



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

YOSHI DAVIS	AUG. 04
TORIS JAEGER	AUG. 07
MARK NILSSON	AUG. 12
FRANCIE WARD	AUG. 17
LAURA CONTRERAS- Employee	AUG. 17
JOSE PIZANO -Employee	AUG. 17
JOYCE BROCK	AUG. 26
CAROLYN DAVID	AUG. 31

Welcome New Residents

Sandy Calvert	169
Larry Toimil	179

August 2026



Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."



Looking for a rejuvenating way to spend a summer morning? A visit to the Friday Farmers' Market in Sonoma has all you need—fresh air, sunshine, light exercise and healthy produce. You're also likely to find booths where you can purchase a pick-me-up, such as a sweet treat, bouquet of flowers or handmade art. Schedule your trip with the concierge at the front desk.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Dog Day-8.26 	NATIONAL FARMERS MARKET WEEK The First Full Week of August 	LIVE. LAUGH. WEAR SUNSCREEN 	SUMMER SUN SAFETY MONTH 	"Drink 3L of Water a Day and You'll Have No Time for Drama, Because You'll Be Too Busy Peeing!" 	NATIONAL WELLNESS MONTH AUGUST 	
2 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	3 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	4 1:00 FD RESIDENTS' MEETING 1:15 AR BINGO 3:00 ** CANASTA	5 10:00 Boys & Girls+Teen Services 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance 3:00 FD GETTING TO KNOW YOU CIRCLE	6 10:00 ** OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	7 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	8 10:30 AR Mexican Train Dominoes 1:00 AR BINGO
9 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	10 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	11 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	12 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	13 11:00 PT BILLIARDS 1:00 FD OUTING - Gatherings in the Museum - SVMA 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	14 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	15 10:30 AR Mexican Train Dominoes 1:00 AR BINGO
16 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	17 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	18 10:30 LB Catholic Mass 1:00 LB GUEST SPEAKER - TORIS A. JAEGER ENVIRONMENTAL EDUCATOR 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	19 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	20 10:00 ** OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	21 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	22 10:30 AR Mexican Train Dominoes 1:00 AR BINGO
23 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	24 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	25 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	26 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance 3:15 FR ARMCHAIR TRAVEL -	27 10:00 ** OUTING 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	28 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	29 10:30 AR Mexican Train Dominoes 1:00 AR BINGO
30 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	31 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					

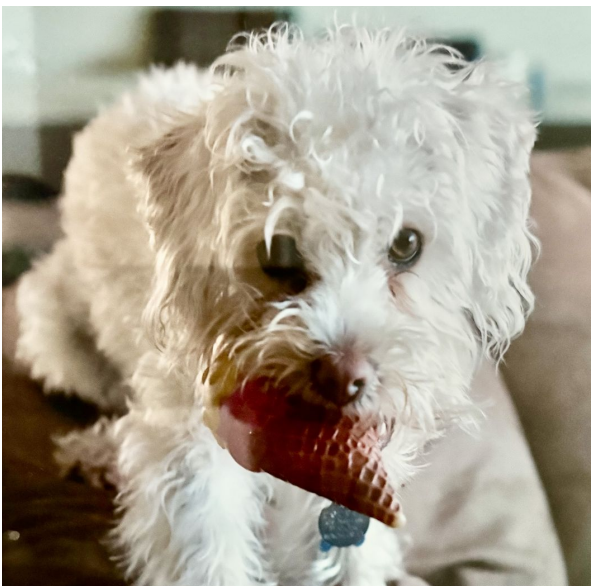
SH VENDOR EXHIBIT FEATURING SNOOPY



JULY 4TH, 2026 CELEBRATION--LET FREEDOM RING!!!!

THIS IS THE SECOND YEAR THAT SH HAS BEEN A VENDOR IN THE SONOMA SQUARE ALL DAY ON JULY 4TH! MARK AND PAT HAD A BLAST, AS THIS YEAR WE OFFERED A FREE PRIZE TO "ALL AGE CONTESTANTS" WHEN THEY SPUN THE "SH WHEEL OF FORTUNE." LAST YEAR WE LEARNED HOW BELOVED SNOOPY IS, SO SOME OF THE PRIZES WERE SNOOPY STUFFED ANIMALS, SNOOPY BOOKMARKS, JULY 4TH MINTS, ETC. THE KIDS OF ALL AGES REALLY HAD FUN, BUT NO MORE THAN MARK & PAT. THE WEATHER WAS PERFECT; DELICIOUS ROTARY HOT DOGS; THE SQUARE PACKED; THE PARADE AMAZING, ETC. THIS EVENT IS PERFECT FOR COMMUNITY EXPOSURE AND AN OPPORTUNITY FOR PEOPLE TO GET TO KNOW US!

"DOG DAYS OF SUMMER"



THE DOG DAYS OF SUMMER RUN JULY 3RD TO AUGUST 11TH AND ARE NAMED FOR SIRIUS, THE DOG STAR, IN CONJUNCTION WITH THE SUN! THE "DOG STAR" PHRASE IS TIED TO SIRIUS—THE BRIGHTEST STAR VISIBLE FROM EARTH. THE SIDEWALKS ARE HOT ENOUGH TO MAKE DOGS, SENIORS & EVERYONE ELSE INVENT NEW DANCE MOVES!

HERE'S HOPING YOUR SUMMER IS FILLED WITH COOL BREEZES, GOOD FRIENDS AND ENOUGH ICE CREAM TO MAKE THE HEAT ALMOST WORTH IT!

MAX HAS THE RIGHT IDEA!!