

**HILLTOP COMMONS
INFORMATION**

Office: (530) 272-5274
Kitchen: (530) 272-2854
Hilltop Salon - Aubrey
(530) 821-9202

MISC. PHONE NUMBERS:

Gold Country Lift: 530-271-7433
Bruce Stuebing (Driver) 530-320-5415
Larry King (Driver) 808-652-2490
Post Office: 530-273-3429
The Union: 530-273-9565
Comcast Cable: 855-307-4896
Dokimos Pharmacy: 530-274-0100
Grass Valley Police 530-477-4600
(non-emergency)

Laundry Room Hours:

Daily: 7:00am-9:00pm
(only 1 machine at a time please)
Please remove all items from washers and dryers promptly when finished, and completed by 9:00pm

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

Mondays
Shopping (Brunswick area)
Wednesdays
Shopping (Pine Creek area)
Thursdays
Doctor's Appointments

August Birthdays

Treve Hauck.....8/2
Jaque Palmer.....8/2
Ed Hatch.....8/9
Judy McBride.....8/10
Susan Sugarman.....8/14
Jim Wenninger.....8/22
Tricia Smith.....8/25



August Anniversaries

Norma Gamache.....1 Year
Tricia Smith.....2 Years
Betty Reynolds.....2 Years
Jerry & Lori Freedom..3 Years
John Wiebe.....4 Years
Mimie Dudek.....7 Years

Heartthrob of the Silent Screen

He was born Rodolfo Alfonso Raffaello Pierre Filibert Guglielmi di Valentina d'Antonguolla, but his devoted fans knew him as Rudolph



Valentino. Valentino was one of Hollywood's earliest stars of the silent era. He was tall, dark, and handsome—a perfect on-screen hunk. After dancing a tango in *The Four Horsemen of the Apocalypse*, he became a national

sensation. His sudden death on August 23, 1926, threw his legions of fans into hysteria. Some even attempted suicide. A reported 100,000 mourners lined up outside the church where services were held. By train, Valentino's body made its last trip to Hollywood for a final silent goodbye.

August Newsletter

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

Celebrating August

Share a Sunset with Someone
You Love! ❤️

Chair Tai Chi

Every Tuesday - 2:30pm

Fair Day - August 1st

10:30am Fair Food Bar,
12:30pm Petting Zoo,
1:30pm Popcorn, Root Beer
Floats, 2:30pm Horse Races

**Happy Hour Music with
Nory Fussell**

August 7th - 2:30pm

**Happy Hour Music with
Runnin' 4 Cover**

August 14th - 2:30pm

🍍 **Open House** 🍍
Hawaiian Food Buffet

August 22nd

Residents

10:30am-1:00pm

Open House Guests

11:30am-1:00pm

Take a Tour

1:00pm- 3:00pm

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

Goodbye July and hello August! There are a few new faces around the building. I hope you are all taking a little time getting to know the new residents. I wanted to say thank you to those of you I have seen introducing yourself to them and inviting them to come join you for lunch and dinner. It is very kind of you. Remember you were once a new resident too.

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.

I just wanted to remind everyone that if you ever have any questions about anything at all, please feel free to come and ask me. My door is always open for you. Don't be shy. I won't bite.

☀️ Please stay safe and out of the heat. ☀️

Thank you for being you,
Jammie Barquilla



Pawsitive Days of August



The hot and sultry days of summer, known as the “dog days,” stretch from July 3 to August 11. This period of time was named by the ancient Romans, who observed that the

Dog Star, Sirius, was most visible in the night sky during this steamy season.

It makes perfect sense, then, that August 3–9 is Assistance Dog Week, a week honoring canines that help humans with disabilities. Guide, hearing, and medical-alert dogs are specially trained to accompany their owners anywhere and everywhere. “Detection dogs” sniff out everything from bedbugs to forest truffles to cancer.

In addition, August 5 is Work Like a Dog Day, a day for all those dogs who put in a hard day of work. Search-and-rescue, police, therapy, herding, hunting, tracking, guard, and sled dogs are not merely pets but are integral partners in working endeavors. For example, no other dog can compete with the bloodhound’s sense of smell, which is so reliable that it’s admissible as evidence in a courtroom. Bloodhounds can track a smell more than 300 hours old and trails more than 130 miles (209 km) long.

The Doberman pinscher was bred by a German tax collector named Karl Friedrich Louis Dobermann as a protective companion to assist him on his daily rounds. Not only is the Doberman a tough guard dog but also it’s one of the smartest dog breeds in the world.

German shepherds are renowned Hollywood actors as well as police and therapy dogs. The breed’s courage may be rivaled only by their charisma. When Rin Tin Tin debuted on the silver screen, he received more than 10,000 pieces of fan mail per week.

While we’ve all heard the saying “work like a dog,” these industrious canines give the phrase new meaning.

Culinary Corner

By: Bonnie Riley

August already? Summer seems to come and go in a blink of an eye! I have enjoyed the beautiful plates of food this summer going out to the tables for all of you to enjoy. Lots of good feedback came in on the fun dishes and I am so appreciative of our great dining team! So, here comes a kickoff to a great summer with everyone and some dates to look forward to in August!

- 1st Fair Food Day - bring on the yummy Fair foods and come join the fun!
- 22nd Hawaiian Bar - Look for all the delicious choices we will have to offer on the August menu.
- 28th Salad Bar - we know you all love the salad bars 😊

Let’s say goodbye to summer with a bang! Looking forward to seeing you all at the fun events and hope you all enjoy the delicious food being planned.

Chef Bonnie & Team

Lefties Take the Lead

Did you hear the one about the inventor who developed a left-handed hammer? It didn’t sell.



He forgot to invent left-handed nails! But if he had, they likely would have been sold by the Left Handers Club, which celebrates International Left Handers Day on August 13.

Left Handers Day is about more than just advocating for left-handed products, like scissors, pens, and can openers. It’s about creating “Lefty Zones,” where right-handed people attempt tasks using their left hands.

For one day, the proverbial shoe will be on the other foot, with righties struggling to use tools unfit for their right-handedness. It’s a day when all lefties will fight for their, um... rights.

From the Desk of Jill Mahanna Activities Director

Happy August! I am looking forward to all the fun things we are doing this month. On Friday, August 1, we will have our annual **Hilltop Fair Day** with fair food for lunch, a small animal petting zoo, popcorn, and horse races!

Some of you may remember we were offered an eight-week class sponsored by the Agency on Aging, a non-profit for adults 60 and older. The class is to reduce concerns about falling and to increase activity levels. The class is called **A Matter of Balance** and will be held Wednesdays 9:30am-11:30am, beginning September 10 and ending October 29. I will put the original sign-up sheet under the birthday board later this month. 18 of you signed up!

We have three bus outings this month! On Friday, August 8, we are going to the **Nevada County Fair** with Roseville Commons; we will have lunch at the Fair. On Tuesday, August 12, we head to the **Hard Rock Casino**. And on Tuesday the 26th, we will go shopping at **Kohl’s Department Store** and then **Lazy Dog Restaurant** for lunch.

We will be making flowerpots at our August **Sip & Sculpt class**, Wednesday the 13th. I will have a sign-up sheet by the birthday board. And **Ciprian, our favorite solo violinist**, will be here on Friday the 29th to play some eastern European songs.

I am so grateful for each one of you!



Welcome New Residents

Darry Brown

Jan Schroyer

Margaret Day

Louann Partridge

They said,

“YES TO THE ADDRESS!”



Black Cats in a New Light

Does a shiver run down your spine when a black cat crosses your path? Do you instantly think of witches on broomsticks when you see one? Black Cat Appreciation Day on August



17 is your chance to revise your superstitious notions. For example, in Scotland, Great Britain, and

Japan, black cats are considered good luck and signs of prosperity. Some even believe that a woman who owns a black cat will have many suitors. Long ago, sailors would choose a black cat as their ship’s cat to protect their ship and bring good fortune. Shelters offer another reason to appreciate (and adopt) black cats: they go well with any outfit.