



# SonomaHills

## RETIREMENT LIVING

405 W. Macarthur Street • Sonoma, CA 95476 • (707) 939-7856 • [www.sonomaretirement.com](http://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

### WELCOME AUTUMN



### HAPPY BIRTHDAY

Pat Gibson .....	Sep. 07
Remmy Sevilla -Employee .....	Sep. 13
Rene Cardinaux .....	Sep. 18
Loraine Thornley .....	Sep. 20
Ignacio Vargas -Employee .....	Sep. 23
Adalberto Galindo -Employee .....	Sep. 30

**Welcome**  
New Residents

JOYCE BROCK

#133

## September 2025


















































































































### Let Go and Grow

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do."

### CELEBRATING LIFE TO ITS FULLEST AUGUST 9TH

THE LAST PAGE OF OUR NEWSLETTER FEATURES A PHOTO OF 12 SH RESIDENTS (+ 4 not in photo) HAVING A BLAST AT THE VINTAGE HOUSE SENIOR CENTER'S "UNFORGETTABLE SUMMER EVENING EVENT." THE ROCKIN' SOUNDS OF SHOWCASE BAND PLAYED FROM 6-8:30P! WE DANCED (OR SAT WITH OUR TOES TAPPING) AND SOCIALIZED, ALONG WITH 125 OTHER SONOMA NEIGHBORS. THIS TYPE OF CAMARADERIE AND FUN IS WHAT OUR COMMUNITY IS ALL ABOUT!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>WELCOME AUTUMN</div> <div></div>	<div>FEDERAL HOLIDAY - NO ACTIVITIES, NO HOUSEKEEPING OR TRANSPORTATION</div> <div></div>	<div>9:30  Walking Group 30 Minutes</div> <div>1:00  BINGO</div> <div>1:00  RESIDENTS' MEETING</div> <div>3:00  CANASTA</div>	<div>9:00  BRIDGE</div> <div>11:00  MATINEE- NETFLIX SERIES</div> <div>11:00  PUTTING GREEN</div> <div>1:00  BINGO</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>10:00  Walking Group 50 Minutes</div> <div>11:00  BILLIARDS</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>11:00  Zumba</div> <div>1:00  BINGO</div> <div>4:00  SOCIAL HOUR - 4 to 5pm</div>	<div>10:00  Mexican Train Dominoes</div> <div>1:00  BINGO</div> <div>3:00  ART GROUP</div>
<div>9:00  SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00  Catholic Communion</div>	<div>11:00  Strength Training</div> <div>1:00  BLACK JACK TIME</div> <div>2:00  Meditation &amp; Movement</div> <div>2:00  Rummikub</div> <div>3:00  Popcorn at the Lobby</div>	<div>9:30  Walking Group 30 Minutes</div> <div>1:00  BINGO</div> <div>2:00  DANCE &amp; ICE CREAM</div> <div>3:00  CANASTA</div>	<div>9:00  BRIDGE</div> <div>11:00  MATINEE- NETFLIX SERIES</div> <div>11:00  PUTTING GREEN</div> <div>1:00  BINGO</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>PATRIOT DAY</div> <div>10:00  Walking Group 50 Minutes</div> <div>11:00  BILLIARDS</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>10:00  VACCINE CLINIC FROM 10:00am to 1:00pm</div> <div>11:00  Zumba</div> <div>1:00  BINGO</div> <div>4:00  SOCIAL HOUR - 4 to 5pm</div>	<div>10:00  Mexican Train Dominoes</div> <div>1:00  BINGO</div> <div>3:00  ART GROUP</div>
<div>9:00  SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00  Catholic Communion</div>	<div>11:00  Strength Training</div> <div>1:00  BLACK JACK TIME</div> <div>2:00  Meditation &amp; Movement</div> <div>2:00  Rummikub</div> <div>3:00  Popcorn at the Lobby</div>	<div>9:30  Walking Group 30 Minutes</div> <div>10:30  Catholic Mass</div> <div>1:00  BINGO</div> <div>3:00  CANASTA</div>	<div>9:00  BRIDGE</div> <div>11:00  MATINEE- NETFLIX SERIES</div> <div>11:00  PUTTING GREEN</div> <div>1:00  BINGO</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>10:00  Walking Group 50 Minutes</div> <div>11:00  BILLIARDS</div> <div>11:00  BOOK CLUB</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>11:00  Zumba</div> <div>1:00  BINGO</div> <div>4:00  SOCIAL HOUR - 4 to 5pm</div>	<div>10:00  Mexican Train Dominoes</div> <div>1:00  BINGO</div> <div>3:00  ART GROUP</div>
<div>9:00  SUNDAY BRUNCH - 9:00am to 1:00pm</div> <div>10:00  Catholic Communion</div>	<div>AUTUMN BEGINS</div> <div>11:00  Strength Training</div> <div>1:00  BLACK JACK TIME</div> <div>2:00  Meditation &amp; Movement</div> <div>2:00  Rummikub</div> <div>3:00  Popcorn at the Lobby</div>	<div>9:30  Walking Group 30 Minutes</div> <div>1:00  BINGO</div> <div>3:00  CANASTA</div>	<div>9:00  BRIDGE</div> <div>11:00  MATINEE- NETFLIX SERIES</div> <div>11:00  PUTTING GREEN</div> <div>1:00  BINGO</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>10:00  Walking Group 50 Minutes</div> <div>11:00  BILLIARDS</div> <div>2:15  Gentle Stretch &amp; Balance</div>	<div>11:00  Zumba</div> <div>1:00  BINGO</div> <div>4:00  SOCIAL HOUR - 4 to 5pm</div>	<div>10:00  Mexican Train Dominoes</div> <div>1:00  BINGO</div> <div>3:00  ART GROUP</div>
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### **CELEBRATING GENERATIONS**

**STEVE CROWLEY, RESIDENT, AND KHAY GALINDO, SON OF OUR NIGHT SECURITY EMPLOYEE, ADALBERTO, & GRANDSON OF ROSA BARAJAS, DINING ROOM SERVER, WERE HAVING FUN DANCING UP A STORM DURING SONOMA HILLS' 20 YEAR EMPLOYMENT ANNIVERSARY PARTY FOR ROSA.**

**INTERGENERATIONAL CONNECTIONS BRING JOY, HEALTH AND A DEEP SENSE OF COMMUNITY TO BOTH GENERATIONS! SENIORS AND YOUNG CHILDREN THRIVE WHEN THEY SPEND TIME TOGETHER. PLEASE INVITE YOUR GRANDCHILDREN TO OUR LIVE ENTERTAINMENT SOCIAL HOURS EVERY FRIDAY AT 4:00 P.M.!!!**