

September 2022

September Newsletter

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

HILLTOP COMMONS INFORMATION

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

**PLEASE DO NOT LEAVE YOUR CLOTHES
SITTING IN THE DRYER – PEOPLE MAY
NEED TO USE THE DRYER AND PUT YOUR
CLOTHES ON THE COUNTER WHERE THEY
MAY BE MISTAKEN FOR GIVEAWAY STUFF!!**

Van Schedule (Van leaves at 10am)
SIGN-UPS ARE REQUIRED!

Mondays

Shopping (Brunswick area)

Tuesdays

Doctor Appointments

Wednesdays

Shopping (Pine Creek area)

MISC. PHONE NUMBERS:

Gold Country Lift: 530-271-7433

Larry King (Uber/Lyft) 808-652-2490

Post Office: 530-273-3429

The Union: 530-273-9565

Comcast Cable: 800-266-2278

Grass Valley Police

530-477-4600 (non-emergency)

September Birthdays

John Wiebe.....9/18

Jayne Brown.....9/18

Barbara Klassen.....9/21

September Anniversaries

Helen Hale.....3 years

Joyce Towell.....4 years

Patty Skeahan.....6 years

Barbara Licari.....8 years

Welcome New Residents

Linda Elvin

Nadine Fuller

Kathy Tucker

Jacqueline Ramey

Joyce Smith

Judy Rapinac

Becky Rapinac

Corie Tripoli

Phyllis Shippen

***“Some days are better,
Some days are worse.
Look for the blessings
Instead of the curse.
Be positive, stay strong,
And get enough rest.
You can’t do it all,
But you can do your best!”***

Celebrating September

Chair Tai Chi with Homer
Thursday, September 1st

Labor Day
Monday, September 5th

Happy Hour
Music - Cowboy Curt
Thursday, September 8th

Grandparents’ Day
Sunday, September 11th

Happy Hour
Music – Sourdough Slim
Thursday, September 15th

Rosh Hashanah Begins
Sunday, September 25th

Happy Hour
Music – Strings Attached
Thursday, September 22nd

Happy Hour
Music – Chris Crockett
Thursday, September 29th

***Please check your activities
calendar for details and
additional events!***

***“If the mountain seems too big today,
Then climb a hill instead.
If the morning brings you sadness,
It’s okay to stay in bed.
If the day ahead weighs heavy,
And your plans feel like a curse,
There’s no shame in rearranging,
Don’t make yourself feel worse.
If a shower stings like needles,
And a bath feels like you’ll drown,
If you haven’t washed
your hair for days,
Don’t throw away your crown.
A day is not a lifetime,
A rest is not defeat.
Don’t think of it as failure,
just a quiet, kind retreat.
It’s okay to take a moment
from an anxious, fractured mind.
The world will not stop turning
While you get realigned.
The mountain will still be there
When you want to try again.
You can climb it in your own time,
Just love yourself til then...”***

Marketing Stuff By Traci Gelgood Marketing Director



***“All at once,
summer collapsed into fall.”***

-Oscar Wilde

As we approach the autumnal equinox on September 22nd, the days will once again begin to get shorter. We will still have a lot of warm days in September, but we are getting closer to the fall. Fall is my favorite time of year – I love the chilly mornings and crisp evenings and the fall colors. But we're not there yet...

I want to thank everyone for their friendliness and kindness in welcoming all our new residents! We have had a lot of new people moving in, and still more are making Hilltop their new home this month! We all remember how unsettling and scary it can be to move into a new place – there is always some confusion and hesitation involved, especially where the dining room is concerned. So – THANK YOU IN ADVANCE FOR ALWAYS MAKING A NEW RESIDENT FEEL WELCOME!

Helpful tips for everyone:

Important phone numbers are always listed in the back of the newsletter (such as the Kitchen phone number)

The suggestion box for the kitchen is located at the dining room entrance

Remember to check your cubbies for flyers and mail in addition to the newsletter and calendars (cubbies are your apartment #)

Stay happy, healthy, and safe!!

Activities Stuff By Jill Mahanna Activities Director



Hello Hilltop Family!!

Thank you for all your help this last month. Your suggestions have been wonderful. I will continue to try new things. I have some new performers coming, and I have a new watercolor group starting on Tuesdays at 2:30 in the Arts and Crafts room. Also, remember you are always free to play games or do activities on your own any time you like. The game cabinet in the common area is for everyone, and just please return everything after you are done. Gather friends for cards or a board game. I will also be printing out copies of fun brain games that I will set out in the lobby. Come by and take a look.

This month we will be celebrating Grandparents Day on Sunday the 11th at 2:30 with cupcakes and coffee in the common area at 2:30. Renata will be your host! In addition, I have a couple of outings planned. September 9th is Pedicures and then lunch at Tofanelli's Restaurant. On September 30th we are going to Sierra Ranch to visit and learn about miniature horses! I will have signup sheets in front of my office by the elevator if you would like to go. Space is limited. We can take six-to-eight people per outing. This will be first come, first served on the signup sheet.

Please look at your activities calendar. There will be some fun arts and crafts on Mondays, Blackjack and Watercolor on Tuesdays, Card Games on Wednesdays, Happy Hour on Thursdays and on Fridays we will be doing Horse Races and Bocce Ball (among other things!) in the common area. I hope to see you there! 😊

Culinary Corner By Bonnie Riley



Hello September!!

Summer has been good to us, and now we are clearing the way for cooler days ahead!

This month, Labor Day is on Monday the 5th, and we will be celebrating with hamburger & hot dogs, baked beans, watermelon, and blueberry feta salad. It will be a great day filled with fun!

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!

I wanted to give a warm welcome to some of my new staff members, Ashtyn & Katarine. Let's be sure and give them a warm welcome! Welcome to the Team, ladies!

I will be starting the winter & fall menu soon. I would love for you to leave a comment card in the comment box next to the dining room letting me know what you would like to see on the menu for fall/winter.

That's all for now!

Sincerely,

Chef Bonnie Riley

Kitchen #530-272-2854

