



# 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 Vargas
Cuisine Creator .....	Jason Vail
Cuisine Creator .....	Alex Saldana



Concepción Ramos - Employee	Dec. 8
Carol Drews	Dec. 9
Jorge Leiva - Employee	Dec. 11
Steve Crowley	Dec. 14
Lisa Beard	Dec. 21
Roberto Sandoval - Employee	Dec. 23
Donna Harland - Employee	Dec. 25
Debora Stevenson - Employee	Dec. 26



Francie Ward ..... #112

## December 2025



### Write Your Own Wrap-Up

Social media platforms and music streaming services generate yearly wrap-ups to allow users to reminisce on the year at its close. Write your own wrap-up and share with friends, family and neighbors. Here are a few prompts to get you started:

What was your favorite song you heard for the first time in 2025?




What was the best book you read this year?

What was the most memorable meal of 2025?

What historical event happened this year that you think will be most remembered?

What personal event happened this year that most impacted you and your loved ones?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>HELLO WINTER!!</div> <div></div>	1 <div>11:00 <span>TR</span> Strength Training</div> <div>1:00 <span>■</span> <b>BLACKJACK TIME</b></div> <div>2:00 <span>L</span> Meditation &amp; Movement</div> <div>2:00 <span>■</span> <b>Rummikub</b></div> <div>3:00 <span>AR</span> Popcorn at the Lobby</div>	2 <div>1:00 <span>AR</span> BINGO</div> <div>1:00 <span>■</span> <b>RESIDENTS' MEETING</b></div> <div>3:00 <span>■</span> CANASTA</div>	3 <div>9:00 <span>■</span> BRIDGE</div> <div>11:00 <span>L</span> PUTTING GREEN</div> <div>1:00 <span>AR</span> BINGO</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div>	4 <div>11:00 <span>■</span> BILLIARDS</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>3:00 <span>AR</span> <b>CHRISTMAS TREE DECORATING - DONUTS &amp; EGGNOG TASTING</b></div>	5 <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> BINGO</div> <div>4:00 <span>■</span> <b>SOCIAL HOUR - -- From 4 to 5pm - “Ugly Sweater Theme”</b></div>	6 <div>10:00 <span>■</span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> BINGO</div> <div>3:00 <span>AR</span> <b>ART GROUP</b></div> <div>4:00 <b>EMPLOYEE CHRISTMAS PARTY - NO DINNER SERVICE IN DR. BOXED DINNER MEAL PROVIDED AT LUNCH.</b></div>
7 <div>9:00 <span>■</span> <b>SUNDAY BRUNCH - 9:00am to 1:00pm</b></div> <div>10:00 <span>GE</span> Catholic Communion</div>	8 <div>11:00 <span>TR</span> Strength Training</div> <div>1:00 <span>■</span> <b>BLACKJACK TIME</b></div> <div>2:00 <span>L</span> Meditation &amp; Movement</div> <div>2:00 <span>■</span> <b>Rummikub</b></div> <div>3:00 <span>AR</span> Popcorn at the Lobby</div>	9 <div>1:00 <span>AR</span> BINGO</div> <div>3:00 <span>■</span> CANASTA</div>	10 <div>9:00 <span>■</span> BRIDGE</div> <div>11:00 <span>L</span> PUTTING GREEN</div> <div>1:00 <span>AR</span> BINGO</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div>	11 <div>10:00 <span>■</span> OUTING</div> <div>11:00 <span>■</span> BILLIARDS</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div>	12 <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> BINGO</div> <div>4:00 <span>■</span> <b>SOCIAL HOUR - -- From 4 to 5pm -</b></div>	13 <div>10:00 <span>■</span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> BINGO</div> <div>3:00 <span>AR</span> <b>ART GROUP</b></div>
14 <div>9:00 <span>■</span> <b>SUNDAY BRUNCH - 9:00am to 1:00pm</b></div> <div>10:00 <span>GE</span> Catholic Communion</div> <div>1:30 <span>■</span> <b>CHRISTMAS CAROLS - MUSIC BY CLAUDIA</b></div>	15 <div>11:00 <span>TR</span> Strength Training</div> <div>1:00 <span>■</span> <b>BLACKJACK TIME</b></div> <div>2:00 <span>L</span> Meditation &amp; Movement</div> <div>2:00 <span>■</span> <b>Rummikub</b></div> <div>3:00 <span>AR</span> Popcorn at the Lobby</div>	16 <div>10:30 <span>GE</span> <b>Catholic Mass</b></div> <div>1:00 <span>AR</span> BINGO</div> <div>3:00 <span>■</span> CANASTA</div>	17 <div>9:00 <span>■</span> BRIDGE</div> <div>11:00 <span>L</span> <b>HULA CAROLING - HAWAIIAN HOLIDAY PERFORMANCE</b></div> <div>11:00 <span>L</span> PUTTING GREEN</div> <div>1:00 <span>AR</span> BINGO</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div>	18 <div>11:00 <span>■</span> BILLIARDS</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>6:00 <span>■</span> <b>OUTING - Sonoma Christmas Lighting</b></div>	19 <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> BINGO</div> <div>4:00 <span>■</span> <b>HOLIDAY PARTY - MUSIC BY MICHAEL CARINI</b></div>	20 <div>10:00 <span>■</span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> BINGO</div> <div>3:00 <span>AR</span> <b>ART GROUP</b></div>
21 <div>WINTER BEGINS</div> <div>9:00 <span>■</span> <b>SUNDAY BRUNCH - 9:00am to 1:00pm</b></div> <div>10:00 <span>GE</span> Catholic Communion</div> <div>4:00 <span>■</span> <b>CHARLY ANGELS - CHRISTMAS CAROLS</b></div>	22 <div>11:00 <span>TR</span> Strength Training</div> <div>1:00 <span>■</span> <b>BLACKJACK TIME</b></div> <div>2:00 <span>L</span> Meditation &amp; Movement</div> <div>2:00 <span>■</span> <b>Rummikub</b></div> <div>3:00 <span>AR</span> Popcorn at the Lobby</div>	23 <div>1:00 <span>AR</span> BINGO</div> <div>3:00 <span>■</span> CANASTA</div>	24 <div>9:00 <span>■</span> BRIDGE</div> <div>11:00 <span>L</span> PUTTING GREEN</div> <div>1:00 <span>AR</span> BINGO</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div>	25 <div>CHRISTMAS DAY</div> <div>NO ACTIVITIES, HOUSEKEEPING OR TRANSPORTATION.</div> <div><b><u>NO DINNER SERVICE IN DINING ROOM.</u></b></div> <div><b><u>BOXED MEAL PROVIDED AT LUNCH</u></b></div>	26 <div>11:00 <span>TR</span> Zumba</div> <div>1:00 <span>AR</span> BINGO</div> <div>4:00 <span>■</span> <b>SOCIAL HOUR - -- From 4 to 5pm</b></div>	27 <div>10:00 <span>■</span> Mexican Train Dominoes</div> <div>1:00 <span>AR</span> BINGO</div> <div>3:00 <span>AR</span> <b>ART GROUP</b></div>
28 <div>9:00 <span>■</span> <b>SUNDAY BRUNCH - 9:00am to 1:00pm</b></div> <div>10:00 <span>GE</span> Catholic Communion</div>	29 <div>11:00 <span>TR</span> Strength Training</div> <div>1:00 <span>■</span> <b>BLACKJACK TIME</b></div> <div>2:00 <span>L</span> Meditation &amp; Movement</div> <div>2:00 <span>■</span> <b>Rummikub</b></div> <div>3:00 <span>AR</span> Popcorn at the Lobby</div>	30 <div>1:00 <span>AR</span> BINGO</div> <div>2:00 <span>■</span> <b>ARMCHAIR TRAVEL -</b></div> <div>3:00 <span>■</span> CANASTA</div>	31 <div>9:00 <span>■</span> BRIDGE</div> <div>11:00 <span>L</span> PUTTING GREEN</div> <div>1:00 <span>AR</span> BINGO</div> <div>2:15 <span>TR</span> Gentle Stretch &amp; Balance</div> <div>6:30 <span>■</span> <b>“NEW YEAR’S EVE”</b></div> <div><b>Entertainment by “SHOWCASE BAND”</b></div>	<div></div>	<div><b>All Events Are Subject to Change</b></div>	<div></div>



## PREVENTING THE HOLIDAY BLUES



HOW WE "FEEL" ABOUT THE HOLIDAY SEASON CAN BRING MIXED EMOTIONS. LET'S BE REALISTIC--AS WE AGE, THERE ARE TIMES WE DISAGREE THAT THIS IS THE "THE MOST WONDERFUL TIME OF THE YEAR." HOWEVER, CONNECTING WITH OTHERS AND PARTICIPATING IN MEANINGFUL SONOMA HILLS' ACTIVITIES CAN AND DOES HELP YOU FEEL MORE GROUNDED.

THE HOLIDAYS ARE DIFFERENT FOR MANY OF US, SO LET'S CELEBRATE "DIFFERENTLY" WITH EACH OTHER AND BE OUR BEST SELVES! IF YOU GIVE A SMILE, AND MAYBE A HUG AWAY, GUARANTEED YOU WILL RECEIVE THEM IN RETURN! CHARLIE (PICTURED HERE) MIGHT LOOK LIKE HE DOESN'T ENJOY SANTA & CO., BUT HE REALLY DOES!

WEDNESDAY, DECEMBER 31ST

6:30P - 8:30P

NEW YEAR'S EVE PARTY

"SHOWCASE BAND" PERFORMING

SONOMA HILLS LOBBY

LET'S RING IN THE NEW YEAR (9P IS THE NEW MIDNIGHT!) TOGETHER AT SONOMA HILLS, DANCING, CLAPPING, SINGING AND TAPPING OUR FEET TO THE MUSIC OF ONE OF OUR FAVORITE ENTERTAINERS -- PATTY, LOUIE, & NIKKI (DAUGHTER) OF SHOWCASE BAND.

THIS IS A REALLY EXCITING EVENT, SO PLEASE JOIN IN THE MERRIMENT!