



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
Culinary Director	Jorge Gomez
Life Enrichment Director	Luz Bravo
Chauffeur	Deborah De Martini
Community Liaison	Pat Valone
Cuisine Creator	Maria V.
Cuisine Creator	Jason Vail

January 2025



MARK NILSSON, EXECUTIVE DIRECTOR

Your generous Holiday Gifts to our staff are very much appreciated!! We are all motivated in 2025 to continually create an Active Aging Environment....one that maintains a high quality of life by staying engaged and active! Active Aging is a concept focused on seniors living fulfilling lives.

As the days get shorter and the colder air begins to settle in, many of us retreat indoors usually for TV time. It is also essential to remember the benefits of spending time outdoors, even when the weather turns cold. Staying connected to nature is vital no matter the season. The best time to participate in an event is when you don't want to, but the results are priceless. Being physically active is one of the most important things we can do each day to maintain and improve our health as we age!

I am excited about the New Year and trust you are too! As we turn a new page, may our days be filled with laughter, good health, the warm company of friends and family, peace, contentment and gratitude.



HAPPY BIRTHDAY

Charles Ciolino	Jan. 04
Mary Suydam	Jan. 07
Gretchen Vallette	Jan. 11
Lilli Weihl	Jan. 17
Pat Whyte	Jan. 17
Juan Galindo-Employee	Jan. 23
Rosalva Reyes-Employee	Jan. 26



Thank You Sonoma Hills Residents

May our gratitude be felt by each and every resident in our Community! We wish you and your family peace, good health and lots of smiles in 2025.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Healthy New Year!!! -</p>  <p>5 9:00 L SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion</p>	<p>Martin Luther King Day - 01/20/25</p>  <p>6 11:00 TR Strength Training 1:00 G BLACKJACK with Pat 3:00 AR Popcorn at the Lobby</p>	<p>hello WINTER</p>  <p>7 9:30 L Walking Group 30 Minutes 1:00 L Residents' Meeting & Chef's Corner 1:15 AR BINGO 2:15 L Meditation & Movement 6:30 L NETFLIX SERIES</p>	<p>New Year's Day 1</p> <p>9:00 G BRIDGE 9:30 TR Walking Group 30 Minutes 1:00 AR BINGO 2:15 TR Gentle Stretch & Balance</p>	<p>2</p> <p>11:00 G BILLIARDS 1:00 L Art History - RENAISSANCE ART 2:15 TR Gentle Stretch & Balance</p>	<p>3</p> <p>11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR --- From 4 to 5pm</p>	<p>4</p> <p>10:00 G Mexican Train Dominoes 1:00 AR BINGO 3:00 AR ART CLUB - Watercolors & more with Berti</p>
<p>12 9:00 L SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion</p>	<p>13 11:00 TR Strength Training 1:00 G BLACKJACK with Pat 3:00 AR Popcorn at the Lobby</p>	<p>14 9:30 L Walking Group 30 Minutes 1:00 AR BINGO 2:15 L Meditation & Movement 6:30 L NETFLIX SERIES</p>	<p>15 9:00 G BRIDGE 9:30 TR Walking Group 30 Minutes 1:00 AR BINGO 2:15 TR Gentle Stretch & Balance</p>	<p>16 11:00 G BILLIARDS 11:00 DR Book Club 1:00 L Art History - RENAISSANCE ART 2:15 TR Gentle Stretch & Balance</p>	<p>17 11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR --- From 4 to 5pm</p>	<p>18 10:00 G Mexican Train Dominoes 1:00 AR BINGO 3:00 AR ART CLUB - Watercolors & more with Berti</p>
<p>19 9:00 L SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion</p>	<p>Martin Luther King Jr. Day 20 11:00 TR Strength Training 1:00 G BLACKJACK with Pat 3:00 AR Popcorn at the Lobby</p>	<p>21 9:30 L Walking Group 30 Minutes 10:30 GE Catholic Mass 1:00 AR BINGO 2:15 L Meditation & Movement 6:30 L NETFLIX SERIES</p>	<p>22 9:00 G BRIDGE 9:30 TR Walking Group 30 Minutes 1:00 AR BINGO 2:15 TR Gentle Stretch & Balance</p>	<p>23 11:00 G BILLIARDS 1:00 TR Let's Talk about Balance with Monica 2:15 TR Gentle Stretch & Balance</p>	<p>24 11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR --- From 4 to 5pm</p>	<p>25 10:00 G Mexican Train Dominoes 1:00 AR BINGO 3:00 AR ART CLUB - Watercolors & more with Berti</p>
<p>26 9:00 L SUNDAY BRUNCH - 9:00am to 1:00pm 10:00 GE Catholic Communion</p>	<p>27 11:00 TR Strength Training 1:00 G BLACKJACK with Pat 3:00 AR Popcorn at the Lobby</p>	<p>28 9:30 L Walking Group 30 Minutes 1:00 AR BINGO 2:15 L Meditation & Movement 6:30 L NETFLIX SERIES</p>	<p>29 9:00 G BRIDGE 9:30 TR Walking Group 30 Minutes 1:00 AR BINGO 2:15 TR Gentle Stretch & Balance</p>	<p>30 11:00 G BILLIARDS 2:15 TR Gentle Stretch & Balance 3:00 L Armchair Travel - CANADA</p>	<p>31 11:00 TR Zumba 1:00 AR BINGO 4:00 SOCIAL HOUR --- From 4 to 5pm</p>	<p>CHINESE NEW YEAR -01/29</p>  <p>HAPPY NEW YEAR 新年快樂</p>

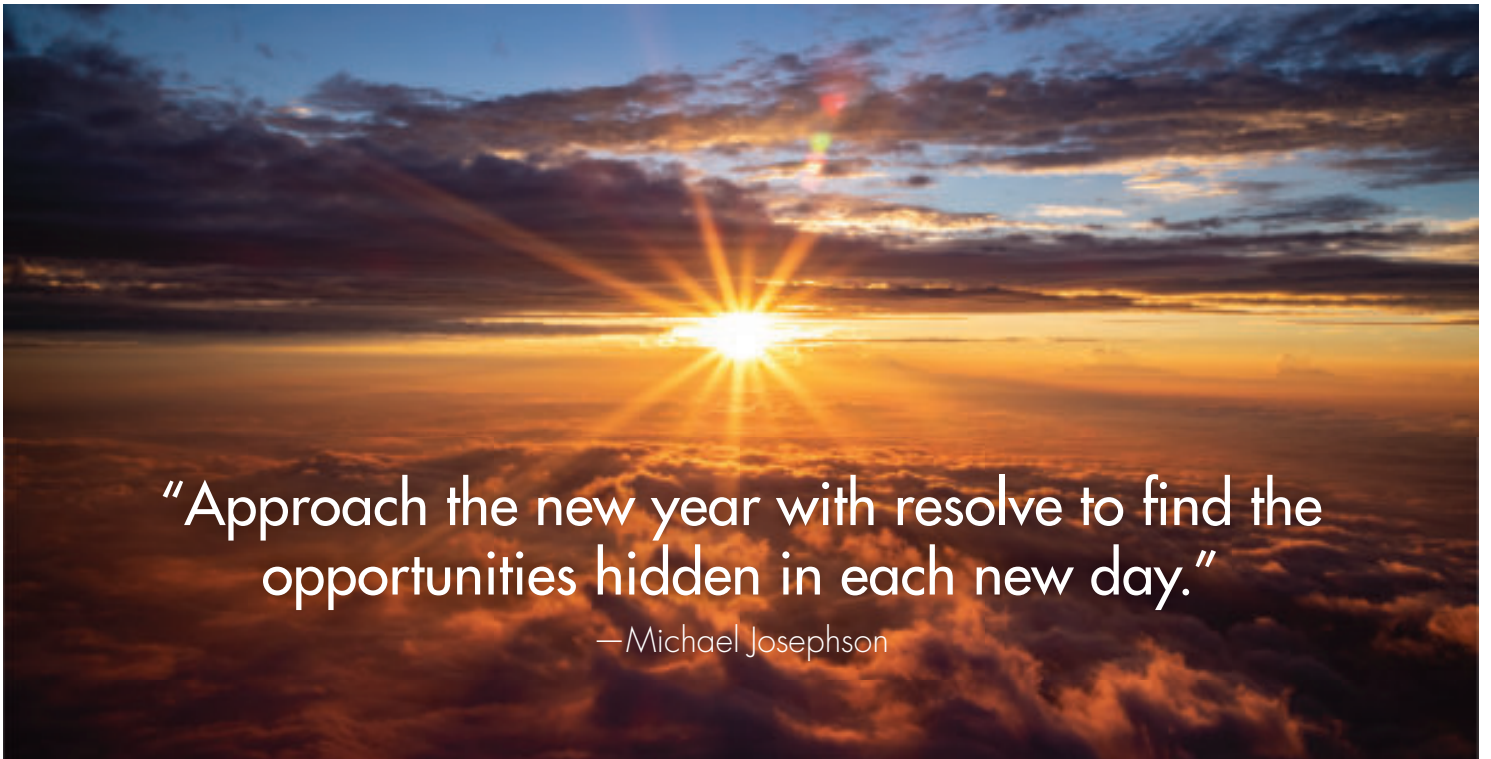
NEW YEAR'S RESOLUTIONS FOR ACTIVE AGING



-Sonoma Hills Residents enjoying outdoor activities-

By the time the holiday celebrations have passed, most of us start making resolutions to live healthier through healthy food choices; such as getting enough sleep, walking outdoors, exercising, socializing, creating affirmations to enhance self-esteem, or perhaps simply having a more positive attitude to keep those resolutions alive. Our Life Enrichment Department is dedicated to providing our residents with the tools to thrive.

January is a great month to start a New Lifestyle; refer daily to our Monthly Calendar Schedule and Week At A Glance. Join us for ongoing activities and Events. We are excited to announce a NEW EVENT - "Armchair Travel" - starting January 30th.



"Approach the new year with resolve to find the opportunities hidden in each new day."

—Michael Josephson