



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



JANUARY BIRTHDAYS

Mary Suydam Jan. 7
Gretchen Vallette Jan. 11
Joyce Fry Jan. 13
Rosalva Reyes Employee Jan. 26
Rebekah Murphy Jan. 30



Keep On Rolling

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." — Susan B. Anthony

January 2022

Artful Inspiration

Pick up a pencil or paintbrush, visit a virtual gallery, listen to a symphony or explore another branch of creativity, hands on crafts, or any branch of art on Jan. 31, Inspire Your Heart With Art Day.

Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service, Jan. 17.

Logical Lunges for Your Brain

Happy World Logic Day on Jan. 14! Teasers and puzzles such as riddles, Sudoku, word problems and rebus clues are all fun ways to challenge the brain. Because these types of puzzles involve creative problem-solving techniques that are different than everyday thoughts, solving them is like taking your brain to the gym, ensuring that your mental muscles are stretched.



This Winter Warm Up With Layers, or Keep your "Ugly" sweater on!

Tip: Instead of one thick sweater, wear layers of clothing to keep away the chill of cold weather. Multiple layers act as insulation by trapping warm air!

HAPPY NEW YEAR

May we all carry the true spirit of Christmas by being kinder, supportive, and forgiving through the year, not only at the end of it. Let us not forget that we all belong to the human family, yearning to be loved and accepted as we are.

By the time the holiday celebrations have passed, most of us start making resolutions to live healthier and exercise more. Why not also include making new friends and being thoughtful and kind everyday? To keep those resolutions alive, we need a community, each member doing their part.

There are some easy tools to help us to build optimism and a positive attitude:

Use affirmations that build your self-esteem. Meditation and good sleeping improves immune system and memory, among many other benefits.

- Keep active to promote a positive mindset in yourself.
- Make healthy food choices.
- Socialize, smile at everyone you met.
- Finally, and most importantly, don't let all your good intentions go by the wayside!

Sunday	Monday	Tuesday
JANUARY	Happy New Year	The Monthly calendar is subject to change. Please check the "Week At A Glance" for the most accurate updates.
2 Brunch 9 am - 1 pm 10:00 Catholic Communion	3 10:00 am Strength Training With Monica -Lobby 1:30 am Billiards Class 2:15 pm Paint by Numbers and Coloring Books	4 9:30 am Morning Walkers -Lobby 9:30 Bridge- Gleen Ellen Room 1:00 pm Resident Meeting 3:00-3:30 pm Juice It Up -DR 6:30 pm Movie Night
9 Brunch 9 am - 1 pm 10:00 Catholic Communion	10 10:00 am Strength Training With Monica -Lobby 1:30 am Billiards Class 2:15 pm Paint by Numbers and Coloring Books	11 9:30 am Morning Walkers -Lobby 9:30 am Bridge - Gleen Ellen R. 1:00 pm Chef's Corner 3:00-3:30 pm Juice It Up -DR 6:30 pm Movie Night
16 Brunch 9 am - 1 pm 10:00 Catholic Communion	Martin Luther King Jr. Day 17 10:00 am Strength Training With Monica -Lobby 1:30 am Billiards Class 2:15 pm Paint by Numbers and Coloring Books	18 9:30 am Morning Walkers -Lobby 10:30 Catholic Mass - Gleen Ellen Room 1:00 - Bingo - AR 3:00-3:30 pm Juice It Up -DR 6:30 pm Movie Night
23/30 Brunch 9 am - 1 pm 10:00 Catholic Communion	24/31 10:00 am Strength Training With Monica -Lobby 1:30 am Billiards Class 2:15 pm Paint by Numbers and Coloring Books	25 9:30 am Morning Walkers -Lobby 9:30 am - Bridge - Gleen Ellen R. 1:00 pm Bingo - AR 3:00-3:30 pm Juice It Up -DR 6:30 pm Movie Night

Wednesday	Thursday	Friday	Saturday
			1 10:00 am- Mexican Train Dominoes- AR 1:00 - Bingo - AR 3:00 - Art Club 6:30 - Movie Night
5 9:30 am Walkers With Walkers 1:00 pm Bingo 2:15 pm Gentle Stretch & Balance -Lobby	6 OUTING - TBA 11:00 am Scrapbooking -AR 2:15 pm Strength Training With Monica 6:30 pm Movie Night	7 10:00 am - Zumba - Lobby 1:00 pm - Bingo - AR 4 To 5 HAPPY HOUR	8 10:00 am- Mexican Train Dominoes- AR 1:00 - Bingo - AR 3:00 - Art Club 6:30 - Movie Night
12 9:30 am Walkers With Walkers 1:00 pm Bingo 2:15 pm Gentle Stretch & Balance -Lobby 3:00 pm Ice Cream Social Hour	13 OUTING - TBA 11:00 am Scrapbooking -AR 2:15 pm Strength Training With Monica 6:30 pm Movie Night	14 10:00 am - Zumba - Lobby 1:00 pm - Bingo - AR 4 To 5 HAPPY HOUR	15 10:00 am- Mexican Train Dominoes- AR 1:00 - Bingo - AR 3:00 - Art Club 6:30 - Movie Night
19 9:30 am Walkers With Walkers 1:00 pm Bingo 2:15 pm Gentle Stretch & Balance -Lobby 3:00 pm Ice Cream Social Hour	20 OUTING - TBA 11:00 am Scrapbooking -AR 2:15 pm Strength Training With Monica 6:30 pm Movie Night	21 10:00 am - Zumba - Lobby 1:00 pm - Bingo - AR 4 To 5 HAPPY HOUR	22 10:00 am- Mexican Train Dominoes- AR 1:00 - Bingo - AR 3:00 - Art Club 6:30 - Movie Night
26 9:30 am Chit Chat Bubbles- (Activities Meeting) 1:00 pm Bingo 2:15 pm Gentle Stretch & Balance -Lobby	27 OUTING - TBA 11:00 am Scrapbooking -AR 2:15 pm Strength Training With Monica 6:30 pm Movie Night	28 10:00 am - Zumba - Lobby 1:00 pm - Bingo - AR 4 To 5 HAPPY HOUR	29 10:00 am- Mexican Train Dominoes- AR 1:00 - Bingo - AR 3:00 - Art Club 6:30 - Movie Night

January 2022



The Christmas tree glistens with perfectly hung lights and ornaments bringing the season's spirit of hope, joy and merriment.



Celebrating the Holidays with Spectacular lights tour. Get ready for more fun to come in 2022!