



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



Chuck MacLaughlin June 5
 Sharon Derby June 6
 Luz Guerrero -employee June 6
 Larry Brownson June 12
 Jack Rowe June 13
 Marta Schellinger June 21
 Francoise Jacot June 23
 Lena Davis June 25
 Beverly Granzela June 30
 Lucy Yaffe June 30



June 2022



Sonoma Hills residents, family members and friends thoroughly enjoyed the "Annual Celebration of Women" on May 14th. The Ladies Tea Party was a success thanks to the delicious food, decorations, music and the presence of beautiful people.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thursday Outings-Join the Fun. 	Spectacular Adventures 	All Events Are Subject to Change	1 10:00 Walking group - 30 min. 1:00 Bingo 2:15 Gentle Stretch & Balance	2 10:00 Hands on - Craft Hour 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 6:30 Movie Night	3 11:00 Zumba 1:00 Bingo 4:00 Social Hour from 4 to 5pm	4 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
5 10:00 Catholic Communion	6 11:00 Strength Training 1:30 Billiard Class 2:15 Paint by Numbers & Coloring by design	7 9:30 Walking Group 60 minutes 1:00 RESIDENT MEETING 2:15 Meditation & Movement 6:30 Movie Night	8 10:00 Walking group - 30 min 1:00 Support and Services for Seniors at home - Speaker 2:15 Gentle Stretch & Balance	9 10:00 OUTING - TBA 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 6:30 Movie Night	10 11:00 Zumba 1:00 Bingo 4:00 Social Hour from 4 to 5pm	11 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
12 10:00 Catholic Communion	13 11:00 Strength Training 1:30 Billiard Class 2:15 Paint by Numbers & Coloring by design	14 FLAG DAY 9:30 Walking Group 60 minutes 1:00 Chef's Corner 2:15 Meditation & Movement 6:30 Movie Night	15 10:00 Walking group - 30 min 1:00 Bingo 2:15 Gentle Stretch & Balance 3:00 Ice Cream Social Hour	16 11:00 Book Club 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 6:30 Movie Night	17 11:00 Zumba 1:00 Bingo 4:00 Social Hour from 4 to 5pm	18 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 6:30 Movie Night
19 HAPPY FATHER'S DAY 10:00 Catholic Communion	20 Juneteenth (Observed) 11:00 Strength Training 1:30 Billiard Class 2:15 Paint by Numbers & Coloring by design	21 SUMMER SOLSTICE 9:30 Walking Group 60 minutes 10:30 Catholic Mass 2:15 Meditation & Movement 6:30 Movie Night	22 10:00 Walking group - 30 min 1:00 Bingo 2:15 Gentle Stretch & Balance	23 10:00 OUTING - TBA 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 6:30 Movie Night	24 11:00 Zumba 1:00 Bingo 4:00 Social Hour from 4 to 5pm	25 10:00 Mexican Train Dominoes 1:15 Bingo with Nancy 3:00 Art Club 3:00 Special Event 6:30 Movie Night
26 10:00 Catholic Communion	27 11:00 Strength Training 1:30 Billiard Class 2:15 Paint by Numbers & Coloring by design	28 9:30 Walking Group 60 minutes 2:15 Meditation & Movement 6:30 Movie Night	29 10:00 Walking group - 30 min 1:00 Bingo 2:15 Gentle Stretch & Balance	30 10:00 Hands on - Craft Hour 11:00 Scrapbooking 2:15 Gentle Stretch & Balance 6:30 Movie Night	HELLO SUMMER 	



Cinco de Mayo is not Mexico's Independence Day, nor is it celebrated in Mexico as much as it is in California!

It has become a “Mexican Day” that acknowledges the presence and contributions that Mexicans, Mexican Americans, and the Latino population made to this country. It is a celebration blending our traditions in the American tapestry in a very profound way.

Our Sonoma Hills family celebrated ALL PEOPLE and cultures with mariachi music, tequila margaritas and delicious street Mexican food.

"All you need is a Fiesta!!"

A portrait of a woman with short, blonde hair, wearing glasses and an orange jacket. She is looking directly at the camera with a slight smile. The background is a plain, light-colored wall.

I have enjoyed painting all my life, but my childhood dreams of becoming either a painter or dancer (or both!!) were hampered by growing up during and after WWII in

Germany, when just surviving was all everybody was striving for! Ignoring my pipe dreams, my parents insisted on business school instead!

Eventually I took matters into my own hands and took drawing and painting classes in my spare time, especially once I immigrated to Chicago, then San Francisco, and delved right into the active arts scene!

I was never interested in working as a commercial artist, or even selling my paintings - they feel like my children to me, and I have a hard time letting go of them!