Tuesday, 8/19 @ 2:00p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>ARMCHAIR TRAVEL TO INDIA</div> 		<div>All Events Are Subject to Change</div>		<div>JOIN US FOR DANCE & ICE CREAM</div> 	<div>1</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> BINGO</div> <div>4:00 <div>■</div> SOCIAL HOUR - 4 to 5pm</div>	<div>2</div> <div>10:00 <div>■</div> Mexican Train Dominoes</div> <div>1:00 <div>AR</div> BINGO</div> <div>3:00 <div>AR</div> ART CLUB - Watercolors & more with Berti</div>
<div>3</div> <div>9:00 <div>■</div> SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 <div>GE</div> Catholic Communion</div>	<div>4</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:00 <div>■</div> CORNHOLE TIME</div> <div>2:00 <div>L</div> Meditation & Movement</div> <div>2:00 <div>■</div> Rummikub</div> <div>3:00 <div>AR</div> Popcorn at the Lobby</div>	<div>5</div> <div>9:30 <div>■</div> Walking Group 30 Minutes</div> <div>1:00 <div>AR</div> BINGO</div> <div>1:00 <div>■</div> NO Residents Meeting</div> <div>3:00 <div>■</div> CANASTA</div>	<div>6</div> <div>9:00 <div>■</div> BRIDGE</div> <div>11:00 <div>L</div> PUTTING GREEN</div> <div>1:00 <div>AR</div> BINGO</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>7</div> <div>10:00 <div>■</div> Walking Group 50 Minutes</div> <div>11:00 <div>■</div> BILLIARDS</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>8</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> BINGO</div> <div>4:00 <div>■</div> SOCIAL HOUR - 4 to 5pm</div>	<div>9</div> <div>10:00 <div>■</div> Mexican Train Dominoes</div> <div>1:00 <div>AR</div> BINGO</div> <div>3:00 <div>AR</div> ART CLUB - Watercolors & more with Berti</div>
<div>10</div> <div>9:00 <div>■</div> SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 <div>GE</div> Catholic Communion</div>	<div>11</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:00 <div>■</div> CORNHOLE TIME</div> <div>2:00 <div>L</div> Meditation & Movement</div> <div>2:00 <div>■</div> Rummikub</div> <div>3:00 <div>AR</div> Popcorn at the Lobby</div>	<div>12</div> <div>9:30 <div>■</div> Walking Group 30 Minutes</div> <div>1:00 <div>AR</div> BINGO</div> <div>2:00 <div>■</div> DANCE & ICE CREAM</div> <div>3:00 <div>■</div> CANASTA</div>	<div>13</div> <div>9:00 <div>■</div> BRIDGE</div> <div>11:00 <div>L</div> PUTTING GREEN</div> <div>1:00 <div>AR</div> BINGO</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>14</div> <div>10:00 <div>■</div> Walking Group 50 Minutes</div> <div>11:00 <div>■</div> BILLIARDS</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>15</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> BINGO</div> <div>4:00 <div>■</div> SOCIAL HOUR - 4 to 5pm</div>	<div>16</div> <div>10:00 <div>■</div> Mexican Train Dominoes</div> <div>1:00 <div>AR</div> BINGO</div> <div>3:00 <div>AR</div> ART CLUB - Watercolors & more with Berti</div>
<div>17</div> <div>9:00 <div>■</div> SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 <div>GE</div> Catholic Communion</div>	<div>18</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:00 <div>■</div> CORNHOLE TIME</div> <div>2:00 <div>L</div> Meditation & Movement</div> <div>2:00 <div>■</div> Rummikub</div> <div>3:00 <div>AR</div> Popcorn at the Lobby</div>	<div>19</div> <div>9:30 <div>■</div> Walking Group 30 Minutes</div> <div>10:30 <div>GE</div> Catholic Mass</div> <div>1:00 <div>AR</div> BINGO</div> <div>3:00 <div>■</div> CANASTA</div>	<div>20</div> <div>9:00 <div>■</div> BRIDGE</div> <div>11:00 <div>L</div> PUTTING GREEN</div> <div>1:00 <div>AR</div> BINGO</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>21</div> <div>10:00 <div>■</div> Walking Group 50 Minutes</div> <div>11:00 <div>■</div> BILLIARDS</div> <div>11:00 <div>DR</div> Book Club</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>22</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> BINGO</div> <div>4:00 <div>■</div> SOCIAL HOUR - 4 to 5pm</div>	<div>23</div> <div>10:00 <div>■</div> Mexican Train Dominoes</div> <div>1:00 <div>AR</div> BINGO</div> <div>3:00 <div>AR</div> ART CLUB - Watercolors & more with Berti</div>
<div>24</div> <div>9:00 <div>■</div> SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 <div>GE</div> Catholic Communion</div>	<div>25</div> <div>11:00 <div>TR</div> Strength Training</div> <div>1:00 <div>■</div> CORNHOLE TIME</div> <div>2:00 <div>L</div> Meditation & Movement</div> <div>2:00 <div>■</div> Rummikub</div> <div>3:00 <div>AR</div> Popcorn at the Lobby</div>	<div>26</div> <div>9:30 <div>■</div> Walking Group 30 Minutes</div> <div>1:00 <div>AR</div> BINGO</div> <div>2:00 <div>■</div> ARMCHAIR TRAVEL - INDIA</div> <div>3:00 <div>■</div> CANASTA</div>	<div>27</div> <div>9:00 <div>■</div> BRIDGE</div> <div>11:00 <div>L</div> PUTTING GREEN</div> <div>1:00 <div>AR</div> BINGO</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>28</div> <div>10:00 <div>■</div> Walking Group 50 Minutes</div> <div>11:00 <div>■</div> BILLIARDS</div> <div>2:15 <div>TR</div> Gentle Stretch & Balance</div>	<div>29</div> <div>11:00 <div>TR</div> Zumba</div> <div>1:00 <div>AR</div> BINGO</div> <div>4:00 <div>■</div> SOCIAL HOUR - 4 to 5pm</div>	<div>30</div> <div>10:00 <div>■</div> Mexican Train Dominoes</div> <div>1:00 <div>AR</div> BINGO</div> <div>3:00 <div>AR</div> ART CLUB - Watercolors & more with Berti</div>
<div>31</div> <div>9:00 <div>■</div> SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00 <div>GE</div> Catholic Communion</div>						

JULY 4, 2025, AN EPIC SONOMA CELEBRATION THANKS TO OUR SONOMA VOLUNTEER FIREFIGHTERS ASSO.



Pat & Mark enjoyed sharing our appreciation for our amazing residents! (Mark, Moyra, Pat, Rosalva & Lorrie)

MARK AND PAT ARRIVED AT THE SONOMA SQUARE AT 6:00 A.M., FRIDAY, JULY 4TH, TO SET UP OUR POP-UP TENT, ETC. AS WE REGISTERED AS AN INFORMATION VENDOR FOR THE DAY. BEING THERE AT THE CRACK OF DAWN GAVE US AN EVEN BETTER APPRECIATION FOR WHAT OUR SVFA DOES ON THIS AUSPICIOUS DAY. IT IS SORT OF MAGICAL HOW THE ENTIRE EVENT COMES TOGETHER!! GOODY BAGS WERE HANDED OUT TO THE KIDS AND SH INFORMATION FOR THE ADULTS. HOWEVER, OUR JULY 4TH SNOOPY STOLE THE SHOW! WAIT TILL NEXT YEAR WHEN WE ARE NOT AMATEURS!

