

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)



June Birthdays

Bill McKinney.....6/6  
Donna Reddy.....6/7  
Jack Sullivan.....6/9  
Jane Heywood.....6/13  
Mary Koop.....6/17  
Paul Schreiber.....6/18  
Wayne Lance.....6/18  
Jeanne Pello.....6/20

June Anniversaries

Annette Aurrecoechea      1 year  
Pat Pasteris                      2 years  
Joan Deiro                      2 years  
Edna Larsen                    3 years  
Wanda McCain                5 years  
Kay Kerr                         6 years

Welcome New Resident

Patricia Durrett



# June Newsletter

Hilltop Commons 131 Eureka St. Grass Valley CA 95945 (530) 272-5274 [www.raystoneseniors.com](http://www.raystoneseniors.com)



From the Desk of Terri Howell  
Community Administrator

It's time to kick off the boots and put on some flip flops...June has arrived!

The entire month is chock full of live music, educational seminars and new menu items from our kitchen staff. It's going to be a great summer!

Sabrina has arranged for three art classes during June. The first will be a painting class with Marie Crockett on June 5<sup>th</sup>. The following Tuesday we'll be hosting the Artist Workshop for some fun pottery painting, and then, on June 20<sup>th</sup>, Sabrina will whisk everyone to the Artist Workshop for some Sip & Paint. Get your creative juices flowing and join the fun!

On the 15<sup>th</sup> we will be heading to the Auburn Bird Sanctuary for some bird watching, followed by lunch. Top Golf in Roseville will be our last outing on the 22nd, which promises to be a "swinging" good time.

Wild Things Inc. will be joining us on Tuesday, June 26. It's a non-profit sanctuary, founded in 1987 for the purpose of housing and caring for displaced wildlife. You won't want to miss the chance to hear about this wonderful organization and meet some of their wildlife ambassadors.

Don't forget that Father's Day is Sunday, June 17<sup>th</sup>. We'll be celebrating with a delicious BBQ tri tip lunch and then the Giants and Dodgers game on the television. Please join me in wishing a Happy Father's Day to all the men who enrich our lives and help us stand tall. You are appreciated!



Celebrating June

Thursday, June 7<sup>th</sup>

*Violinist*

*Ciprian Mihutz*

Tuesday, June 12<sup>th</sup>

*Artist Workshop*

*Painting Pottery*

Thursday, June 21<sup>st</sup>

*Music*

*Pre-Existing Conditions*

Friday, June 22<sup>nd</sup>

*Excursion*

*Top Golf*

Tuesday, June 26<sup>th</sup>

*Presentation - Wild Things*

*Every Sunday*

*Ice Cream Social*





## Marketing Minutes By Sue Hudson Marketing Director

*"How did it get so late so soon?"*  
~ Dr. Seuss

Time seems to slip away so don't put off things you want to do! Live like every day is a blessing ...because it is!

June is a good month to start living...

**J JOY:** feel it in everything you do!  
**U UNDENIABLY unique** = that's YOU!  
**N NEVER** ever give up!  
**E ELEVATE** your knowledge!

Enjoy your life, do something new; make a new friend, try something new in the dining room, try a new author, you get the idea. Stretch your comfort zone; there are a lot of wonderful people, places & things to discover!

My discovery: Living and working at Hilltop Commons is a true blessing for us all and it shows in our marketing. Our happiness at Hilltop shows during the tours, in our pictures and in our videos. This is why we continue to have a full house with over 30 people on the wait list!

Live it up & enjoy life at Hilltop!

With much gratitude,  
Sue

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



*Every now and then, you meet people who touch your heart. Many of you have touched mine, and I'm grateful to know ALL of you!!*

**Tip of the Month: Help us help you...**  
Please be sure to update your emergency card information with your current list of medications.

**Stay happy, healthy and safe!!**



## Activity Corner By Sabrina Busher Activity Director

*"Our greatest weakness lies in giving up.  
The most certain way to succeed is always to  
try just one more time"*

The Mother's Day Tea was a wonderful success. It made the staff so happy to see all of the mothers enjoy the delicious treats & teas. Thank you for coming.

The picnic at Sheri's was a blast. I loved having a bus full of happy Hilltop residents. Thank you, Sheri, for all your hard work.

This month I have planned some different events and I hope you will join me! I am trying a new chair yoga class on Wednesdays at 2:30. Christine is a certified yoga instructor, and teaches at other senior communities. I hope you come and give her a try.

We are going to Auburn to tour a wild bird sanctuary on June 15<sup>th</sup>, and then enjoy lunch afterwards. On June 22<sup>nd</sup>, at 10:00, we are going to a very fun place called Top Golf driving range. They will serve lunch and beverages as we enjoy a fun time. Don't miss out!! Then, on June 26<sup>th</sup>, the Wildlife Conservation will be back with their fantastic animals.

Remember to look at your event calendars so you don't miss out on great lunch outings, in-house events, Happy Hour and so much more.

**BE THE REASON SOMEONE SMILES  
TODAY**



## Culinary Corner

The hot weather is on its way...

This June should be lots of fun with the Pizza Party on the 16<sup>th</sup> and Father's Day on the 17<sup>th</sup>. For Father's Day Brunch we will be serving marinated BBQ tri tip, baked potato and asparagus, OR eggs benedict with home fries. This is considered to be a special event, so guests will be \$12.00 per person. Please make reservations 1 to 2 weeks in advance. You might start asking your family now what their plans are for Father's Day.

I hear a lot of good comments from everyone about the new menu items. You all seem to be enjoying the food. Thank you for all of your input about the menu. I love to hear what works and what does not work for all of you. If you have any questions please don't hesitate to ask. I could not do all of this without my wonderful staff, they are a great group of people to work with and I am so proud to have them on my team.

It took everyone a few weeks to start trying out the new Hydration Station (fruit water), but as time goes on, I see the water levels getting lower and lower which means you are drinking it. This is good, and good for you. I have talked to quite a few of the residents and everyone seems to be really enjoying all of the refreshing water flavors. It is important to stay hydrated throughout the summer, especially on the very hot days, so I encourage you to please keep drinking water.

Sincerely,  
Chef Jammie Barquilla

**Kitchen #272-2854**



## Resident Testimonial Selma Gregg



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

*Everyone is so friendly. I love my apartment and the location.*

**What was the #1 reason that made you choose Hilltop Commons?**

*When I came to Hilltop to tour and we entered the building, everyone seemed so happy.*

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

*There are so many options of how to exercise here. You can do Qigong, balance class, walking group, and exercise class.*

**What advice would you offer someone looking to move to a community?**

*They should look here first and don't bother with anyplace else.*

