



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

Will Selleck	April 4
Gwyn Smith	April 6
Pat Valone	April 7
Beth Buhler	April 7
Shirley Doyal	April 14
Austra Toulze	April 18

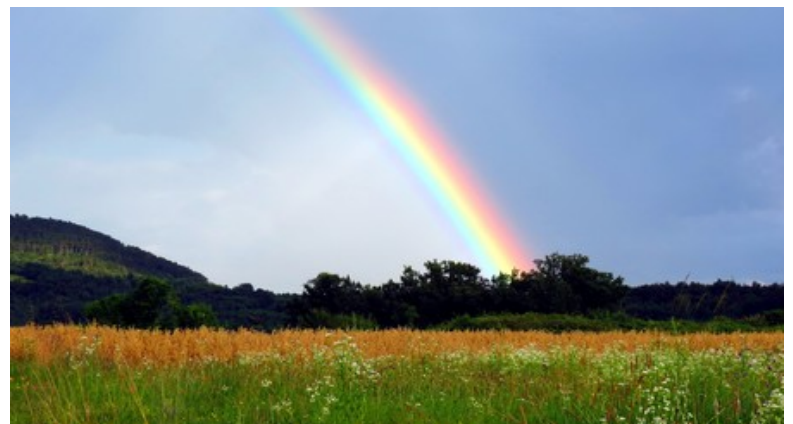


154	Carolyn & Erich David
143/144	Marilyn Moyer & Judy Espinoza
153	Janet Volkman

April 2026



HAPPY EASTER








A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

Green Spaces Linked to Longevity

Recent studies indicate that access to green space may contribute to longer life expectancy. The presence of trees, gardens and houseplants can reduce air pollution and improve mental well-being, leading to increased health and happiness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>HAPPY EASTER 5</p> <p>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</p> <p>10:00 AR Catholic Communion</p>	<p>6</p> <p>11:00 Strength Training</p> <p>1:00 ■ BLACKJACK TIME</p> <p>2:00 LB Meditation & Movement</p> <p>2:00 ■ Rummikub</p>	<p>7</p> <p>1:00 AR BINGO</p> <p>1:00 ■ RESIDENTS' MEETING</p> <p>2:15 ■ TAI CHI with RIE</p> <p>3:00 ■ CANASTA</p> <p>4:00 LB STORY HOUR</p>	<p>11:00 LB PUTTING GREEN</p> <p>1:00 AR BINGO</p> <p>2:15 TR Gentle Stretch & Balance</p> <p>3:00 GETTING TO KNOW YOU CIRCLE</p>	<p>11:00 ■ OUTING</p> <p>11:00 ■ BILLIARDS</p> <p>2:15 TR Gentle Stretch & Balance</p>	<p>11:00 TR Zumba</p> <p>1:00 AR BINGO</p> <p>4:00 ■ SOCIAL HOUR - -- From 4 to 5pm - LIVE MUSIC</p>	<p>10:00 ■ Mexican Train Dominoes</p> <p>1:00 AR BINGO</p> <p>3:00 AR ART GROUP</p>
<p>12</p> <p>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</p> <p>10:00 AR Catholic Communion</p>	<p>13</p> <p>11:00 Strength Training</p> <p>1:00 ■ BLACKJACK TIME</p> <p>2:00 LB Meditation & Movement</p> <p>2:00 ■ Rummikub</p>	<p>14</p> <p>1:00 L GUEST SPEAKER - HYPERBARIC OXYGEN THERAPY</p> <p>2:15 ■ TAI CHI with RIE</p> <p>3:00 ■ CANASTA</p> <p>4:00 LB STORY HOUR</p>	<p>15</p> <p>11:00 LB BOOK CLUB</p> <p>11:00 LB PUTTING GREEN</p> <p>1:00 AR BINGO</p> <p>2:15 TR Gentle Stretch & Balance</p> <p>3:00 GETTING TO KNOW YOU CIRCLE</p>	<p>16</p> <p>10:00 ■ OUTING</p> <p>11:00 ■ BILLIARDS</p> <p>2:15 TR Gentle Stretch & Balance</p>	<p>17</p> <p>11:00 TR Zumba</p> <p>1:00 AR BINGO</p> <p>4:00 ■ SOCIAL HOUR - -- From 4 to 5pm - LIVE MUSIC</p>	<p>18</p> <p>10:00 ■ Mexican Train Dominoes</p> <p>1:00 AR BINGO</p> <p>3:00 AR ART GROUP</p>
<p>19</p> <p>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</p> <p>10:00 AR Catholic Communion</p>	<p>20</p> <p>11:00 Strength Training</p> <p>1:00 ■ BLACKJACK TIME</p> <p>2:00 LB Meditation & Movement</p> <p>2:00 ■ Rummikub</p>	<p>21</p> <p>10:30 AR Catholic Mass</p> <p>1:00 AR BINGO</p> <p>2:15 ■ TAI CHI with RIE</p> <p>3:00 ■ CANASTA</p> <p>4:00 LB STORY HOUR</p>	<p>22</p> <p>EARTH DAY</p> <p>11:00 LB PUTTING GREEN</p> <p>1:00 AR BINGO</p> <p>2:15 TR Gentle Stretch & Balance</p>	<p>23</p> <p>10:00 ■ OUTING</p> <p>11:00 ■ BILLIARDS</p> <p>2:15 TR Gentle Stretch & Balance</p>	<p>24</p> <p>11:00 TR Zumba</p> <p>1:00 AR BINGO</p> <p>4:00 ■ SOCIAL HOUR - -- From 4 to 5pm - LIVE MUSIC</p>	<p>25</p> <p>9:00 L RUMMAGE SALE - FROM 8 am to 1:00 pm</p> <p>10:00 ■ Mexican Train Dominoes</p> <p>1:00 AR BINGO</p> <p>3:00 AR ART GROUP</p>
<p>26</p> <p>9:00 ■ SUNDAY BRUNCH - 9:00am to 1:00pm</p> <p>10:00 AR Catholic Communion</p>	<p>27</p> <p>11:00 Strength Training</p> <p>1:00 ■ BLACKJACK TIME</p> <p>2:00 LB Meditation & Movement</p> <p>2:00 ■ Rummikub</p>	<p>28</p> <p>1:00 AR BINGO</p> <p>2:15 ■ TAI CHI with RIE</p> <p>3:00 ■ CANASTA</p> <p>4:00 LB STORY HOUR</p>	<p>29</p> <p>11:00 LB PUTTING GREEN</p> <p>1:00 AR BINGO</p> <p>2:15 TR Gentle Stretch & Balance</p> <p>3:00 ■ ARMCHAIR TRAVEL -</p>	<p>30</p> <p>10:00 ■ OUTING</p> <p>11:00 ■ BILLIARDS</p> <p>2:15 TR Gentle Stretch & Balance</p>		

QUEEN OF HEARTS DANCE PARTY



LEFT TO RIGHT FIRST ROW, JOYCE BROCK, SANDI BOWMAN, MARY ANN LEVINE, (SECOND ROW) PAT REPETTO, LUZ BRAVO AND CAROL AND RON GEORGE

THE VINTAGE HOUSE (SONOMA'S SENIOR CENTER) HELD A QUEEN OF HEARTS DANCE PARTY SATURDAY, FEBRUARY 21ST, FROM 6:30 TO 9:00PM, SPONSORED BY SH. RESIDENTS AND STAFF (15 ATTENDEES) DANCED THE NIGHT AWAY AS WE WERE ENTERTAINED BY THE ROCK N' ROLL BAND "BIG O & COMPANY." THIS IS THE FOURTH DANCE HELD BY VINTAGE HOUSE AND WE HAVE BEEN PRESENT AT EVERY ONE! SONOMA HILLS SPONSORED THE EVENT, AND EVERYONE PRESENT HAD A BLAST!!! DANCING IS A VITAL ACTIVITY FOR SENIORS, AS IT PROMOTES HEALTHY AGING WHILE FOSTERING JOY AND SOCIAL CONNECTION.

SOPHIA ZIESEMANN & LEITA DAVIS



Learning to play the violin requires mastering awkward, unnatural body positioning, precise left-hand finger placement and coordinated right hand bow control.

A LARGE ROUND OF APPLAUSE FROM SH RESIDENTS TO OUR AMAZING VOLUNTEER, SOPHIA ZIESEMANN, (HIGH SCHOOL JUNIOR) AND HER TEACHER, LEITA DAVIS FOR THE BEAUTIFUL CLASSICAL VIOLIN PERFORMANCE ON SUNDAY AFTERNOON, FEBRUARY 15TH. THE VIOLIN IS GENERALLY CONSIDERED ONE OF THE HARDEST INSTRUMENTS TO LEARN. WE LOOK FORWARD TO YOUR NEXT PERFORMANCE! SOPHIA ASSISTS ACTIVITIES OFFICE WITH SPECIAL ASSIGNMENTS AND IS A REAL JOY TO WORK WITH! CARNEGIE HALL, HERE SHE COMES!!