

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)



July Birthdays

Kay Kerr.....July 5
Betty Gannon.....July 5
Norma Modder.....July 8
Patty Skeahan.....July 9
Merle Rasmus.....July 15

July Anniversaries

Janice Klein 1 year
Marguerite Blickenstaff 2 years
Terri Roman 2 years
Betty Hood 4 years
Doris Moore 5 years
Dorothy Barrick 5 years
Bill McKinney 14 years

Welcome New Resident

Joyce Wynne

July Newsletter

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



Celebrating July

**Thursday, July 4th
Independence Day**

**Friday, July 5th
Happy Hour
Music - Little Trouble**

**Thursday, July 11th
Bus Outing
Galleria Mall & Lunch**

**Wednesday, July 17th
Exercise Class
Balance with Rick**

**Friday, July 19th
Happy Hour
Music - Chris Crockett**

**Every Sunday
Ice Cream Social**

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

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

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

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 months. 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 around the corner from the coffee bar. One container holds plain ice water and the other water container holds ice 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**

The 4th of July is filled with parades, barbecues, fireworks, and impromptu baseball games. Families, friends, and neighbors often get together to enjoy eating good food, visiting, and lighting off loud and colorful fireworks. I'm sure you have some favorite memories of past celebrations with your family and friends on the 4th of July! Here at Hilltop we proudly display the American flag as we celebrate our independence in a sea of red, white and blue!

It's so exciting to have a full house of happy residents. We still have 29 folks on the wait list, which speaks volumes about Hilltop Commons! If you have friends that may be interested in living here, please encourage them to come in, take a tour and possibly get their name on our wait list. Life is good at Hilltop and definitely worth waiting for!!

I love planning events and bringing educational programs to Hilltop. If you have any ideas of things you'd like to know more about, please share them with me and I'll see what I can do!

Happy Independence Day everyone!

I'm proud to be an American, and honored to be your Marketing Director.

Sue



**Activity Corner
By Sabrina Busher
Activity Director**

“YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR DREAM A NEW DREAM...”

July is a hot month, so I have more inside events planned, starting off with the horses. I know everyone really gets excited, and it is a lot of fun. Don't forget the great exercise programs that are set up for you. For the early risers, we have the 9:30am class. Twice a month we have a 10am balance class and Qigong class. At 2:30pm, twice a month, we offer a fun chair yoga class and a great class with terrific music. Please take advantage of the classes. Keeping active is very important. The bus will be taking us to the Galleria for some shopping and lunch. I did put a casino trip on the calendar for you big spenders. On the 19th it is National Hawk Day. Honkers & Hoots will be here showing off their gorgeous birds.

Remember, I am always looking for new ideas!

**BE THE REASON SOMEONE SMILES
TODAY**

Culinary Corner



Happy 4th of July everyone!! We will be celebrating the 4th with a BBQ 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 have your box dinner ready for you to pick up at the BBQ. If you do not get a box dinner at the BBQ, please ask the office or night watch staff and they would be happy to get you one. Please feel free to invite your loved ones. If you know you will 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 like to see you enjoying yourself with your family and friends! We can't wait to see you there.

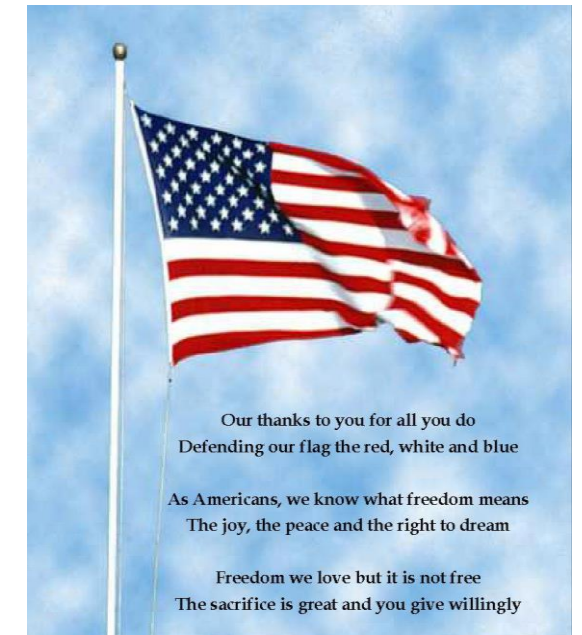
We seem to be missing some dishes, utensils, cups, trays, etc. Most of you are very good about bringing your dishes back to the kitchen. The dishes need to stay in the dining room, please. I have to-go boxes and bowls that I would be happy to give you for food that you would like to take back to your apartments. Please bring any dishes, utensils, cups, trays, etc. back to the kitchen if you still have any. No questions asked. Thank you.

Just a reminder to all of you 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

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



**Happy 4th of July and happy summer!
Stay happy, healthy, and safe!!**

