



SonomaHills

RETIREMENT LIVING

405 W. Macarthur Street • Sonoma, CA 95476 • (707) 939-7856

Executive Director Mark Nilsson
Business Manager Sandra Lopez
Maintenance Manager Ignacio Vargas
Chauffeur Josie Galindo
Kitchen Director Michele Jones
Cuisine Creator Lori Stegner
Cuisine Creator Jorge Gomez
Life Enrichment Director Luz Bravo



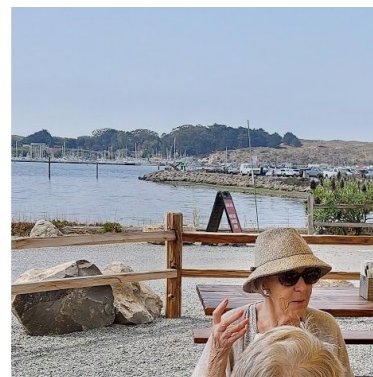
OCTOBER BIRTHDAYS

Eva Amman October 4
Emanuel Rodriguez (employee) October 4
Nardine Spadaro October 18
Marie Burris October 19
Steve White October 20
Tomiko Yabumoto October 21
Bea Lynch October 23

HALLOWEEN PARTY

One of our favorite entertainers, TRAD JASS, will be performing during Social Hour on Friday the 29th. Residents are encouraged to attend in costume in order to ward off ghosts! Every resident in costume will be entered in a free raffle. The prize is a surprise.

October 2021





Happy Fall!

Everywhere you look, nature's changes from summer to fall are visible. Those signs tell us that the holiday season will soon follow.

One of the most exciting things about the holiday season is the preparation for our **Holiday Boutique**. With that in mind, I have planned special activities to enhance the joy we experience when we create something really special. We get excited as we work while having fun.

Our gifted residents are leading classes in card making, pumpkin decorations, gratitude stones, assembling holiday poppers, and more!

If you would like to participate and reserve a table to display your wonderful crafts, arts and other attractive items for sale, let me know.

This is an annual, fun event to kick off the Holiday Season.

Mark the date on your calendar for all your shopping needs. **Friday, November 19, 2021.**

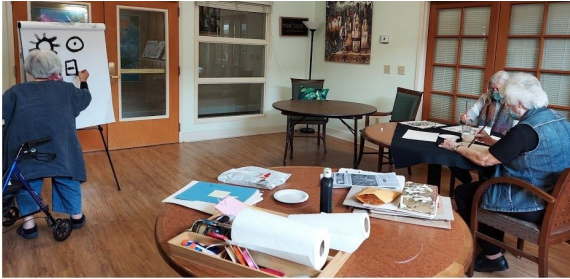
| Sunday | Monday | Tuesday |
|---|--|--|
| <div> <div>GET INTO THE HALLOWEEN SPIRIT. LET'S HAVE FUN!</div> <div>October</div> </div> | | |
| <div>3</div> <div>Brunch 9 am - 1 PM</div> <div>10:00 Catholic Communion</div> | <div>4</div> <div>10:00 am Strength Training With Monica - Lobby</div> <div>2:15 pm Paint by Numbers and Coloring Books</div> | <div>5</div> <div>9:30 am - Morning Walkers -Lobby 1:00 pm - Resident Meeting 1:30 pm Billiard Class 2:15 pm - Chair Yoga- Lobby 3:00 - 3:30pm - Juice It Up- (DR) 6:30 pm Movie Night</div> |
| <div>10</div> <div>Brunch 9 am - 1 PM</div> <div>10:00 Catholic Communion</div> | <div>11</div> <div>10:00 am Strength Training With Monica - Lobby</div> <div>2:15 pm Paint by Numbers and Coloring Books</div> | <div>12</div> <div>9:30 am - Morning Walkers -Lobby 1:00 pm - Chef's Corner 1:30 pm - Billiard Class 2:15 pm - Chair Yoga- Lobby 3:00-3:30pm - Juice It Up- (DR) 6:30 pm - Movie Night</div> |
| <div>17</div> <div>Brunch 9 am - 1 PM</div> <div>10:00 Catholic Communion</div> | <div>18</div> <div>10:00 am Strength Training With Monica - Lobby</div> <div>2:15 pm Paint by Numbers and Coloring Books</div> | <div>19</div> <div>9:30 am - Morning Walkers -Lobby 10:30am - Catholic Mass 1:00 pm - Bingo 1:30 pm - Billiard Class 2:15 pm - Chair Yoga- Lobby 3:00-3:30pm - Juice It Up- (DR) 6:30 pm - Movie Night</div> |
| <div>24/31</div> <div>Brunch 9 am - 1 PM</div> <div>10:00 Catholic Communion</div> | <div>25</div> <div>10:00 am Strength Training With Monica - Lobby</div> <div>2:15 pm Paint by Numbers and Coloring Books</div> | <div>26</div> <div>9:30 am - Morning Walkers -Lobby 1:00 pm - Bingo 1:30 pm - Billiard Class 2:15 pm - Chair Yoga- Lobby 3:00-3:30pm - Juice It Up- (DR) 6:30 pm Movie Night</div> |

Calendar of Events

| Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|
| | | 1 10:00 am - Zumba With Monica 1:00 pm - Bingo 4:00 To 5:00 pm Happy Hour - Lobby | 2 10:00 am Mexican Train Dominoes 1:00 pm Bingo 3:00 pm - Art Club - AR 6:30 pm - Movie Night |
| 6 9:30 am - Walkers With Walkers 1:00 pm - Bingo 2:15 pm - Gentle Stretch & Balance - Lobby | 7 OUTING - TBA 11:00 am - Scrapbooking - (AR) 2:15 - pm - Strength Training With Monica | 8 10:00 am - Zumba With Monica 11:00 am - Crafts 1:00 pm - Bingo 4:00 To 5:00 pm Happy Hour - Lobby | 9 10:00 am Mexican Train Dominoes 3:00 pm - Art Club - AR 6:30 pm - Movie Night |
| 13 9:30 am - Walkers With Walkers 1:00 pm - Bingo 2:15 pm - Gentle Stretch & Balance - Lobby | 14 OUTING - TBA 11:00 am - Scrapbooking - (AR) 2:15 - pm - Strength Training With Monica | 15 10:00 am - Zumba With Monica 1:00 pm - Bingo 4:00 To 5:00 pm Happy Hour - Lobby | 16 10:00 am Mexican Train Dominoes 1:00 pm Bingo 3:00 pm - Art Club - AR 6:30 pm - Movie Night |
| 20 9:30 am - Walkers With Walkers 1:00 pm - Bingo 2:15 pm - Gentle Stretch & Balance - Lobby | 21 OUTING - TBA 11:00 am - Scrapbooking - (AR) 2:15 - pm - Strength Training With Monica | 22 10:00 am - Zumba With Monica 11:00 am - Craft Class 1:00 pm - Bingo 4:00 To 5:00 pm Happy Hour - Lobby | 23 10:00 am Mexican Train Dominoes 3:00 pm - Art Club - AR 6:30 pm - Movie Night |
| 27 9:30 am - Walkers With Walkers 1:00 pm - Bingo 2:15 pm - Gentle Stretch & Balance - Lobby | 28 OUTING - TBA 11:00 am - Scrapbooking - (AR) 2:15 - pm - Strength Training With Monica | 29 10:00 am - Zumba With Monica 1:00 pm - Bingo HALLOWEEN PARTY 4:00 To 5:00 pm Happy Hour - Lobby | 30 10:00 am Mexican Train Dominoes - AR 1:00 pm Bingo 3:00 pm - Art Club - AR 6:30 pm - Movie Night |

October 2021

Self-Care Through Self Awareness



What makes us feel good? Is it possible to be happy in spite of our aches and pains?

What can we do to ease the burden and boredom that is our life sometimes?

Have you noticed that when you are obsessing about something distressing, your back hurts more, your feet burn, your arthritis is unbearable, and so on and so forth?

I find that when I am obsessing about something sad or painful, I need a distraction.

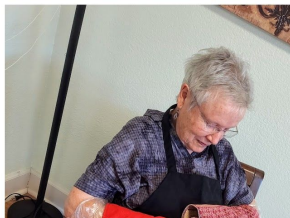
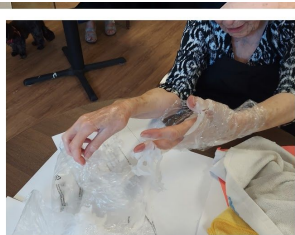
Taking a break from negative input is always beneficial.

Our mind is so powerful that just looking at something pleasurable does have an immediate effect on our body's health and how we feel.

Let's shake this feeling of helplessness that weighs us down sometimes.

Let's try to wake up all our senses by doing something new and/or pleasurable.

You Have the Power to Choose Whatever Makes You Feel Good



Paraffin Hand Self Treatment was a relaxing, enjoyable, well deserved experience.

Contemplate:

Moving our body a bit more and really think about it as we do it.

Listening to music, a book on tape, or a comedy.

Pampering oneself to a special treat--a massage, a new hairdo, a pedicure, or a paraffin hand treatment!

Stimulating our brain watching a TED talk.

Ordering a special dessert from an outside bakery.

Anything that takes us away from our routine, our usual thoughts, even for a few minutes, is extremely valuable as it "resets" us to a different mode. A different mode can lead to more happiness.

We have more time to enjoy life, for self care, for reflection.

What do you think? Shall we go for it? Maybe if we smile more, it will encourage others to try also.