



SonomaHills

RETIREMENT LIVING

405 W. MacArthur Street • Sonoma, CA 95476 • (707) 939-7856 • www.sonomareirement.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?



December 2025

AR	Bingo	GE	Catholic Services	AR	Ice Cream
TR	Fitness Class	L	Meditation & Movement	Community Meetings	
TR	Fitness			Games	
				Social Hour	Outing
AR	Arts & Crafts	L	Special Events		

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

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!