

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)



October Birthdays

Ann Holsclaw.....October 1
Arleigh Snyder.....October 15
Nancy Boling.....October 28

October Anniversaries

Betty Gannon 1 year
Mary Putnam 1 year
Merrill Putnam 1 year
Nancy Boling 5 years
Shirley Hamilton 7 years

Welcome New Residents

Philip & Helen Hale
Steve Smith
Darrel Hadley
Pat Wilder



October Newsletter

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



From the Desk of Terri Howell
Community Administrator

Read any good books lately?

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

Boosts brain power. Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

Increases empathy. When immersed in reading, especially a fiction story, we are likely to identify with the characters and their emotions. This may help us better relate to people in real life.

Promotes sleep. A bedtime routine that includes reading with dimmed lights sends a signal to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduce stress. A page turner often transports the reader to another world, providing a break from worries.

I have a mother who loves reading. She read to me and my sister every night. Our favorite books were written by E. B. White and she would read at least one chapter before tucking us in, sometimes more if we promised to go immediately to sleep after. My mom instilled in both of us a thrill of going to the library and picking out a pile of books and racing home to crack them open. I still love reading to this day. I now enjoy most of my books through an online app where I can listen to them during my one hour morning and evening commute. I also keep plenty of books on my nightstand, always ready to take me on a new adventure in a far off land. Thanks, Mom!



Celebrating October

Tuesday, October 1st
Speaker
Medicare Information

Thursday, October 10th
Bingo Bonanza

Wednesday, October 16th
Presentation
Olaf the Therapy Dog

Friday, October 25th
Music
Patsy and Elvis

Thursday, October 31st
Halloween Party

Every Sunday
Treat Social



Marketing Minutes By Sue Hudson Marketing Director

Welcome fall...and WELCOME to all our new residents here at Hilltop Commons...home of the best residents in the world!!

October 10th from 1:00-3:30PM will be our fifth annual Bingo Bonanza Extravaganza! This will be a LOT of fun and I encourage **everyone** to consider playing! It is a \$10 donation for Hilltop residents to play 15 games. This is a fundraiser for Gold Country Community Services; Meals-on-Wheels and Free Firewood for Seniors programs. We partner with the folks and have lots of amazing prizes and great raffle items! **If you want to play, PLEASE SIGN UP in the office! We have limited seating and we are inviting the public, so sign up early!**

And get ready ...next month, Saturday, November 2nd, Hilltop is hosting the annual Holiday Craft Fair from 10:00AM-2:00PM. There will be crafters with amazing handmade items, perfect for holiday gift giving! If you are a crafter, or know someone who is, please let me know if you want a space to sell items! This event is a fundraiser for Interfaith Food Ministries and GVPD K-9 Unit. We will have some great raffle prizes and will be selling raffle tickets to increase our donation to these wonderful causes. If you know a crafter who may want a space to sell their handmade goods, please contact me ASAP, as we have limited space available.

I enjoy bringing events to Hilltop, if you have any ideas of something you think would be fun, please share them with me!

Have a fabulous fall,

Sue



Activity Corner By Sabrina Busher Activity Director

"You are never too old to set another goal or to dream a new dream."

Fall is in the air! It's time to go outside and breathe the fresh air and look at the autumn colors. They are fantastic!

There is a lot going on at Hilltop this month. We are going to High Hand Nursery for lunch and to see all the fall colors. Later in the month, we will be going to Sergio's for a delicious, fresh lunch.

Richard Gill will be here to share his stories and cowboy poetry with us. Wild Things will be back bringing more of their amazing animals for us to see and learn about. Olaf, the therapy dog, will be here with his master to tell Olaf's story. Also, we feel very blessed to have Irene Perbal here to share her life story living during the Holocaust.

Don't forget the Friday 9am dance off. We are all having a blast together. Come dance with us, or just laugh. Hilltop has great exercise programs for each and every one of us. Please take advantage of them.

Halloween is here! With that comes the Hilltop Halloween party and costume contest. So, be thinking of what you would like to be. The annual Halloween pet parade will be here, so don't forget your furry friends.

Thanks for being the BEST residents!

Culinary Corner

October is a great time of year. It is finally cooling down and all the trees are changing. Also, the menu is changing to accommodate the weather change. You will see some new items on the menu for these cold winter months.

We will be having a **Breakfast Buffet** on Saturday, October 19th in the dining room from 10:30am to 12:30pm. We will be serving omelets, home fries, sausage, bacon, chicken fried steak, biscuits & gravy, green chile egg bake and blueberry french toast bake. Please feel free to invite your family and friends, just let the kitchen know in advance if you will be having guests so we can accommodate you. This is considered a **special event**, so all guests will be \$12.00 each. Children 10 and under eat free.

As you all have heard, we would like you all to call in your pick-up orders for dinner. This makes it much easier on the wait staff. If you have not called in your order, please take a seat right outside of the dining room and a server will come take your order as soon as possible. Also, the staff has scheduled shifts and need to clock out at the time the shift is over. We need to close the dining room at 5:45pm so they are able to clean up and be on their way. If you would like to visit with your friends, please take your visit out in to the common area. Thank you.

Sincerely,

Chef Jammie Barquilla

Kitchen #272-8254

Dining Room Hours

Brunch 10:30am – 12:30pm

Dinner 4:30pm – 5:45pm



Letter from the Editor Traci Gelgood Assoc. Marketing Director



***"Autumn winds begin to blow
Colored leaves fall fast and slow
Whirling, twirling all around
Till at last they touch the ground"***

Fall colors and chilly nights.
Pumpkins and Halloween.
I love October!

And next month we go "back" to standard time. **Daylight saving time ends on Sunday, November 3rd** when we set the clocks BACK one hour. "Spring forward, fall back." At least for this year...

Stay happy, healthy, and safe!

