



Executive Director	Mark Nilsson
Business Manager	Sandra Lopez
Maintenance Manager	Ignacio Vargas
Kitchen Director	Michele Jones
Life Enrichment Director	Luz Bravo
Chauffeur	Deborah De Martini
Cuisine Creator	Lori Stegner
Cuisine Creator	Jorge Gomez
Community Liaisons	Esther Martinez & Pat Valone



Let's Have a Luau on August 5th!
See you at the party! Details forthcoming!



Sunday, July 10th, was the Reception for Avril Pierce's artwork in our Community Art Gallery! Avril's family were all smiles and so proud of her. The residents especially enjoyed meeting and chatting with her very handsome grandson, Cooper, a sophomore in high school. It was a great party for our residents, who sipped champagne and sampling hors d'oeuvres while enjoying and buying her artwork. Cheers to Avril!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 TR Strength Training 1:30 PT Billiard 2:00 ■ Rummikub	2 9:30 ■ Walking Group 60 minutes 1:00 ■ RESIDENT MEETING 2:15 L Meditation & Movement 6:30 L Movie Night	3 9:30 ■ Bridge 10:00 ■ Walking group - 30 min 1:00 AR Bingo 2:15 TR Gentle Stretch & Balance	4 10:00 ■ OUTING - TBA 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 6:30 L Movie Night	5 11:00 TR Zumba 1:00 AR Bingo 4:00 ■ Social Hour from 4 to 5 <i>Hawaiian Luau Party</i>	6 10:00 ■ Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night
7 10:00 GE Catholic Communion	8 11:00 TR Strength Training 1:30 PT Billiard 2:00 ■ Rummikub	9 9:30 ■ Walking Group 60 minutes 1:00 ■ Chef's Corner 2:15 L Meditation & Movement 6:30 L Movie Night	10 9:30 ■ Bridge 10:00 ■ Walking group - 30 min 1:00 AR Bingo 2:15 TR Gentle Stretch & Balance	11 10:00 ■ OUTING - TBA 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 6:30 L Movie Night	12 11:00 TR Zumba 1:00 AR Bingo 4:00 ■ Social Hour from 4 to 5	13 10:00 ■ Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night
14 10:00 GE Catholic Communion 3:00 AR Sonoma Hills Art Gallery <i>-Opening Reception - "WELCOME TO MY WORLD OF MIXED MEDIA" by Michele Jones</i>	15 11:00 TR Strength Training 1:30 PT Billiard 2:00 ■ Rummikub	16 9:30 ■ Walking Group 60 minutes 10:00 GE Catholic Mass 2:15 L Meditation & Movement 6:30 L Movie Night	17 9:30 ■ Bridge 10:00 ■ Walking group - 30 min 1:00 AR Bingo 2:15 TR Gentle Stretch & Balance 3:00 AR Ice Cream Social	18 11:00 DR Book Club 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 6:30 L Movie Night	19 10:00 AR Hands On - Craft Hour 11:00 TR Zumba 1:00 AR Bingo 4:00 ■ Social Hour from 4 to 5	20 10:00 ■ Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night
21 10:00 GE Catholic Communion	22 11:00 TR Strength Training 1:30 PT Billiard 2:00 ■ Rummikub	23 9:30 ■ Walking Group 60 minutes 2:15 L Meditation & Movement 6:30 L Movie Night	24 9:30 ■ Bridge 10:00 ■ Walking group - 30 min 1:00 AR Bingo 2:15 TR Gentle Stretch & Balance	25 10:00 ■ OUTING - TBA 11:00 AR Scrapbooking 2:15 TR Gentle Stretch & Balance 6:30 L Movie Night	26 11:00 TR Zumba 1:00 AR Bingo 4:00 ■ Social Hour from 4 to 5	27 10:00 ■ Mexican Train Dominoes 1:15 AR Bingo with Nancy 3:00 AR Art Club 6:30 L Movie Night
28 10:00 GE Catholic Communion	29 11:00 TR Strength Training 1:30 PT Billiard 2:00 ■ Rummikub	30 9:30 ■ Walking Group 60 minutes 2:15 L Meditation & Movement 6:30 L Movie Night	31 9:30 ■ Bridge 10:00 ■ Walking group - 30 min 1:00 AR Bingo 2:15 TR Gentle Stretch & Balance	All Events Are Subject to Change	Please inform the front desk concierge, as soon as possible, if you will NOT be present at a meal. Thank you!	

Michele Jones Exhibit



—~Sonoma Hills Art Gallery~ Presents: "WELCOME TO MY WORLD OF MIXED MEDIA!" By Michele Jones

"Growing up with a mother who was an interior designer and a father who was a graphic artist, one could only imagine the artistic juices that were flowing.

I started out with acrylic paints, and as I got older, dabbled in pen and ink and also learned how to sketch.

During hard times moving out on my own, I discovered paper was cheaper than paint and discovered a whole new medium. Here I am mixing paint & paper! "

~Michele Jones~

The Exhibit runs August 14th to September 14th.

Reserve Sunday, August 14th, on your calendar for the Red Ribbon Cutting Ceremony and Reception from 3:30p to 4:30p.



Ignacio shared the joy of celebrating Valerie, his daughter's, quinceañera (15th birthday) by bringing the Mariachi Band to Sonoma Hills before they entertained at her grandest birthday party ever. It was a special treat and the community was rocking! Thank you Ignacio for sharing this special event with us; you are the ultimate performer! Happy 15th birthday beautiful Valerie from all your friends at Sonoma Hills!