

June 2023

# June Newsletter

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



## Celebrating June

**Happy Hour**  
**Music with Carl Jones**  
*Thursday, June 1<sup>st</sup>*

**Happy Hour**  
**Music with DD James**  
*Thursday, June 8<sup>th</sup>*

**Music InConcert Sierra**  
*Wednesday, June 14<sup>th</sup>*

**Happy Hour**  
**Music "Runnin for Cover"**  
*Thursday, June 15<sup>th</sup>*

**Father's Day BBQ**  
**Open House**  
*Friday, June 16<sup>th</sup>*

**Father's Day**  
*Sunday, June 18<sup>th</sup>*

**Wild Things**  
*Tuesday, June 20<sup>th</sup>*

**Happy Hour**  
**Music "Just the Two of Us"**  
*Thursday, June 22<sup>nd</sup>*

**Happy Hour**  
**Music Nory Fussell**  
*Thursday, June 29<sup>th</sup>*

## From the Desk of Jammie Barquilla Community Administrator

It is time for fun in the sun ... June has arrived!

When I was growing up, summer life was simple. Playtime was wherever our imaginations took us. I have memories of playing outside for hours with my younger brother and all our cousins. I have a big family and all the cousins would come to our house for most of the summer. I have lived in Grass Valley all my life and we always lived in the woods. After eating breakfast and watching cartoons, we would head out of the house for our adventure of the day. We would go to the river with our parents, ride bikes, explore our favorite trails, play in our forts in the woods, stopping to pick blackberries and flowers to bring back to mom. We had campouts in the backyard. The house rules were that if you heard mom's whistle, you had to run as fast as you could back to the house. If you didn't hear the whistle, you were in trouble because that meant you went too far from home. I sure miss those playful, carefree days!

What are some of your favorite childhood summertime memories? Find some time to stroll down memory lane, reminiscing about your own playful, carefree summer days.

Do not forget that Father's Day is Sunday, June 18th. Remember to wish a Happy Father's Day to all the men who enrich our lives and help us stand tall to be the person we have become today. You are appreciated!

## HILLTOP COMMONS INFORMATION

**Office: (530) 272-5274**  
**Kitchen: (530) 272-2854**

Fax: (530) 272-5275

**Hair by Mary / Hilltop Hair Salon**  
**530 883-7112 (Open Saturdays only)**

### 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)**

## June Birthdays

Bill McKinney.....6/6  
Jane Heywood.....6/13  
Laurie Prioste.....6/18  
Larry Klassen.....6/20  
Jo Todd.....6/27  
Linda Elvin.....6/27  
Joyce Wynne.....6/30

## June Anniversaries

Kay Kerr.....11 years  
Jo Patterson.....2 years  
Ken Gaskell.....1 year  
Mike Starr.....1 year





## Marketing Minutes By Traci Gelgood Marketing Director

Happy June!

*I recently read an article that I'd like to share...*

"Serious mental decline is not a normal or inevitable part of aging. Sure, things slow down, and it may take longer to retrieve information from all the experiences we have had. We might process that information a little slower, and we could lose some of our multitasking abilities, however, the older brain can do all the cognitive tasks a younger brain can do. Some cognitive abilities can actually improve with age!

Most forgetfulness is not dementia or Alzheimer's or even a sign of cognitive impairment. Instead of attributing them to "senior moments," remember, younger brains forget, too!

About 20 percent of people in their nineties do not experience any cognitive decline and continue to perform as well as those in middle age. While many of us will experience some decline, research indicates that dementia is likely to occur later in life than it did in the past.

You can improve your brain's health at any time during the aging process. Research has found that we continue to build both neural pathways and cognitive resilience throughout our lives."

### Here are some strategies for staying sharp:

**Challenge Your Brain:** It needs exercise! Try to find some engrossing mental activity to do for three hours each day. Your brain welcomes the challenge of doing something new and complex – something that involves problem solving. Working on puzzles, playing cards, board games, dancing, etc. are all engaging pursuits.

**Social Connections:** We need to cultivate connections with others. Close relationships and meaningful social interactions keep our minds sharp, our memories intact, and build cognitive reserves. Studies also show that those of us who have strong social connections are less likely to develop dementia in our later years.

**Stay sharp, happy, healthy, and safe!**

## Activities Stuff By Jill Mahanna Activities Director

Spring is popping, flowers are blooming all over and, before we know it, summer will be here! Can you believe it? In three weeks, on June 21<sup>st</sup>, we celebrate the Summer Solstice, which is the first day of summer and the longest day of the year. What do you want to be doing on the longest day of the year?

Some of you are aware that we now have our bus back! We will be going on **outings the 2nd and 4th Thursdays of every month**. On those days, I will not be able to call Bingo, as I will be gone until Happy Hour. Some of you are willing to step in and call if you are here, so we will play it by ear on the Thursdays with outings.

We have several things going on this month. Our Paint & Sip event was a great success last month and I am following up with a **Sculpt & Sip** event on Monday, June 5<sup>th</sup>. Have a glass of wine and make your own clay pot for a plant! Once the pots are glazed and fired, we will plant succulents in them. Succulents are easy to care for and look great in groups, so those of you who painted and planted with me last month will have a couple of potted succulents to put on your windowsill. On Friday, June 9<sup>th</sup>, we will be holding a **Puppy Picasso Painting Party** outside in the courtyard. I hope that all our Hilltop pups will participate. On the 16<sup>th</sup>, we will have a **Father's Day BBQ and Open House** out on the patio. Music on Wheels **In-Concert Sierra – 2 violins, a viola, and a cello** – will be here on Wednesday, June 14<sup>th</sup> for a classical music concert. These musicians are very talented, and it is something different for us to hear and see. My favorite, **Wild Things**, will be here on Tuesday, June 20<sup>th</sup>. And, finally, my friend Martin, who is a bird photographer, is coming to give a slide show on Wednesday, May 28<sup>th</sup>.

## Culinary Corner

Hello my Hilltop family,

Here we are in June already, and oh my gosh time flies when we are having fun! The warmth of the sun after a long winter is refreshing and exciting!

I absolutely love June and all the special things that come with it, like Father's Day and the warmer summer vibes. For Father's Day brunch we will be serving tri tip, twice baked potatoes, and grilled zucchini and yellow squash. Dessert will be chocolate cream pie.

I hope everyone is enjoying the new spring/summer menu. I would love to hear your feedback on the new items. If you could drop a comment card on your way out of the dining room, or if you could grab a comment card on your way into the dining room and fill it out at your table, I'd really appreciate it!

**Friendly reminder: *please sign up for an alternate meal by 2pm if you want it for dinner that night!*** We are unable to accommodate last minute alternate choices.

Please keep yourselves hydrated! We are entering warmer weather and have our hydration station set up for you to have some refreshing water options! Enjoy!

Please feel free to call the kitchen if you have any questions or concerns. I am always here to listen.

Sincerely,  
Chef Bonnie Riley

**Kitchen 530 272-2854**

