

# October Newsletter

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

### 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)**



### October Birthdays

Mary Grace Neves.....10/1  
Jessie Lance.....10/2  
Jennie Olsen.....10/10  
Arleigh Sanders.....10/15  
Connie Yates.....10/26  
Nancy Boling.....10/28

### October Anniversaries

Joan Kearney.....2 years  
Anita Resta.....2 years  
Kay Seitz.....3 years  
Nancy Boling.....4 years  
Shirley Hamilton.....5 years

### Welcome New Residents

Joyce Towell  
Mary & Merrill Putnam



### Celebrating October

Thursday, October 11

Bingo Bonanza  
Open House

Friday, October 12

Shopping Excursion

Monday, October 15

Flu Shot Clinic

Thursday, October 18

Happy Hour & Music  
“Pre-Existing Conditions”

Wednesday, October 31

Halloween Costume Party

Every Sunday

Hot Chocolate Social

*“Remember yesterday,  
dream about tomorrow,  
but live for today”*

### From the Desk of Terri Howell Community Administrator

#### Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie, to carving jack-o'-lanterns for Halloween. But, there's no need to wait until October 26<sup>th</sup>, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving “jack-o'-lanterns” began with an Irish folktale about a man named “Stingy Jack.”

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of “Jack of the Lantern” from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.





**Marketing Minutes  
By Sue Hudson  
Marketing Director**

Welcome fall...and WELCOME to all of our new residents here at Hilltop Commons...home of the best residents in the world!!

**Mark your calendar! Thursday, October 11<sup>th</sup>, from 1:00-3:30PM is our 5<sup>th</sup> annual Bingo Bonanza!** Once again, we are teaming up with Brunswick Village Assisted Living Community to make this a fundraiser for Gold Country Community Services, the Meals-on-Wheels and the Senior Wood programs. This will be a LOT of fun and I encourage **everyone** to consider playing! For Hilltop residents, it is a \$10 donation to G.C.C.S. to play 15 games (\$15 for guests). We have **lots** of amazing prizes and wonderful raffle items! Additional raffle tickets will be sold; \$1 each, \$5 for 8, \$10 for 20. **We have limited seating and the public is invited, so if you want to play, PLEASE SIGN UP in the office as soon as possible!**

Next month, **Saturday, November 3<sup>rd</sup>, Hilltop is hosting a Holiday Craft Fair from 10:00AM-2:00PM.** There will be crafters and merchants with amazing handmade and unique items, perfect for holiday gift giving! This event is a "food & fundraiser" for Interfaith Food, so we are asking everyone to donate non-perishable foods. We will have some wonderful raffle prizes donated by each vendor and Jayne will be selling raffle tickets to increase our donation to feed Grass Valley's hungry.

If you know a crafter or merchant who may want a space to sell their items, please let me know, or ask them to contact me ASAP, as we have limited space available.

Please remember, with these fun community events comes a little chaos, both inside and in the parking lots, so please be patient. The visitors and staff are doing the best they can to respect your life and home here at Hilltop. I thank you for understanding and apologize for any inconvenience. I really enjoy bringing community events to Hilltop, if you have any ideas of something you think would be fun, please share them with me! Have a fabulous fall!

Sue



**Activity Corner  
By Sabrina Busher  
Activity Director**

*"Good, better, best. Never let it rest. 'Til your good is better and your better is best."*

Fall is in the air, and this is the perfect time of year to put on a coat and take a nice walk and look at the trees changing. We are going to walk on Monday mornings at 9:00am (not at 8:45am) weather permitting.

Chair volleyball is a lot of fun and we will be playing on October 2<sup>nd</sup> at 2:30pm. Also, we have the new chair yoga class twice a month at 2:30pm, and the balance class at 10:00am.

The flu shots will be on the 15<sup>th</sup> in the Crafts Room. Please sign up if you want your shot.

On the 17<sup>th</sup>, we will be going to an early dinner at Kane's restaurant and on the 25<sup>th</sup> we will be going on the bus to the Ronald McDonald house. I also have a breakfast club starting for those of you who love breakfast. We will be leaving at 10am for that. We'll have movie matinees, art classes and lots more. Also, we are having a Halloween party and costume contest, so get ready!! Please read your event calendar every day and don't miss out.

**BE THE REASON SOMEONE SMILES TODAY**

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



*"Not every day is a good day, but there is something good in every day..."*

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

**Culinary Corner**



October is a great time of year. It is finally cooling down and all the trees are changing. Also, the menu is changing to accommodate the weather change. You will see some new items on the menu for these cold winter months. Please let me know if you have any suggestions. Don't be shy.

We will be having a Breakfast Buffet on Saturday, October 18<sup>th</sup>, in the Dining room from 10:30am to 12:30pm. We will be serving omelets, home fries, sausage, bacon, chicken fried steak, biscuits & gravy, green chile egg bake and blueberry French toast bake. Please feel free to invite your family and friends. **Just let the kitchen know in advance if you will be having guests so we can accommodate you.** This is considered a special event, so all guests will be \$12.00 each. Children 10 and under eat free.

I want to thank you all for your love, thoughts and prayers for my grandson, Jayden, and my family. It really means so much to me how much you all care. I have always said that we are one big family here at Hilltop, looking out for one another. Jayden is doing amazing and it truly is a miracle to have him home safe with us. So thank you for all of your love and support. I love my Hilltop family.

Sincerely,  
Chef Jammie Barquilla

**Kitchen #272-8254**

**Dining Room Hours**

**Brunch 10:30am – 12:30pm  
Dinner 4:30pm – 5:45pm**



**Resident Testimonial  
Patty Skeahan**



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

***Everything here.***

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

***All the events at Hilltop are so much fun, from the bead making class, to exercise. I especially like the outings.***

**What would you tell someone looking to move here?**

***I feel so safe at Hilltop. I recently got into a car accident, and the residents here at Hilltop were so helpful. I really appreciated it. Those are the kind of people who live here.***

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

***The first time I came to Hilltop was to see a friend. I just really liked the openness when you first walk in! And, the residents were all so happy, so when I was looking for a place to live myself, I came to Hilltop.***

