



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



HAPPY BIRTHDAY

MaryAnn Levine	Feb. 2
Gwyn Smith	Feb. 4
Mary Wich	Feb. 6
Genny Paulson	Feb. 13
Luz Bravo - Employee	Feb. 15
Sally Gmelin	Feb. 18
Michelle Schumacher	Feb. 18
Terry Arthur	Feb. 22
Linda Kennedy	Feb. 27
Kathy McNichol	Feb. 28
Hilaria Mayo - Employee	Feb. 28

WHAT'S NEW IN FEBRUARY?

WE INVITE YOU TO COME, PARTICIPATE
AND HAVE FUN!

- TAI CHI - BALANCE & MINDFULNESS
- JEOPARDY GAME - MIND CHALLENGING
- "GETTING TO KNOW YOU" - COMMUNITY CONNECTION

February 2026

HAPPY VALENTINE'S DAY



Love and Be Loved

"How you love yourself is how you teach others to love you." — ALL WE NEED IS LOVE!

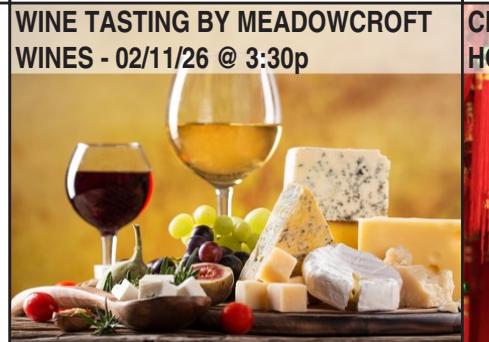


Share the Love

Don't you just feel at home living in our community? Whether it's because of our friendly staff, perfect location or great amenities, make sure you tell everyone you know about how much you enjoy life at Sonoma Hills. Then, if they visit us, sign a lease and move in, you'll receive a reward!

February 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion	2 11:00 TR Strength Training 1:00 BLACKJACK TIME 2:00 L Meditation & Movement 2:00 Rummikub	3 1:00 AR BINGO 1:00 RESIDENTS' MEETING 3:00 CANASTA 4:00 LB WRITERS' GROUP	4 9:00 BRIDGE 11:00 L PUTTING GREEN 1:00 AR BINGO	5 10:00 OUTING 11:00 BILLIARDS 2:15 TR Gentle Stretch & Balance	6 11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR - 4 - 5p CARLO SOLIVAN - Entertainer	7 10:00 Mexican Train Dominoes 1:00 AR BINGO 3:00 AR ART GROUP
8 SUPER BOWL SUNDAY 9:00 SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion 3:30 L SUPER BOWL - TV	9 11:00 TR Strength Training 1:00 BLACKJACK TIME 2:00 L Meditation & Movement 2:00 Rummikub	10 1:00 AR BINGO 2:00 TR TAI CHI With RIE 3:00 CANASTA 4:00 LB WRITERS' GROUP	11 9:00 BRIDGE 11:00 L PUTTING GREEN 1:00 AR BINGO 3:30 L WINE TASTING- HOSTED BY MEADOWCROFT WINES	12 10:00 OUTING 11:00 BILLIARDS 2:15 TR Gentle Stretch & Balance	13 11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR --- From 4 to 5pm - "VALENTINE'S DAY" THEME- With Michael O'Brien at the Piano	14 HAPPY VALENTINE'S DAY 10:00 Mexican Train Dominoes 1:00 AR BINGO 3:00 AR ART GROUP
15 9:00 SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion	16 11:00 TR Strength Training 1:00 BLACKJACK TIME 2:00 L Meditation & Movement 2:00 Rummikub	17 10:30 GE Catholic Mass 1:00 AR BINGO 2:00 GETTING TO KNOW YOU 3:00 CANASTA 4:00 LB WRITERS' GROUP	18 9:00 BRIDGE 11:00 LB BOOK CLUB 11:00 L PUTTING GREEN 1:00 AR BINGO	19 10:00 OUTING 11:00 BILLIARDS 2:15 TR Gentle Stretch & Balance	20 11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR --- From 4 to 5pm "MARDI GRAS" THEME- Music by Michael Carini - Accordion	21 10:00 Mexican Train Dominoes 1:00 AR BINGO 3:00 AR ART GROUP 5:45 OUTING - VINTAGE HOUSE DANCE- MUSIC BY "BIG O BAND"
22 9:00 SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion	23 11:00 TR Strength Training 1:00 BLACKJACK TIME 2:00 L Meditation & Movement 2:00 Rummikub 4:00 JEOPARDY - Hosted by the Boys and Girls Club	24 1:00 AR BINGO 2:00 ARMCHAIR TRAVEL 3:00 CANASTA 4:00 LB WRITERS' GROUP	25 9:00 BRIDGE 11:00 L PUTTING GREEN 1:00 AR BINGO	26 10:00 OUTING 11:00 BILLIARDS 2:15 TR Gentle Stretch & Balance	27 11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR --- From 4 to 5pm "SHOW CASE BAND"	28 10:00 Mexican Train Dominoes 1:00 AR BINGO 3:00 AR ART GROUP
			All Events Are Subject to Change			

FEBRUARY CELEBRATIONS



SUPER BOWL LX -- SUNDAY, FEBRUARY 8TH, @ 3:30P AT LEVI'S STADIUM IN SAN FRANCISCO!! CHEER YOUR TEAM ON WHETHER IT IS THE GAME ITSELF OR THE COMMERCIALS... OR THE HALFTIME SHOW FEATURING "BAD BUNNY." (OH MY!!)

FEBRUARY IS CELEBRATED AS THE MONTH OF LOVE, FRIENDSHIP, KINDNESS, LAUGHTER & MANY EVENTS!

- SUNDAY, FEB 8, @3:30P SUPER BOWL SUNDAY
- WEDNESDAY, FEB 11, @3:30P WINE TASTING (MEADOWCROFT)
- FRIDAY, FEB 13, @4P "VALENTINE'S" PARTY- M. O'BRIEN ON PIANO
- FRIDAY, FEB 20, @4P "MARDI GRAS" PARTY --MICHAEL CARINI
- SATURDAY, FEB 21, @5:45 "OUTING TO VINTAGE HOUSE"
QUEEN OF HEARTS THEMED DANCE PARTY WITH BIG O!

