

**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)**

**August Birthdays**

Treva Hauck.....8/2  
Carol Sigety.....8/3  
Ed Hatch.....8/9  
Judy McBride.....8/10  
  
Jack Goetz.....8/16  
\*\*Happy 104<sup>th</sup>, Jack!!\*\*  
  
Pat Kjose.....8/18  
Jim Stillman.....8/23  
Chuck Azen.....8/29  
Ken Gaskell.....8/30

**August Anniversaries**

Nina Schott.....7 years  
Mimie Dudek.....5 years  
John Wiebe.....2 years  
Nadine Fuller.....1 year  
Jerry & Lori Freedom.....1 year

**Welcome New Residents**

Donna Ortiz  
Maggie Doyle  
Betty Reynolds

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# August Newsletter

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



**Celebrating August**

**Happy Hour**  
**Music with Carl Jones**  
*Thursday, August 3<sup>rd</sup>*

**Chair Tai Chi**  
**with Homer**  
*Mondays -*  
*August 7<sup>th</sup>*  
*August 21<sup>st</sup>*  
*August 28<sup>th</sup>*

**Happy Hour**  
**Music with D.D. James**  
*Thursday, August 10<sup>th</sup>*

**InConcert Sierra**  
**Piano Recital**  
*Friday, August 11<sup>th</sup>*

**Happy Hour**  
**Music with**  
**“Runnin’ 4 Cover”**  
*Thursday, August 17<sup>th</sup>*

**Bus Outing**  
**Auburn Bird Sanctuary**  
*Thursday, August 24<sup>th</sup>*

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

Goodbye July and hello August! July was an interesting month with all the new faces around the community. I hope you are all taking a little time getting to know the new residents. They are awesome. Kirino is the new Night Porter and has been great with all of you residents and always seems to be on his game.

Don't forget about the hydration station. It is very important to drink lots of water in this hot weather. Hydration is the replacement of body fluids lost through sweating, exhaling, and eliminating waste. On average, the body loses and needs to replace about 2-3 quarts of water daily. Luckily, many foods we eat are composed mostly of water. Foods with high water content include greens, and most fruits and vegetables.

Please stay safe and out of the heat 😊

Thank you for being you,  
Jammie Barquilla





Marketing Stuff  
By Traci Gelgood  
Marketing Director

Happy August!

Here are some things to think about while you're staying cool and drinking water:

*“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!”*

*“Not every day is a good day,  
But there is good in every day...”*

*“Age is a work of Art...”*

*“Getting old is a privilege...”*

*“I intend to live forever.  
So far, so good!”*

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

Activities Stuff  
By Jill Mahanna  
Activities Director

Dog days of summer are here! Has anyone heard the expression, “The only constant is change?” That certainly seems true in my life. I think it keeps things interesting and it keeps us all awake! So, with that in mind, changes to the activities schedule are as follows:

**Chair Tai Chi with Homer will be every week now**, Mondays at 2:30pm! Because I do not want to overlap Homer and the art class, **Arts & Crafts is moving to Wednesdays at 1:30pm**. Not every Wednesday. You will have to look at your calendar each month to see which days.

Lyla will be here to offer **chair massage, August 11<sup>th</sup> in the morning**. It has been a couple of months since we have seen her, so I encourage you to take advantage of this healing therapy.

Our first August bus trip will be to the **Nevada County Fair on Thursday, August 10<sup>th</sup>**. Our second outing will be on **Thursday, August 24<sup>th</sup> to the Auburn Bird Sanctuary**.

Our June **Sip & Sculpt class** was a great success and Claudia will be back to teach another class on **Monday, August 14<sup>th</sup>**. Have a glass of wine and make a friendship tile for yourself or a friend. Space is limited so I will have a sign-up sheet outside my office. And, finally, Music on Wheels In-Concert Sierra will be offering a **piano recital on Friday, August 11<sup>th</sup>**.

**Reminders:**  
**Sierra Services for the Blind meets the first and third Wednesdays of the month, at 10:00am.**  
There is a **weekly Cornhole game on Saturdays at 1:00pm**, in the Exercise Room. We have an **Activity Raffle the first Happy Hour of the month**. You must be present to win.

Culinary Corner  
By Bonnie Riley

Here we are in August already... Summer seems to come and go in the blink of an eye!

**Special Highlights for August:**

Tuesday the 9<sup>th</sup> is Fair Food Day! In case you are not able to go to the Fair, the kitchen staff will be preparing some of the special food we love to eat at the Fair! Then, Wednesday the 16<sup>th</sup> is our Cooking Demo at 2:30pm. And Friday the 25<sup>th</sup> we will be doing a Chinese buffet for dinner.

Please be aware of walker issues in the dining room. Please make sure to place them out of the way for other residents when you arrive, and please have some patience while the waitstaff is getting your walker back to you when you are ready to go. The dining room staff is often very busy during meal times.

I would also like to mention the dining room hours. They are 10:30am – 12:30pm for brunch, and 4:30pm – 5:45pm for dinner. We will gladly accommodate you in the dining room as long as you arrive at least 15 minutes **before** closing time (12:15pm for brunch, 5:30pm for dinner). And if you are still finishing your food and it is 15 minutes **after** closing time (12:45pm for brunch and 6:00pm for dinner), we will be happy to box up the rest of your meal for you so you can take it back to your apartment and enjoy it there. If you have any questions, please feel free to reach out to the kitchen.

Sincerely,

Chef Bonnie Riley

**Kitchen 530 272-2854**

