

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)****August Birthdays**

Rena Scharf.....8/3

Betty Geach.....8/8

Betty Hood.....8/8

Joe Neves.....8/9

Susan Laureyssen.....8/9

Della Klinger.....8/9

Avaline Ball.....8/14

Joan Deiro.....8/22

Matt Herman.....8/27

August Anniversaries

Mimie Dudek 1 year

Nina Schott 3 years

Val Caulder 3 years

Bettie Ferry 5 years

Jack Sullivan 6 years

Anne Brett 11 years



Hilltop Commons

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

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

Summer, summer, summer!

I've heard it said that August is like the *Sunday of summer*. You all know what I mean. Back to school commercials begin to appear on television and end of the summer sales are everywhere. It's that realization that summer is winding down and all your chances at summer fun are disappearing fast, just like on Sunday evenings when you realize your weekend has come and gone. I believe, this August, we should all vow to embrace the *Sunday of summer* and enjoy every opportunity for fun. Are you with me?

I ran across some fun summer facts the other day that I thought you might enjoy. Some of which you may already know and some you might not.

- In the United States, over 650 million long-distance summer trips are made.
- Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs.
- A ubiquitous summer treat is watermelon. Watermelon is part of the cucumber, pumpkin and squash family and consists of 92% water. On average, Americans consume 15 pounds of watermelon annually.
- Popsicles, a popular summer treat, were accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. He began selling them at an amusement park in New Jersey. In the U.S., cherry is the number 1 flavor.
- The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.
- About one shot-glass worth of sunscreen is enough to cover the body.
- We all know mosquitos are most prevalent during summer months. Mosquitos have been on earth for more than 30 million years. (No wonder they are so good at their jobs!)
- In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches.

Wishing you all a happy *Sunday of summer*!**Celebrating August****Friday, August 2nd*****Happy Hour & Music
Jack Scott Big Band*****Tuesday, August 6th*****Speaker******Colleen Baker w/Hospice*****Tuesday, August 13th*****Speaker******Economy Pest Control
with Exotic Bugs and
Beautiful Butterflies*****Thursday, August 22nd*****Outing to Shopping and
PF Chang's*****Friday, August 23rd*****Hawaiian Luau with
Polynesian Dancers*****Every Sunday*****Treat Social***



Marketing Minutes
By Sue Hudson
Marketing Director

The quote below was on the internet, written by a lovely woman I toured...

“My granddaughter and I had the pleasure of visiting Hilltop Commons recently. We talked with many of the residents and took a tour. We were astounded at the happiness, spirit of friendship and community the residents share. A safe and loving environment that felt like home, which it is!”

I wanted you to see just how valuable your friendliness is with those who visit Hilltop Commons! We truly have the best residents in the world and I am so proud to be working among you. Thanks again for your positive words and beautiful happy faces. You make it a true pleasure to give tours here!

Please be sure to join in the fun during our Open House Luau on Friday, August 23rd! Wear your Hawaiian attire if you have something ... but either way, you may get a lei!

Thanks again for being you!

Sue



Activity Corner
By Sabrina Busher
Activity Director

“Our greatest weakness lies in giving up. The most certain way to succeed is to always try just one more time.”

To start off the month, Colleen Baker with Hospice will be here again to speak to us. We have all really enjoyed her. On the 7th, S.N.M. Hospital has invited us to take a tour of the new hospital from 5-7pm. Economy Pest control will be here to speak to us and show their exhibit of exotic bugs, butterflies and much more.

Chair volleyball is back and a lot of fun. There are also Chair Yoga classes, Exercise Classes with Carolyn, Qigong and Balance Classes. Please take advantage of the exercise classes, they are all great.

We are heading to the Nevada County Fair to enjoy food, exhibits, and animals.

Happy Hour is every Friday. This is a great way to visit with your friends and enjoy the music.

Remember, I am always looking for NEW IDEAS!! Please feel free to share them with me.

BE THE REASON SOMEONE SMILES TODAY.



Culinary Corner

It's another hot August folks. We will be having a Hawaiian Luau on Friday, the 23rd. We are all very excited about this event! In the dining room, we will be having regular dining service from 10:30am to 12:30pm. On the menu, we have teriyaki salmon, island fried rice and Hawaiian slaw. Entertainment starts at 2:30 with a Hawaiian Happy Hour. I'm sure Sabrina has some good surprises for you. For dinner, we will be serving Kalua pork on a bun, macaroni salad and fruit. Please feel free to invite your loved ones. If you know you will have guests, please let us know in advance. Can't wait to see you all in your grass skirts.

For those of you that don't know, you can order your food to be delivered to your room or for pick up in the dining room. The first 3 tray deliveries a month are free. After that, they are \$3.00 each. There is no charge for a dining room pick up. If you would like to pick up your meal, please let us know. If you have any questions or need anything, please don't hesitate to ask or give us a call in the kitchen. For tray service, we ask that you call before 11:30am for the brunch meal and before 4:00pm for the dinner meal. Thank you!

Sincerely,
Chef Jammie Barquilla

Dining Room Hours
Brunch 10:30am – 12:30pm
Dinner 4:30pm – 5:45pm

Kitchen #272-2854



Letter from the Editor
Traci Gelgood
Assoc. Marketing Director

“Small steps in the right direction are better than no steps at all...”

“It doesn't matter how slowly you go, as long as you do not stop...”

Stay happy, healthy, and safe!

Hugs,
Traci

