

**HILLTOP COMMONS
INFORMATION**

Office: (530) 272-5274
Kitchen: (530) 272-2854
Fax: (530) 272-5275

Hair by Mary / Hilltop Hair Salon
530 883-7112

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)

July Birthdays

Patty Skeahan.....7/9
Mary Corder.....7/19
Jerry Freedom....7/27

July Anniversaries

Bill McKinney.....18 years
Doris Moore.....9 years
Terri Roman.....6 years
Jo Todd.....4 years
Joyce Wynne.....4 years
Pat Kjose.....2 years
Shirley Paulus.....2 years
Carol Sigety.....1 year

Welcome New Residents

Frank & Eleanor Wright
Doug & Lurelle Hastings
Dianne McCourtney



July Newsletter

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



Celebrating July

**Chair Tai Chi
with Homer**
Monday, July 3
Monday, July 17
Monday, July 31

Independence Day
Tuesday, July 4

**4th of July
Ice Cream Bars**
2:00 pm

Happy Hour
Music w/ Strings Attached
Thursday, July 6

Happy Hour
Music w/ Sourdough Slim
Thursday, July 13

Bastille Day (France)
Friday, July 14

Happy Hour
Music with Cowboy Curt
Thursday, July 20

Happy Hour
Music with Collin Hobbs
Thursday, July 27

**From the Desk of Jammie Barquilla
Community Administrator**

Hot dogs, fireworks, and sizzling weather...welcome to July!
With the temperatures on the rise, it's the perfect time to talk about staying hydrated. Water is so important year-round but especially during the summer months. It is amazing how much water we lose on a daily basis, and this is only multiplied when the weather gets warmer. Fortunately, this summer we will have our "hydration station" available in the common area, so make sure your water cup is filled and ready to go. There will always be fruit infused water with ice water as well. Please throw out your used cups when finished. Thank you! 😊

Happy 4th of July, everyone!

"Mosquito is out,
it's the end of the day,
she's humming and hunting
her evening away.
Who knows why such hunger
arrives on such wings,
at sundown?
I guess it's the nature of things."



- N.M. Boedecker, *Midsummer Night Itch*

Marketing Stuff By Traci Gelgood Marketing Director

Happy July! The birds are singing, the bees are humming, and Hilltop is busy with people moving in!

I want to thank everyone again for always making new residents feel comfortable and helping them navigate their way around their new home. With several new residents moving in this month and next month, and as we continue to get busy with new move-ins, I am starting the "Ambassador" program again. It's like a "first friend" program where existing residents take new residents "under their wing" and make sure they are familiar with the "ins and outs" of living here. I will be providing some topics and information about the important things people want (and need) to know about, and the main objective is really just to help someone adjust to their new surroundings quicker and easier with their new Hilltop friend. An Ambassador will be assigned to a new resident when they move in.

If you are interested in being an Ambassador, please let me know! I will be having a meeting with those of you who would like to participate sometime this month.

Enjoy the summer and remember to drink plenty of water!

Stay happy, healthy, and safe!

Activities Stuff By Jill Mahanna Activities Director

Summer is here! At the time of this writing, the weather is about perfect, and I am hoping it stays that way through much of July. The more time you can spend outside, the better! We celebrate July 4th, Independence Day, this month. Traci will be here on that Tuesday and will be serving ice cream bars at 2:00pm.

Our first July bus trip will include some time outside on a **Railbus ride!** We will be visiting the **Narrow Gauge Railroad Museum** on Tuesday, July 11th (Tuesday rather than Thursday because that is the only day they are open). Our second outing will be on Thursday, July 27th; we will go to Auburn, to **McCaulou's Department Store** and **Max's** for lunch. This is the trip that was cancelled in May because of bus problems. Sign-up sheets for bus outings will go out on the Monday of the week of the outing. Because the Railroad Museum is a Tuesday outing, I will put the sign-up sheet out the Friday before.

Our May **Paint & Sip event** was a great success and Denise will be back to teach another class on Monday, July 10th. Have a glass of wine and make an acrylic painting in the **You Can Paint!** model. Space is limited so I will have a sign-up sheet outside my office. Our other special event for July is **The Harmonic Convergence Quartet**, the four-man acapella group, who will be here on Sunday, July 23rd.

Strings Attached will be here on Thursday, July 6th for Happy Hour. This is also the first happy hour of the month and, as such, we will have a **raffle drawing**. You must be present to win! Raffle tickets are given during the month to those who participate in Chair Volleyball, Bocce Ball, Cornhole, Indoor Golf, the Sweet Treat Social, and to those who volunteer and help with activities.

There is now a **weekly Cornhole game** on Saturdays at 1:00pm, in the Exercise Room.

OF SPECIAL NOTE:

Sierra Services for the Blind will be coming the first and third Wednesdays of the month, at 10:00am. This way, residents can enjoy the bus outings on Thursdays without having to miss the Blind meeting.

Culinary Corner

Happy 4th of July everyone!!! We will be celebrating the 4th with a BBQ from 10:30am to 12:30pm. We will be serving **BBQ pork ribs, BBQ chicken, potato salad, baked beans, corn on the cob, watermelon, and red, white, & blue fruit pizza.** We will be BBQing outside on the big BBQ! Enjoy the day with some BBQ fun in the sun!

The 4th of July is a holiday for the kitchen staff so we will be going home after brunch service. We will have your box dinners ready for you to pick up at brunch. Box dinners will include a **turkey sandwich, broccoli salad, cookies & fruit.** If you do not get a chance to grab a box dinner at the BBQ, please ask the office or night watch staff to get you one. Please feel free to invite your loved ones, and if you will have guests, **please let us know in advance.**

We seem to be missing some dishes, cups, and utensils. We have Styrofoam boxes and bowls for your to-go food. If you happen to have any dining room dishes, cups, silverware, or trays in your apartment, please bring them back to the kitchen. No questions asked. Thank you.



If you have any questions or need anything, please don't hesitate to ask, or just give us a call in the kitchen.

Sincerely,
Chef Bonnie Riley

Kitchen # 530-272-8254

"Sip and Sculpt"



"Puppy Picasso"

