



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

Carol George	Oct. 01
Camila Zavala-Employee	Oct. 05
Marilyn Moyer	Oct. 07
Jean Storrs	Oct. 08
Vilma Lafleur - Employee	Oct. 18
Steve White	Oct. 20

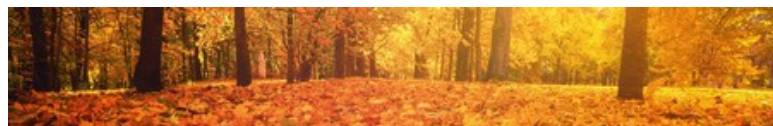


October 2026



Let's Celebrate Oktoberfest!

You don't have to travel to Germany to Celebrate; we're hosting our own Oktoberfest right here! **Friday, October 02, @ Happy Hour.** Be ready to have a barrel of fun with Patty and Louie Polkas!



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll. Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Warm up to a new workout. If the weather keeps you inside, try a new workout. Chair volleyball, dancing, golf, and chair exercises are low impact and highly beneficial (check Sonoma Hills' Activities Program).

Get hands-on. Knitting, painting, and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

Prep for plants. If you have a community garden or your own container garden, planting perennial flower bulbs and tasks such as weeding will help you look forward to spring. Just keep moving!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DOG SOCIAL COSTUME PARADE 	ACTIVE AGING MONTH 	FALL DECORATION 		1 9:30 FD O U T I N G 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	2 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm OKTOBERFEST CELEBRATION	3 10:30 AR Mexican Train Dominoes 1:00 AR BINGO
4 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	5 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	6 1:00 AR BINGO 1:00 FD RESIDENTS' MEETING 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	7 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance 3:00 FD GETTING TO KNOW YOU CIRCLE	8 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	9 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm Entertainer Michael O'Brien - Piano	10 10:30 AR Mexican Train Dominoes 10:30 Senior Wellness Fair Transportation 1:00 AR BINGO
11 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion 1:30 LB HARVEST CELEBRATION MUSIC - CLAUDIA & KEVIN - MUSICIANS	12 Columbus & Indigenous Peoples' Day FEDERAL HOLIDAY 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	13 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	14 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	15 9:30 FD O U T I N G 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	16 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm Entertainer: Hardly Strictly Irish	17 10:30 AR Mexican Train Dominoes 1:00 AR BINGO
18 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	19 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	20 10:30 LB Catholic Mass 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	21 11:00 LB BOOK CLUB 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:00 LB Active Aging Wellness-Workshop on Balance 3:00 LB GETTING TO KNOW YOU CIRCLE	22 9:30 FD O U T I N G 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	23 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm - Entertainer Kendall Osbourne Guitarist	24 10:30 AR Mexican Train Dominoes 11:00 Loving Animals Providing Smiles (LAPS) Visit 1:00 AR BINGO 5:45 ** ROCKTOBERFEST -Vintage House (Meet in SH lobby)
25 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	26 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	27 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ARMCHAIR TRAVEL - ** CANASTA	28 11:00 CY DOG SOCIAL & COSTUME PARADE 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	29 9:30 FD O U T I N G 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	30 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm HALLOWEEN PARTY WITH PATTI & LOUIE "SHOWCASE BAND"	31 

SONOMA HILLS WILL BE PARTICIPATING IN THE 2026 GOLDEN HARVEST SENIOR RESOURCE & WELLNESS FAIR HOSTED BY THE SONOMA VALLEY HOSPITAL. EVENT DETAILS:

- DATE: SATURDAY, OCTOBER 10, 2026
- TIME: 10:00 a.m. - 2:00 p.m.
- LOCATION: Sonoma Community Center

THIS EVENT PROVIDES A WONDERFUL OPPORTUNITY TO:

- SHARE INFORMATION ABOUT OUR COMMUNITY.
- NETWORK WITH FELLOW COMMUNITY ORGANIZATIONS COMMITTED TO SUPPORTING HEALTHY AGING.
- SONOMA HILLS WILL BE PROVIDING "LIMITED TRANSPORTATION." DETAILS WILL BE FORTHCOMING.

MARK AND PAT HOPE TO SEE YOU THERE SO THAT YOU CAN SPIN THE "WELLNESS OF FORTUNE WHEEL." OUR MESSAGE TO THE PUBLIC IS: WE BELIEVE WELLNESS AND AGING SHOULD BE A LOT MORE THAN DOCTOR APPOINTMENTS. IT IS ABOUT HAVING FUN, MAKING FRIENDS AND ENJOYING LIFE!!

SPOOKTACULAR OCTOBER EVENTS!!



SH ANNUAL DOG COSTUME CONTEST & PARADE

WEDNESDAY, OCTOBER 28 @ 11:00 A.M
... EVERYONE WANTS TO HAVE FUN ON HALLOWEEN, INCLUDING OUR SONOMA HILLS' RESIDENTS' DOGGIES!!!! CHARLIE, THE GRAND-DOG OF EMPLOYEE SANDRA LOPEZ IS SUPER EXCITED. HE JUST CAN'T DECIDE ON WHICH COSTUME TO WEAR!

FRIDAY, OCTOBER 30TH, AT 4:00 P.M. GET YOUR BOO-TIFUL SELF OVER TO THE LOBBY FOR A FANTASTIC TIME! IT IS SH HALLOWEEN RESIDENTS' COSTUME PARTY WITH PATTI & LOUIE PEREZ, TWO OF OUR FAVORITE ENTERTAINERS! IF YOU DON'T HAVE A COSTUME (NOT MANDATED), TALK TO LUZ OR PAT!