

Hilltop Commons Phone Numbers

Office: (530) 272-5274
Kitchen: (530) 272-2854
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
(Mike at Comcast: 530 570-9230)
Gold Country Cab: 274-8294
Fast Taxi: 477-7766
Grass Valley Police
477-4600 (non-emergency)



September Birthdays

Ed Hayden.....Sept 13
Joy Miller.....Sept 15
Jayne Brown.....Sept 18
Annette Aurrecoechea.....Sept 30

September Anniversaries

Peggy Boss	1 year
Joyce Towell	1 year
Kay Kerr	5 years
Mary Drake	6 years

Welcome New Residents

Carolann Aragon
Maggie Doyle
Philip & Helen Hale
Steve Smith



September Newsletter

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



From the Desk of Terri Howell
Community Administrator



Think it's too late to "reinvent" yourself? Think again.

Nothing stays the same forever. In a world where things are always changing, sometimes you have to think about who you are and where you're at. You can decide whether or not it's time for a refresh, a total change in direction.

The month of September is Healthy Aging Month, an annual health observance designed to focus national attention on the positive aspects of growing older. According to Carolyn Worthington of Healthy Aging, September is a great month to take stock of where you've been and where you'd like to go to improve your physical, mental, social and financial well-being.

To get you started on reinventing yourself, the following are some ideas from the editors of Healthy Aging Magazine.

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Don't keep looking in the mirror, just FEEL IT!
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
3. Have negative friends who complain all the time and constantly talk about how awful everything is? It might be time to change friends. Surround yourself with energetic, happy, positive people of all ages and you will be happier, too.
4. Walk like a vibrant, healthy person. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? Make a conscious effort to take big strides. Walk with your heel first and wear comfortable shoes.
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Practice it every day, all day until it is natural. You will look great and feel better.
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Go to the dentist regularly.
7. Lonely? Stop brooding and complaining about having no friends or family. Pick up the phone and make a call to do one or more of the following: Volunteer your time, take a class, invite family or friends to meet you for lunch or coffee. Just reach out!
8. Start walking not only for your health but to see the neighbors.
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says music lessons are just for children? Sign up now for fall art or music classes and discover your hidden talents.

"Don't ever feel like your best days are behind you. Reinvention is the purest form of hope. Make today your best yet." – Phil Wo

Celebrating September

Friday, September 6th
Happy Hour
Capitol Chinese Orchestra

Tuesday, September 10th
Speaker
Medicare Information

Wednesday, September 18th
Jewels of the Yuba
Belly Dancers

Sunday, September 22nd
Cirque Mei Show Outing

Monday, September 23rd
CAPE Animal Rescue Outing

Thursday, September 26th
Alpaca Farm Tour

Every Sunday
Treat Social



**Marketing Minutes
By Sue Hudson
Marketing Director**

I LOVE September! It starts to cool off and the leaves begin to change colors, welcoming fall, which begins on the 23rd. My family roots are all back east; Massachusetts, Vermont, New Hampshire, Connecticut and Maine. Although my folks moved to California when I was 2, we would go back and visit Grandma and the cousins every year ...this is when I fell in love with fall. All the gorgeous colors and fresh cool evening air ...**much** like here! I am so grateful to live and work in such a beautiful place as Nevada County. Our trees at Hilltop are no exception! Especially those on the back patio, they will soon be a canopy of beautiful fall colors!

I am happy to say we continue to be a full house with 32 on our Wait List! As your Marketing Director, I continue to stay active in the community, volunteering for local non-profits and representing Hilltop at 49er Rotary each week. It's an honor to promote Hilltop, it's such a wonderful place with such awesome residents!

Happy September!

Sue



**Activity Corner
By Sabrina Busher
Activity Director**

*“Enjoy the little things in life...
for one day you'll look back and realize
they were big things”*

We sure had a good time at the Nevada County Fair. Thank you all for joining in on the fun. Hilltop has the best residents ever!!

This month I have planned some new events for us. We had such a good time telling our jokes, that on September 3rd at 3pm, we are going to have our first Open Mic Comedy Hour. So, get your jokes ready to share, we will have a lot of laughs.

We will be going to support Cape Animal Rescue and see all the wonderful animals. Those of you that signed up, we are going to Folsom to the Harris Center to see the Cirque Mei show. We are also going to Sierra Rose Alpaca Farm. Read your event calendars and keep informed on what is happening at Hilltop.

Remember, exercise is important. Hilltop has four different exercise classes to enjoy.

If you have any new ideas or something you would like to have at Hilltop, please share them with me.

Thanks for being the best residents.



Culinary Corner

Hello September!! Monday the 2nd is Labor Day and we will be celebrating with a BBQ from 10:30 to 12:30 in the dining room. We will be serving BBQ chicken, BBQ pork ribs, baked beans, corn on the cob, macaroni salad and watermelon. This should be fun and I know all of you enjoyed our last BBQ. All guests are \$12.00. This is a special event, so no complimentary meal tickets are accepted.

I just wanted to let all of you know how much the kitchen staff and I appreciate you. We love to see you every day with smiles on your beautiful faces. Hearing your jokes and stories really brighten up our days. We have some new staff members. Let's give a warm welcome to Ivy, Hailey, and Sophia. We have a great kitchen staff who are all very helpful and kind. So, a big thanks to everyone here at Hilltop. Thank you for being 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**



Happy September! Fall officially begins on September 23rd, which is the Autumnal Equinox (equal duration of night and day). Fall is my favorite season – the temperatures tend to cool off and the colors begin to change. Enjoy every day! Stay happy, healthy, and safe!

“Woe is Me!”

***There are cobwebs on the ceiling
And dust upon the floor
They are going to stay there
I'm not cleaning anymore!***

***The sink is full of dishes
The dryer full of clothes
Who is going to clean them?
No one, I suppose***

***The stove is full of ashes
The beds should all be changed
But all of a sudden
I've become deranged***

***The driveway's full of leaves
My car needs cleaning too
I'm leaving home tomorrow
There's just too much to do!***

**Written by Pat Anderson
Hilltop Commons Resident**