

**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)

September Birthdays

Mabel Dicey.....9/14
John Wiebe.....9/18
Jayne Brown.....9/18
Barbara Klassen.....9/21
Lori Freedom.....9/28
Betty Reynolds.....9/28

September Anniversaries

Barbara Licari.....9 years
Patty Skeahan.....7 years
Joyce Towell.....5 years
Helen Hale.....4 years
Corie Tripoli.....1 year
Nancy Paulson.....1 year
Joyce Smith.....1 year

Welcome New Resident

Betty Nashlund

Happy at Hilltop?
Please share your feedback!

*Find us on Google and leave us
a google review,
or
Go to our website at
hilltop-commons.com
and click on
“community” --
“reviews” --
“write a review”*

Thanks! 😊

Stay happy, healthy, and safe!

September Newsletter

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



Celebrating September

Labor Day
(Office Holiday)
Monday, September 4th

“Wild Things”
Tuesday, September 5th

Grandparents Day
Cupcakes 2:30 pm
Sunday, September 10th

Patriot Day
Monday, September 11th

Happy Hour
Music with Cowboy Curt
Thursday, September 14th

Rosh Hashanah
September 15–17th

Yom Kippur
September 24–25th

Bus Outing
Thunder Valley Casino
Thursday, September 28th

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

**From the Desk of the
Community Administrator**



Think it’s too late to “reinvent” yourself? Think again.

Nothing stays the same forever. In a world where things are always changing, sometimes you have to think about who you are and where you’re at. You can decide whether it’s time for a refresh or a total change in direction. To get you started on reinventing yourself, the following are some ideas from the editors of Healthy Aging Magazine.

1. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.
2. Have negative friends who complain all the time and constantly talk about how awful everything is? It might be time to change friends. Surround yourself with energetic, happy, positive people of all ages and you will be happier, too.
3. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Practice it every day, all day until it is natural. You will look great and feel better.
4. How’s your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Go to the dentist regularly.
5. Lonely? Stop brooding and complaining about having no friends or family. Pick up the phone and make a call. Just reach out! Your friends and family will be happy you did.
6. Start walking. Stretch your muscles.
7. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, you can stop worrying about ailments for a while.
8. Find your inner artist. Pick up a pencil or paint brush and discover your hidden talents.

“Don’t ever feel like your best days are behind you. Reinvention is the purest form of hope. Make today your best yet.” – Phil Wohl

The Space Race

On September 12, 1962, President John F.



Kennedy was at Rice University in Houston, Texas, and his mission was clear: deliver a speech that would get the nation excited about sending a man to the moon. This speech stands as a seminal moment in the Space Race between the United

States and the Soviet Union.

The Soviet Union struck first in the Space Race, launching the world's first satellite, Sputnik 1, in October 1957. Then, in April 1961, Russian cosmonaut Yuri Gagarin became the first person in space. By the time Kennedy became president, the United States' space efforts seemed woefully behind the Soviets. And after the Bay of Pigs disaster in April of 1961, America's reputation as a world power was severely tarnished.

Kennedy needed a win, an achievement that would demonstrate American superiority over the Soviets. Could the Americans beat the Russians in launching a space station? Orbiting a man around the moon? Landing a man on the moon? NASA administrator James E. Webb identified landing a man on the moon as the most feasible—but also the most expensive—option.

In May of 1961, Kennedy asked Congress for billions in funding for a space program called Apollo that would land a man on the moon. Not everyone was impressed. Polls showed that 58 percent of Americans were opposed to the idea. But Kennedy moved forward, spending billions to build a new Manned Spacecraft Center in Houston, Texas.

In September 1962, Kennedy toured the new facility. He met astronaut John Glenn and reviewed models of the Apollo spacecraft. Then, before a crowd of 40,000 at Rice University, he delivered his speech, famously saying: "We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard." The speech was a great success, and Kennedy finally had the public support he needed for his ambitious and history-making initiative.

Activity Stuff By Jill Mahanna Activities Director

Happy September! I can't help but think of "back-to-school" in September, even though both of my children are out of high school.

Therapy Dogs! I say the more critters the better. We started a Therapy Dog Program here at Hilltop and had a few visits in August. This month, Therapy Dog Johnny will visit at 4:00pm on the first Sunday of the month and Therapy Dog Finn will visit at 10:00am on most Wednesdays of the month.

Our first September bus trip will be to the **Sierra Ranch Miniature Horses on Thursday, September 14th**. Our second outing will be on **Thursday, September 28th to Thunder Valley Casino**.

On **Tuesday, September 5th, WILD THINGS**, (which you know is my favorite!), will be here! Jeannie with The Artist Workshop (from downtown Grass Valley) will be here on **Wednesday, September 20th with a pottery-painting workshop**. Have a glass of wine and paint a bowl for yourself or a friend. Space is limited so I will have a sign-up sheet outside my office.

Reminders:
Sierra Services for the Blind meets the first and third Wednesdays of the month, at 10:00 am.

There is a **weekly Cornhole game on Saturdays at 1:00 pm**, in the Exercise Room. We have an **Activity Raffle the first Happy Hour of the month**. You must be present to win.

Chair Tai Chi with Homer will be every week now, Mondays at 2:30pm!

Culinary Corner By Bonnie Riley

Hello September! Summer has been good to us and now we are clearing the way for cooler days ahead! The menu will be changing in October for fall and winter.

Monday, September 4th is Labor Day. We will be celebrating with cheeseburgers, hot dogs, baked beans, watermelon, and blueberry feta salad with poppy seed dressing for brunch. This will be served as a buffet style food bar.

I want 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 and handsome faces. Hearing your jokes and stories really brighten up our days!

If you'd like to sign up for an alternate meal for dinner, **please make sure you sign up before 2pm** so we can prepare and accommodate you for your dinner meals. If you order late, your options will be limited to a cold sandwich, cottage cheese and fruit plate, or a hot dog. Those are easy to prepare and available. The chicken bacon salad will not be an option as it takes more time to get the components cooked and put together. Thank you for understanding, and if you have any questions or concerns about this, please feel free to reach out to me or the kitchen staff.

Please continue to leave comment cards to communicate what you like, do not like, or anything about the dining room that could have been better. Please include your name and date!

Sincerely,

Chef Bonnie Riley

Kitchen #530-272-8254

