



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
 Chauffeur Deborah De Martini
 Kitchen Director Michele Jones
 Cuisine Creator Lori Stegner
 Cuisine Creator Jorge Gomez
 Life Enrichment Director Luz Bravo



May Birthdays

Lori Stegner Employee May 01
 Carla Dole May 02
 Maria Medina Employee May 07
 Bud Yaffee May 13
 Kelly Malchow May 16
 Frank Drews May 17
 Sandra Lopez Employee May 19
 Fernando Hndz. Employee May 29
 Michele Jones Employee May 20



May 2022






Congratulations! Tomiko's Divine Colors Exhibit was amazing!!



Special occasions or just because ... We celebrate and have fun.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>10:00 GE Catholic Communion</div>	<div>2</div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard Class</div> <div>2:15 AR Paint by Numbers & Coloring by design</div>	<div>3</div> <div>9:30 Walking Group 60 minutes</div> <div>1:00 AR Bingo</div> <div>1:00 RESIDENT MEETING</div> <div>2:15 L Meditation & Movement</div> <div>6:30 L Movie Night</div>	<div>4</div> <div>10:00 Walking Group - 30 min.</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>5</div> <div>FELIZ CINCO DE MAYO</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div>	<div>6</div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5pm</div>	<div>7</div> <div>10:00 Mexican Train Dominoes</div> <div>1:30 L -Ladies' Tea Party- DR - From 1:30 to 3:30</div> <div>6:30 L Movie Night</div>
<div>8</div> <div>MOTHER'S DAY</div> <div>10:00 GE Catholic Communion</div>	<div>9</div> <div>10:00 AR Hands On- Crafts hour</div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard Class</div> <div>2:15 AR Paint by Numbers & Coloring by design</div>	<div>10</div> <div>9:30 Walking Group 60 minutes</div> <div>1:00 AR Chef's Corner</div> <div>2:15 L Meditation & Movement</div> <div>6:30 L Movie Night</div>	<div>11</div> <div>10:00 Walking Group - 30 min.</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>12</div> <div>10:30 Outing to Depot Park Museum- "Quilt Show"</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div>	<div>13</div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5pm</div>	<div>14</div> <div>10:00 Mexican Train Dominoes</div> <div>1:00 AR Bingo</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div>
<div>15</div> <div>10:00 GE Catholic Communion</div> <div>3:30 AR Sonoma Hills Art Gallery - Opening Reception - Fine Art Exhibit by Berti Cardinaux</div>	<div>16</div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard Class</div> <div>2:15 AR Paint by Numbers & Coloring by design</div>	<div>17</div> <div>9:30 Walking Group 60 minutes</div> <div>10:30 GE Catholic Mass</div> <div>1:00 AR Bingo</div> <div>2:15 L Meditation & Movement</div> <div>6:30 L Movie Night</div>	<div>18</div> <div>10:00 Walking Group - 30 min.</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>3:00 Social Hour</div>	<div>19</div> <div>11:00 AR Scrapbooking</div> <div>1:00 DR Book Club</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div>	<div>20</div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5pm</div>	<div>21</div> <div>10:00 Mexican Train Dominoes</div> <div>1:00 AR Bingo</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div>
<div>22</div> <div>10:00 GE Catholic Communion</div>	<div>23</div> <div>10:00 Hands On - Craft Hour</div> <div>11:00 TR Strength Training</div> <div>1:30 PT Billiard Class</div> <div>2:15 AR Paint by Numbers & Coloring by design</div>	<div>24</div> <div>9:30 Walking Group 60 minutes</div> <div>1:00 AR Bingo</div> <div>2:15 L Meditation & Movement</div> <div>6:30 L Movie Night</div>	<div>25</div> <div>10:00 Walking Group - 30 min.</div> <div>1:00 AR Bingo</div> <div>2:15 TR Gentle Stretch & Balance</div>	<div>26</div> <div>10:00 OUTING - TBA</div> <div>11:00 AR Scrapbooking</div> <div>2:15 TR Gentle Stretch & Balance</div> <div>6:30 L Movie Night</div>	<div>27</div> <div>11:00 TR Zumba</div> <div>1:00 AR Bingo</div> <div>4:00 Social Hour from 4 to 5pm</div>	<div>28</div> <div>10:00 Mexican Train Dominoes</div> <div>1:00 AR Bingo</div> <div>3:00 AR Art Club</div> <div>6:30 L Movie Night</div>
<div>29</div> <div>10:00 GE Catholic Communion</div>	<div>30</div> <div>MEMORIAL DAY - No Activities</div> <div></div>	<div>31</div> <div>9:30 Walking Group 60 minutes</div> <div>1:00 AR Bingo</div> <div>2:15 L Meditation & Movement</div> <div>6:30 L Movie Night</div>		<div>Mexican Celebration</div> <div></div>		<div>You Are Invited!</div> <div></div>



THURSDAY OUTINGS AT SONOMA HILLS ARE SO MUCH FUN! - SIGN UP FOR THE NEXT ADVENTURE!

MAY SPECIAL EVENTS



Berti Cardinaux teaches an art class every Saturday for our residents.

Join us Saturday, May 7th, in celebration of two fun events: Sonoma Hills traditional "Ladies' Tea Party" at 1:30pm followed by the Kentucky Derby at 4:00pm. Stay tuned for details while having fun creating your unique headpiece and couture.

Sunday, May 15th, our Sonoma Hills Art Gallery proudly presents Berti Cardinaux's Fine Arts Exhibit.

Opening reception from 3:30 to 5:00p. The exhibit is open to the public until June 15th.

Monday, May 30th, Memorial Day, is a federal holiday in the United States for mourning the U.S. military personnel who died while serving in the United States armed forces. Take time to honor and commemorate the bravery, courage of our troops. Thank you, heroes!