



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!!

Eda Mazzaferi Sep 2
Pat Gibson Sep. 7
Remmy Sevilla Sep. 13
Loraine Thornley Sep. 20
Ignacio Vargas -Employee Sep. 23
Adalberto Galindo -Employee Sep. 30



Welcome
Home



160 Susan Blumenthal
155 Phyllis Mosher
120 Jacqueline Bergantz-Lacroix

September 2026

HAPPY GRANDPARENTS DAY

Maintaining regular contact is the key to developing enduring bonds. sending "just because" cards by mail or making phone or video calls: short but meaningful connections. Try texts or connecting on social media. There are many ways to connect with your loved ones and create lasting memories.

What grandchildren will value most are love and support. Showing interest in their lives, offering a listening ear and saying "I love you" are all simple, yet shining, ways of being a wonderful grandparent. "They may forget what you said, but will never forget how you made them feel."



**Resident, Pat Repetto, With
Great-Granddaughter, Niai (17 Mo.),
Granddaughter, Brittany, & Dad, Derrick**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6	 7	1 1:00 FD RESIDENTS' MEETING 1:15 BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	2 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance 3:00 FD GETTING TO KNOW YOU CIRCLE	3 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	4 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	5 1:00 AR BINGO
9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	LABOR DAY -FEDERAL HOLIDAY- HAPPY HOLIDAY NO ACTIVITIES NO HOUSEKEEPING NO TRANSPORTATION	8 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	9 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	10 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	11 9/11 PATRIOT DAY 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	12 1:00 AR BINGO
 13	14 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	15 10:30 LB Catholic Mass 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	16 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	17 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	18 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	19 1:00 AR BINGO
20 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	21 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	22 AUTUMN BEGINS 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	23 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance	24 11:00 PT BILLIARDS 2:15 FR Gentle Stretch & Balance 4:00 FD STORY TIME & WRITING GROUP	25 11:00 FR Zumba 1:00 AR BINGO 4:00 LB SOCIAL HOUR - -- From 4 to 5pm	26 1:00 AR BINGO
27 9:00 DR SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 LB Catholic Communion	28 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	29 1:00 AR BINGO 2:00 FR CHAIR VOLLEYBALL 3:00 ** CANASTA	30 11:00 LB PUTTING GREEN 1:00 AR BINGO 2:15 FR Gentle Stretch & Balance 3:00 FR ARMCHAIR TRAVEL - +			WELCOME A U T U M N 

SH FAITHFUL, IT'S FOOTBALL TIME!

JOIN YOUR FELLOW RESIDENTS IN THE SH TV ROOM TO CHEER ON OUR SF 49ERS!! WEAR YOUR RED AND GOLD, BRING YOUR TEAM SPIRIT, AND GET READY TO YELL, LAUGH AND CELEBRATE EVERY TOUCHDOWN TOGETHER!

YOUR TRUSTED SH SPORTS HANDICAPPERS (PAT & MAX) PREDICTION: SF 49ERS: 17 WINS!

THE BIGGEST VARIABLE IS KEEPING OUR PLAYERS ON THE FIELD--NOT THE INJURY LIST!! IF WE CAN DO THAT, THE 49ERS ARE ONE OF THE MOST DANGEROUS TEAMS, WITH THE HOME

OPENER THURSDAY,

SEPTEMBER 10TH, AT 5:30 -- HOME FIELD ADVANTAGE --

49ERS VS. LA RAMS!!

WHY WILL WE ACHIEVE GREATNESS?

-- BROCK PURDY IS ENTERING THE SEASON WITH OFFENSE CONTINUITY.

-- THE CORE REMAINS STRONG WITH NICK BOSA, GEORGE KITTLE, AND DON'T FORGET FRED WARNER! THE OFFENSE HAS ADDED VETERAN TALENT, MIKE EVANS--ANOTHER PROVEN TALENT!

THESE PLAYERS ARE WARRIORS ON THE FIELD!!

LABOR DAY MONDAY, SEPTEMBER 7



LABOR DAY IS AN OPPORTUNITY TO REMEMBER THE LABOR MOVEMENT AND THE HARD-FOUGHT BATTLES FOR A JUST SYSTEM FOR EVERYONE!!

THANK YOU, SONOMA HILLS RESIDENTS, FOR ALLOWING STAFF THE PRIVILEGE OF DOING WHAT WE DO! OUR JOBS CAN BE HILARIOUS, CHAOTIC, CHALLENGING, SOMETIMES HEARTBREAKING, BUT MOST OF ALL—REWARDING!! WE HAVE THE PRIVILEGE OF GETTING TO KNOW WONDERFUL PEOPLE, SHARE A FEW LAUGHS, SOLVE PROBLEMS, HEAR STORIES AND LEND A HELPING HAND. HOWEVER, AT THE END OF THE DAY, WE WOULD NOT TRADE IT.

THANK YOU FOR TRUSTING US, CHALLENGING US, MAKING US LAUGH AND ALLOWING US TO BE PART OF YOUR SONOMA HILLS COMMUNITY. HOPE YOU ENJOY YOUR LABOR DAY WEEKEND!!