



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

Maria Vargas -Employee	July 03
Maria Jimenez -Employee	July 04
Sandi Bowman	July 21
Irmgard Bagshaw	July 29

Welcome
New Residents

Mary Kate Carter	164
Sharon Monnich	156

July 2026



Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.
56. Signers of the Declaration of Independence.
2.5 million. Population of the U.S. in July 1776.
342 million. Population of the U.S. today.



Be Free

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right."
—Peter Marshall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance 3:00 FD GETTING TO KNOW YOU CIRCLE	10:00 FD OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	FEDERAL HOLIDAY OBSERVANCE 11:00 FR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR - - From 4 - 5pm INDEPENDENCE DAY CELEBRATION	
5 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	6 11:00 FR Strength Training 1:00 AR BLACKJACK TIME 2:00 LB Meditation & Movement 2:00 AR Rummikub 3:00 FD Popcorn Time - TV Room	7 1:00 FD RESIDENTS' MEETING 1:15 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	8 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	9 10:00 FD OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	10 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - - From 4 to 5pm	11 10:00 AR Mexican Train Dominoes 1:00 AR BINGO
12 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	13 11:00 FR Strength Training 1:00 AR BLACKJACK TIME 2:00 LB Meditation & Movement 2:00 AR Rummikub 3:00 FD Popcorn Time - TV Room	14 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	15 11:00 LB BOOK CLUB 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance 3:00 LB GETTING TO KNOW YOU CIRCLE	16 10:00 FD OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	17 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - - From 4 to 5pm	18 10:00 AR Mexican Train Dominoes 1:00 AR BINGO
19 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	20 11:00 FR Strength Training 1:00 AR BLACKJACK TIME 2:00 LB Meditation & Movement 2:00 AR Rummikub 3:00 FD Popcorn Time - TV Room	21 10:30 LB Catholic Mass 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	22 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	23 10:00 FD OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	24 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - - From 4 to 5pm	25 10:00 AR Mexican Train Dominoes 1:00 AR BINGO
26 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	27 11:00 FR Strength Training 1:00 AR BLACKJACK TIME 2:00 LB Meditation & Movement 2:00 AR Rummikub 3:00 FD Popcorn Time - TV Room	28 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 FD ARMCHAIR TRAVEL to MOROCCO 3:00 ** CANASTA	29 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	30 10:00 FD OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	31 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - - From 4 to 5pm	All Events Are Subject to Change

SH RESIDENTS KNOW HOW TO HAVE FUN!!



TUESDAY, JUNE 9TH, OPENING DAY FOR SH VOLLEYBALL TOURNAMENT

WHAT A SHOT (NOTED ABOVE) THAT TORIS MADE. FANS WERE IN AWE AT TORIS' REMARKABLE SKILL AND DEXTERITY! TEAM MEMBERS ... FIRST ROW, LEFT TO RIGHT: JOYCE, TIM, TORIS; SECOND ROW: KAREN, KATHY AND BEA (SORT OF!)

THE FIFA WORLD CUP TRANSFORMS NEW YORK AND STADIUMS AROUND THE WORLD INTO ONE GIANT SOCCER STADIUM. MAY THE PROFESSIONALISM AND GOOD SPORTSMANSHIP EXHIBITED BY OUR TEAMS BE AN EXAMPLE TO WORLD CUP FANS. AFTER THE GAME THERE WERE A LOT OF HIGH FIVES AND HANDSHAKES. OUR FANS LEFT WITH SMILES ON THEIR FACES AND THAT IS WHAT GOOD SPORTSMANSHIP IS ALL ABOUT!

STRATEGY SKILL SENSE OF HUMOR!



A MIGHTY FORCE TO BE RECKONED WITH.....

THE OPPOSING TEAM AS SHOWN IN THE PHOTO—ROW #1 LEFT TO RIGHT: MARY, SALLY & STEVE; ROW #2: JEAN, SHARON AND CAROL! DON'T BE FOOLED BY THE SMILES, AS THESE PLAYERS STRATEGICALLY DECIDED ON WHO GETS THE BALL WHEN, WHERE, AND HOW!!!! UNDER THEIR SMILES THEY ARE READY TO COMPETE WITH VIGOR AND GET INTO ACTION!!

THIS STYLE OF VOLLEYBALL PROVIDES A FANTASTIC, LOW-IMPACT FULL-BODY WORKOUT WHILE PRIORITIZING SAFETY, JOINT PROTECTION, AND SOCIAL CONNECTION.