

Hilltop Commons Phone Numbers

Office: (530) 272-5274  
Kitchen: (530) 272-2854  
Maintenance: (530) 272-5274  
Activities: (530) 272-5274  
Fax: (530) 272-5275

Laundry Room Hours:

Daily: 7:00am-9:00pm  
Please remove all items from washers and dryers by 9:00pm

Van Schedule

Van leaves at 10:00 am  
Tuesday: Brunswick Area  
Wednesday: Medical Appointments  
Thursday: Pine Creek Area

Beauty Salon Hours:

Wednesday/Thursday/Friday  
By appointment only  
Please call (530) 271-5958

Important Phone Numbers

Gold Country Lift: 271- 7433 (271-RIDE)  
Post Office: 273-3429  
The Union: 273-9565  
Comcast Cable: 1-800-266-2278  
AT&T: 1-800-750-2355  
Sacramento Bee: 1-800-284-3233  
Grass Valley Police  
477-4600 (non-emergency)



September Birthdays

Mary Martinez.....	9/12
Jayne Brown.....	9/13
Ed Hayden.....	9/13
Joy Miller.....	9/15
Dorothy Flynn.....	9/16
Leo Licari.....	9/17
Bev James.....	9/17
Lee Jackson.....	9/19
Neil Marshall.....	9/22
Helen Kelly.....	9/26
Irene Cooper.....	9/28
Annette Aurrecoechea.....	9/30

September Anniversaries

Lee Jackson	1 year
Patty Skeahan	1 year
Lena Hedgecock	2 years
Kay Huse	2 years
JoAnn Cochran	3 years
Mary Drake	3 years
Pauline Johnson	3 years
Leo & Barbara Licari	3 years



September Newsletter

Hilltop Commons 131 Eureka St. Grass Valley CA 95945 (530) 272-5274

From the Desk of Terri Howell  
Community Administrator



Celebrating September

Tuesday Sept. 5th

Wildlife Speaker  
Janey Powers

Thursday Sept. 7th

Vintage Clothing  
Fashion Show

Saturday Sept. 16th

Big Breakfast

Thursday Sept. 21st

Happy Hour  
Music  
"Chris Crockett"

Friday Sept. 29th

Casino Outing

Every Sunday

Ice Cream Social



Hello September! I don't know about all of you, but fall is my favorite season of the year. The nights are cooler and the leaves start to turn yellow, orange and red, as if by magic. I love the crispness of early mornings and the crunch of fallen leaves underfoot. Everything seems on the cusp of change and anticipation is in the air.

In my family September marks the beginning of walnut harvest season. It's a crazy, busy time with lots of activity collecting and shipping the walnuts to various places. The orchard is filled with machinery and dusty air. As a small child, my grandfather planted the orchard, anticipating his retirement and hopes that it would provide him something to keep him busy after he left his 9 to 5 job. So many of my memories involve that special place...the people who've watched me grow from a little girl into a woman, the times spent with my cousins knocking down the ridges my grandfather painstakingly plowed into place so he could water the orchard, only to have us run through the standing water because it felt so good on a hot summer day, with the mud squishing between our bare toes. I learned how to drive a truck, a dirt bike, a four wheeler and a tractor in the orchard. I remember running out into the orchard to find my grandfather and then riding with my grandfather on the tractor as he disked his field. My grandfather took so much pride in his orchard. There were never any weeds that weren't mowed down in record speed or limbs that remained unpruned. My grandmother says that the reason my grandparents managed to stay married for so long was that if they argued one of them would take a walk in the orchard and then return home with an uplifted and forgiving heart. My grandfather passed away a few years ago at the age of 94. My grandmother and father take care of the orchard now. I may not be able to ride the tractor with him anymore, but every time I walk in the orchard I'm flooded with memories of my time spent with him and all the lessons the orchard has taught me. In many ways the walnut orchard is a magical place and the harvest is a magical time. Is it any wonder that fall is my favorite season of all?





**Marketing Minutes  
By Sue Hudson  
Marketing Director**

I am so happy to say Hilltop continues to be a full house with 23 folks on a Waiting List (the word is out that Hilltop Commons is the home of the Happiest Seniors)! When that happens, our focus is to keep our residents safe, happy & healthy. However, it's important we all do our part with that goal in mind.

You may not know this, but September is "Self-Improvement Month" so in that spirit, I have a few reminders of things we all should consider...

**S**tay happy (only YOU can make that happen)

**E**at well and drink plenty of water

**P**ut the toilet seat down

**T**hank the Chef and Housekeepers when you are pleased

**E**mpy your bladder before you turn in for the night

**M**ake someone smile, it will make YOU feel better

**B**e yourself (even if it's embarrassing)

**E**njoy the company of others, we can always learn something

**R**est, relax and re-energize daily

Remember, if you feel there are things we can improve on here at Hilltop, please let us know, our doors are always open!

Looking forward to spending a fabulous Fall with you all,

Sue

**Letter from the Editor  
Traci Gelgood  
Associate Marketing Director**

**Happy Fall!!**

**Leaves fall,  
Temperatures fall,  
People shouldn't!**

**Stay Happy, Healthy, and Safe!!**



**Activity Corner  
By Sabrina Busher  
Activity Director**

*"If you believe in yourself and have dedication and pride and never quit, you'll be a winner. The price of victory is high, but so are the rewards."*

It is hard to believe that September is here. We have a lot of great events planned for this month. I am very excited to have the wildlife speaker Janey Powers back and she will be bringing her owls to show us. Also coming to Hilltop is the Vintage Fashion Show. This show will be a lot of fun.

I thought it would great to have an end of summer picnic at Penn Valley Park. The park is so lovely and the weather will be wonderful.

I am happy to announce that we are going to be having the bus two Thursdays a month to take us shopping. On one of the Thursdays I will be starting a breakfast club. After breakfast the bus will take us shopping. I hope you all take advantage the bus trips.

I am very proud of all of you that are participating in the "WALK AROUND AMERICA". All of you are doing a wonderful job.

**BE THE REASON SOMEONE SMILES  
TODAY.**



**Culinary Corner**

Hello September!!

Monday September 4<sup>th</sup> is Labor Day and we will be celebrating with a BBQ from 10:30am to 12:30pm in the dining room. As always BIG BREAKFAST is the 3<sup>rd</sup> Saturday of every month. This month it falls on September 16<sup>th</sup> and we will be serving from 10:30am to 12:30pm. Guests are \$12.00. This is a special event so complimentary meal tickets will not be accepted. Please let us know in advance if you will be having guests. Thank you!

I just wanted let all of you know how much the kitchen staff and myself appreciate you all. We love to see you every day with smiles on your beautiful faces. Hearing your jokes and stories really brighten up our days. So thank you for being you.

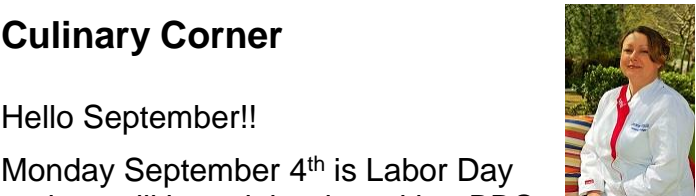
Sincerely,  
Chef Jammie Barquilla

**Dining Room Hours**

**Brunch 10:30am – 12:30pm**

**Dinner 4:30pm – 5:45pm**

**Kitchen #272-8254**



**Hilltop Commons Resident Testimonial:  
Marguerite Blickenstaff**



**What is your favorite thing about Hilltop Commons?**

The residents.

**What was the #1 reason why you chose Hilltop Commons?**

The ambience of Hilltop is wonderful. I also enjoy my apartment.

**What is your favorite activity at Hilltop Commons?**

The Happy Hour.

**What advice would you offer someone thinking about moving here?**

I feel it is worth it to come and take a tour of Hilltop and see for yourself. I am very happy here.

