

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:

Tuesday - 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)



May Birthdays

Rita Blake.....May 1
Rolnd Francis.....May 3

May Anniversaries

Matt Herman.....1 year
Colleen Krebs.....2 years
Joe & Mary Grace Neves....2 years
Dee Sutton.....5 years

Welcome New Residents

Pat Anderson
Inge Cupak
Wilma Bowen
Jack Meeks
Avaline Ball
Mike New
Pat Myers

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



**From the Desk of Terri Howell
Community Administrator**

Welcome, May...we've been waiting for you!

This month is filled with some of my favorite happenings. First, Cinco de Mayo on the 5th, Mother's Day on the 12th, Armed Forces Day on the 18th and of course, Memorial Day on the 27th, which kicks off the beginning of summer time fun.

Another fun-filled happening in May is the Kentucky Derby. The Kentucky Derby is held in Louisville, Kentucky, on the first Saturday of May every year. This year, the horses will take center stage on Saturday, May 4th. The race has been run every year for three-year-old thoroughbreds since 1875. The race itself is 1 1/4 miles long at the Churchill Downs race track. The Kentucky Derby is the first major horse race in the US Triple Crown of horse racing. The US Triple Crown includes the Kentucky Derby, the [Preakness Stakes](#), and the [Belmont Stakes](#). In order for a horse to win the US Triple Crown, they must win all three major horse races.

In the United States, the Kentucky Derby is referred to as "The Most Exciting Two Minutes in Sports" or "The Fastest Two Minutes in Sports." Some refer to the race as "The Run for the Roses" as a result of the winning horse being draped with a blanket of roses.

Part Southern tradition, part spectacle, the Kentucky Derby hat parade is much of what makes this event one of the greatest people-watching events in the world!

The long-established fashion was started with Col. Meriwether Lewis Clark Jr.'s vision for the Derby as an event that the high-class would attend, similar to European-style racing events, which mandated full morning dress for men and women. For the first running of the Kentucky Derby, he used high-class women to recruit his target clientele to attend the race. The event quickly became just as much about the fashion as the racing. Going to a horse racing event became an opportunity to show off the latest in spring fashion and women were known to coordinate their hats, dresses, bags, shoes, and even parasols.

The extravagant hats that have become associated with the Kentucky Derby did not really come around until the 1960s, when social fashion norms loosened up and the presence of television gave women a reason to stand out. The hats became larger, brighter, and more extravagant.

If you can't make it to Churchill Downs, don't worry. We're having our own "Derby Day" horse races on Wednesday, May 1st, at 3 pm in the Common Area. Come join the fun and be sure to wear your best derby hat!



May Newsletter



Marketing Minutes
By Sue Hudson
Marketing Director

Wow! Our Resident Appreciation Dinner was **awesome!!** It was fun for everyone; staff and residents alike! Chef Jammie and her staff really put a lot of time, energy and effort into this meal and it turned out **FABULOUS!!** The dining room was so beautiful in all its spring glory, and the meal was delectable. It was a lot of fun to serve you and to show our appreciation. **A BIG thank you to Chef Jammie and her incredible kitchen staff. All of you really outdid yourselves!**

I wanted to be sure to say WELCOME to all our new residents! With all our new faces comes new friends, new adventures and creating new memories at Hilltop Commons! Newcomers, the Hilltop Ambassadors are here for you!! When you see a fellow resident wearing a gold Ambassador name badge, PLEASE know they are wanting to be of service to you! These friendly volunteers are willing to help in any way, it's their goal to help you feel at home as soon as possible!!

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

— Marcel Proust

I am so grateful for you, my job and the Hilltop team! It is such a pleasure spending my work days at Hilltop. **You** are the reason I can tell everyone I LOVE my job!

Practice living your life with gratitude, it's a healthy thing to do!

Thanks for you,
Sue

**Thank you to Terre Soleil Gardens
for the gorgeous flower donations!**



Activity Corner
By Sabrina Busher
Activity Director

"Be like a flower and turn your face to the sun"

Spring is here and the weather is wonderful, everything is in bloom and green. This is the time of year we all look forward to after the long winter we had. Get out and enjoy the sunshine!

I have the Walking Group on Mondays at 9:45am for those of you who are not early risers. There are so many beautiful walking trails in Nevada County. This is a great way to start your day.

Jayne Brown and Joan Broxholme were kind enough to donate some cute bird houses for Hilltop to paint in the crafts room. There are 2 classes on the May calendar. Nancy Boling and Barbara Licari are going to have an Adult Coloring Class with books, pens and pencils. Also, we are bringing the Pottery Class back! I hope you take advantage of the classes. I am trying to have a variety of things for everyone to enjoy.

The Ladies Day Tea is on the 22nd. We had a fantastic turn out last year, so this year we will be taking reservations, if you would like to attend.

I also have "Take a Trip with National Geographic" from different countries, to biographies, etc. This is held in our common area.

Finally, we will be going to Sheri's Lake for our Spring Picnic. We all have a lot of fun.

Be the reason someone smiles today



Culinary Corner

This month we have so much going on! We will be starting with **Mother's Day Brunch** to honor all of the mothers and grandmothers on Sunday, May 12th. We will be serving herb crusted roast beef, garlic mashed potatoes and asparagus. The alternate is eggs Benedict with home fries and fruit. Dessert is strawberry cheesecake. I know all of you will enjoy this meal!

May 27th is **Memorial Day**. We will have a BBQ buffet with mini hot dogs, mini hamburgers, baked beans, macaroni salad and watermelon. We will be serving eggs to order that day as the alternative.

If you would like to invite your family to come and join you for either of these brunches, please inform the kitchen in advance to let us know how many guests will be joining you so we can have an accurate head count and be prepared. These brunches are **special events**, so guest meals are **\$12.00 per person**.

The kitchen staff and I are so excited to start the new spring and summer menu this month. There are a lot of new menu items, and we have a ton of new recipes. We can't wait to get cooking!! We would love to hear your feedback. Please give us your input as we go through the month and feel free to use the suggestion box. It gets checked once a week and all suggestions get read and reviewed by Terri, the kitchen staff and me.

I know you don't see me as much as you used to. I have been very busy in the kitchen and I have a lot of responsibilities. I miss the time I used to have to visit with all of you. If you ever need me, or would like to talk, or just chit chat, please let me know. You can always ask one of the kitchen staff members to come get me. I will stop anything I am doing to come talk with you. You are my Hilltop family and family is top priority to me.

Sincerely,
Chef Jammie Barquilla

Kitchen # 272-2854

Letter from the Editor
Traci Gelgood
Associate Marketing Director

**Today is a GOOD DAY
to have a GREAT DAY**

to smile more & WORRY LESS


**To be the very best version of you
To do more of what makes you happy Every Day**

**To be positive & regret nothing
To be humble & work hard**

**Every day may not be good but
find something good in every day**

LAUGH LOVE LIVE

**follow your dreams
believe in yourself
and remember to be**

AWESOME

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

