

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 10:00am

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)****July Birthdays**

Kay Huse.....7/5

Patty Skeahan.....7/9

Heidi Imfeld.....7/12

Marle Rasmus.....7/15

Dorothy Limov.....7/30

July Anniversaries

Marguerite Blickenstaff.....1 year

Terri Roman.....1 year

Merle Rasmus.....1 year

Betty Hood.....3 years

Doris Moore.....4 years

Mary Martinez.....6 years

Welcome New Resident

Dorcas Wheaton



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

**Celebrating July****Wednesday, July 4th**
Independence Day**Thursday, July 12th**
Music
Rick Turnage**Tuesday, July 17th**
Hawks Ranch
Petting Zoo
at Hilltop**Thursday, July 26th**
Excursion
Crocker Art Museum**Monday, July 30th**
Kim Bass
Crystal Bowls**Every Sunday**
Ice Cream Social**From the Desk of Terri Howell**
Community Administrator

Hot dogs, fireworks and sizzling weather...welcome to July!

We'll be starting off the month of July with a star spangled 4th of July BBQ brunch, featuring BBQ ribs and chicken, and all the fixings needed for a summertime bash. We're looking forward to seeing everyone in their patriotic outfits and maybe some of our furry friends will be sporting their holiday finest as well.

We have another fantastic month filled with fun activities and educational seminars, so be sure to mark your calendars. We'll begin with Melissa and her seminar on *What is the Cloud?* and how it is used to store our phone and computer data. On July 17th, Hawks Ranch will bring their petting zoo to Hilltop Commons. It will be an excellent opportunity to learn about this organization and have a hands-on encounter with a few of their animal residents. The Crocker Art Museum in Sacramento will be our destination on the 26th. The featured exhibition will be *Testament of the Spirit: Paintings by Eduardo Carrillo*. Eduardo Carrillo's artwork has been described as mystical, realist, surreal and visionary. The day promises to be both educational and a feast for the eyes.

With the temperatures on the rise, it's the perfect time to talk about staying hydrated. Water is so important year-round, but especially during the summer. It is amazing how much water we lose on a daily basis, and this is only multiplied when the weather gets warmer. Chef Jammie has provided us with two water options, which are located on the bar near the entrance to the dining room. One water container holds plain, iced water and the other water container holds water with a variety of bright-colored seasonal fruit. What a great way to turn plain water into a delicious and refreshing drink! Be sure to stop by and fill up often.

Stay hydrated and Happy 4th of July, everyone!

"Mosquito is out,
it's the end of the day;
she's humming and hunting
her evening away.
Who knows why such hunger
arrives on such wings
at sundown? I guess
it's the nature of things."

- N. M. Boedecker, *Midsummer Night Itch*



Marketing Minutes By Sue Hudson Marketing Director

Happy Fourth of July everyone!

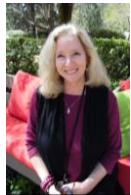
Land of the brave and home of the free, that's us at Hilltop Commons!

Brave to have made the decision to leave everything you knew...to downsize, simplify and move here! Now you are **free** to do what you want to do...free of chores, free of cooking and free of worry.

We are blessed to have wonderful new folks who recently made the move to Hilltop. When you see a new face, please remember how difficult it was to be "the new kid on the block". Walking into the dining room and not know anyone can be terrifying. This is a perfect time to show our newcomers just how welcoming, helpful, patient and friendly the residents are at Hilltop Commons!

Have a very happy Hilltop summer!

Stay hydrated & cool,
Sue



Letter from the Editor Traci Gelgood Associate Marketing Director

Did you know...

In the back of every newsletter there are important phone numbers, including the office, kitchen, Hair Salon, Gold Country Lift, and many more! It's a great reference and it's there to help!

Stay happy, healthy, and safe!!



Activity Corner By Sabrina Busher Activity Director

"I believe in America because we have great dreams, and because we have the opportunity to make those dreams come true"

June was a great month with some fun outings. The wild bird tour was wonderful and very interesting. I am very glad we all got the opportunity to go on the tour.

It was fun having wild things back at Hilltop with their unique animals.

Top Golf was a blast! It is fun going different places and trying new adventures.

The walking group is such a nice way to start your day. We are blessed in Nevada County with so many places to walk in the woods and streams. Nice job all of you morning walkers.

I am starting a once a month breakfast outing on the bus at 10:00am. So, look at your calendars so you don't miss out.

Chair Yoga will back this month! I know all of you enjoyed it. Don't forget we have Qigong and a balance class, also.

The Hearing doctor will be back every month to help you with your hearing aids and check your ears.

We are going to the Crocker Art Museum on the bus. We are going to have a guided tour of the featured artist. The museum will be a very educational trip.

I want to thank Barbara Licari and Kay Huse for folding the newsletters with the calendars and menus. I really appreciate their efforts.

Remember to check your event calendar so you don't miss out on the fun!

**BE THE REASON SOMEONE SMILES
TODAY**



Culinary Corner

Happy 4th of July everyone!!

We will be celebrating the 4th with a BBQ during brunch from 10:30am to 12:30pm. We will be serving BBQ pork ribs, BBQ chicken, potato salad, baked beans, corn on the cob and watermelon. The 4th is a holiday for the kitchen staff, so we will be closing the kitchen early and will have your box dinner ready for you to pick up at brunch time. If you do not get a box dinner at the BBQ, please ask the office, or night watch staff, and they will be happy to get one for you. Please feel free to invite your loved ones, and if you are planning to have guests, please let us know in advance. The 4th of July is considered a **special event** and guests will be charged \$12.00 per person. We can't wait to see you all there.

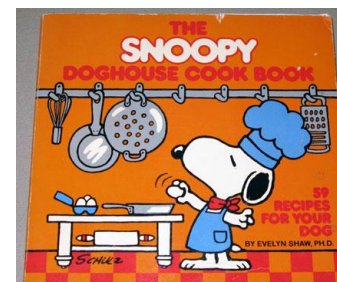
We are missing some dishes, utensils, cups, trays, etc. Most of you are very good about bringing your dishes back to the kitchen, but sometimes people forget. The dishes need to stay in the dining room, or be returned with your trays please. I have "to go" boxes and bowls that we are happy to give you for any food you want to take back to your apartments. You can also bring your own tupperware containers if you prefer. **Please bring any dishes, utensils, cups, trays, etc. back to the kitchen if you have any. No questions asked. Thank you.**

Just a reminder that if you ever have any questions, or need anything, please don't hesitate to ask, or give us a call in the kitchen.

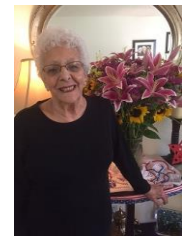
Kitchen #272-8254

Sincerely,

Chef Jammie Barquilla



Resident Testimonial Liz Adent



What is your favorite thing about Hilltop Commons?

When I first came to Hilltop, I met the office staff and they made me feel like this is where I belong.

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

I really love my apartment. And, the view is great looking out at the trees.

What is your favorite activity at your community?

I really enjoy the happy hour and the great music that we have at Hilltop. I also like doing the puzzles in the library.

What advice would you offer someone looking to move here?

Come and tour Hilltop! You won't be sorry and you won't need to look anywhere else.

