

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:

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)****June Birthdays**

Bill McKinney.....June 6

Jack Sullivan.....June 9

Jane Heywood.....June 12

Dorothy Limov.....June 30

June Anniversaries

Annette Aurrecoechea.....2 years

Joan Deiro.....3 years

Edna Larsen.....4 years

Wanda McCain.....7 years

Welcome New Residents

Bev Donato
Joanna Rongren
Jo Todd



June Newsletter

Hilltop Commons 131 Eureka St. Grass Valley CA 95945 (530) 272-5274 www.raystoneseniors.com**From the Desk of Terri Howell
Community Administrator**

It's time to take off your boots and put on your flip flops...June has arrived!

The entire month is chock full of music, educational seminars and fun-filled activities. It's the perfect way to kick off a great summer.

When I was growing up, summer life was pretty simple. Playtime was wherever our imaginations took us. I have wonderful memories of playing outside for hours with my younger sister and our friends. We'd leave the house by 10am and ride our bikes to our favorite biking trails, stopping to pick wild blackberries for lunch. Other days, we would hang out at the pool, ignoring the need for sunscreen and eating junk food from the concession stand. The house rules were simple; be home before the street lights came on. I sure miss those lazy, carefree days!

What are some of your favorite summertime memories? Hopefully you'll find time this month to stroll down memory lane, reminiscing about your own lazy, carefree summer days.

Don't forget that Father's Day is Sunday, June 16th. 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!

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."
-John Lubbock

**Celebrating June****Tuesday, June 11th**

**Patrick Bell Presents
"Opera-Kadabra"
(Opera Singer & Magician)**

Thursday, June 13th

**Bus Outing
Pescatore Winery**

Friday June 14th

**Father's Day Happy Hour
Entertainment, Food,
Beverages, and
Lazy Dog Ice Cream**

Wednesday, June 19th

**National Hawk Day
"Honkers and Hoots"
Feathered Animals**

Every Sunday**Treat Social**



Marketing Minutes By Sue Hudson Marketing Director

What a wonderful and exciting May at Hilltop ...I can't wait to experience all the fun coming in June!

Life at Hilltop is always hopping and it's so fun to go on our local radio station KNCO and let the community know about our wonderful residents and special events. I thank all of the residents who have made a radio commercial for Hilltop. Your story, in your own words, is the best word-of-mouth advertising you can get! If you are interested in making a radio ad with me, PLEASE let me know, it's fun and easy! Hilltop Commons is known as a leader in quality senior living, thanks to you and your stories.

Our marketing events are so special and the surroundings are so beautiful. We have a lot of visitors, family and friends that love to be here. We realize when we have many guests things can be a bit hectic and I want you to know how much we appreciate your flexibility and patience. We are so lucky to have so many new residents who are also caring, friendly, and best of all ...happy people!

What a great place to work, thank you!

Sue



Activity Corner By Sabrina Busher Activity Director

One of the greatest titles in the world is parent, and one of the biggest blessings in the world is to have a wonderful father. HAPPY FATHERS DAY!

We have a few great plans this month, and I hope you all can take advantage of them. On the 11th, at 3pm, we have for the first time "Opera-Kadabra". Patrick Bell is a singing magician. The show combines real, live, world-class opera and comedy magic. On the 13th, we are heading back for another amazing lunch and wine tasting at Pescatore Winery. The drive on the bus to the winery should be beautiful this time of year. On the 14th, we are celebrating our Hilltop fathers with the Lazy Dog Ice Cream truck, great music and more. On National Hawk Day, we are having Honkers & Hoots back with their gorgeous birds.

Please don't forget to attend the exercise classes and walking group we offer. I have them scheduled different times of the day to accommodate everyone.

Remember, I am always open for new ideas!

BE THE REASON SOMEONE SMILES TODAY

Culinary Corner

The hot weather is on its way. This month, Father's Day is on the 16th. For Father's Day Brunch, we will be serving marinated and BBQ tri tip, baked potato and asparagus, OR eggs Benedict with home fries. This is considered a special event, so guests will be \$12.00 per person. Please start asking your family what their plans are for Father's Day **now**, so you can make reservations 1 to 2 weeks in advance. We appreciate and require the advance notice.

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.

Don't forget to drink lots of water this summer. The Hydration Station is good and good for you. I have talked to quite a few of the residents and I've heard that you really are enjoying all of the refreshing water flavors. It is important to stay hydrated throughout the summer, especially on the hot days, so I encourage you to please keep drinking.

Sincerely,

Chef Jammie Barquilla

Kitchen 272-2854



Letter from the Editor Traci Gelgood Associate Marketing Director

"Old age is always 15 years older than you are right now..."

~Randy Vorhees

"Wrinkles are hereditary. Parents get them from their children."

~Doris Day

Happy June!

Stay happy, healthy, and safe!!

