

**HILLTOP COMMONS
INFORMATION**

Office: (530) 272-5274
Kitchen: (530) 272-2854
Hilltop Salon
Heather
(530) 557-7914



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:

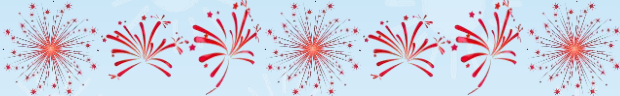
Daily: 7:00am-9:00pm
(only 1 machine at a time please)
Please remove all items from washers
and dryers promptly when finished, and
completed by 9:00pm

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

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

July Birthdays

- Joan Miller.....7/4
- Pam Miller.....7/4
- Patty Skeahan.....7/9
- Katherin Jackson.....7/9
- Kathy Tucker.....7/15
- Mary Corder.....7/19



July Anniversaries

- Jan Schroyer.....1 Year
- Pat & Tony1 Year
- Marsha Burnett.....2 Years
- Laurelle Hastings....3 Years
- Jo Todd.....7 Years
- Bill McKinney.....21 Years

Welcome New Residents

Sydney Loupe
Joan Miller
David Bowman

They said,
“YES TO THE ADDRESS!”



July Newsletter

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



Celebrating July

Chair Tai Chi
Every Tuesday - 2:30pm

SAIL- Fitness Classes



Every Wednesday – 10:00am
Starting July 1st to August 19th

 **Independence Day
Celebration**

Americana Banjos
July 2nd - 2:30pm

Birthday Happy Hour
Music with Chris Crockett
July 16th - 2:30pm

National Tattoo Day
*Come get your temporary
tattoo and share your story...*
July 17th – 2:00pm

Horse Races
July 17th – 2:30pm

Happy Hour- Music with
Acoustic Underground
July 30th – 2:30pm

**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 daily, and this is only multiplied when the weather gets warmer. Fortunately, this summer we have our “hydration station” available in the common area, so make sure your water is filled and ready to go. On that note, if you need ice, please ask the kitchen. They are more than happy to give it to you. It has been reported that the water containers are being opened for ice. Please keep them closed and your hands out of the water. Thank you. 😊

You can improve the community and home environment by picking up after yourselves and reminding others to do so as well. Leaving items scattered may seem insignificant. However, when everyone participates in putting things back in their proper places, it makes a significant difference. Consider this if everyone didn't pick up their water and coffee cups, tissues or clean up their spills, our community would look horrible. We are constantly pushing in chairs, fixing pillows and picking up trash left in the building and stuffed in planters, and couch cushions. Remember this is your home, let's keep it clean.

Happy July, everyone!



Knead to Relax



Tired? Stressed? Sore? Perhaps you need a massage. Massage is no longer limited to fancy spas or luxury health clubs. Massages are now offered in the workplace, at the mall, and even in airports. If you've never tried a massage, perhaps you should between July 12 and 18, Everybody

Deserves a Massage Week.

Not all massages are the same. The most well-known type is Swedish massage. It is the gentle kneading of muscles, tendons, ligaments, and skin that brings deep relaxation. Deep-tissue massage uses slower, more forceful strokes to reach deeper muscles and relieve pain or injury. Shiatsu is a Japanese style that uses light finger pressure on pressure points to stimulate energy and regain balance. Sometimes massage therapists incorporate pleasing aromas, hot stones, or warm pads into the treatment to increase comfort and relaxation.

Relaxation, though, is not the only benefit of massage. While studies show that massage can reduce pain, stress, and muscle tension, it has also been shown to decrease anxiety, relieve headaches, combat insomnia, boost the immune system, and even relieve some digestive disorders. While massage is certainly not a substitute for regular medical care, many believe that it is an effective form of alternative medicine.

If you've been putting off a massage because you're wary of a stranger's touch, it may be helpful to remember that massage therapists are trained experts in anatomy, physiology, kinesiology, pathology, and ethics. There is no reason to be squeamish or self-conscious in the presence of these medical service providers. Communication is also key. A massage is for your benefit. You have to tell the massage therapist where you need work and whether you like more or less pressure. After all, a massage should be an enjoyable indulgence!

Culinary Corner

By: Bonnie Riley

What's New in Dining

Join us for 4th of July in Dining room- bring your loved ones to have some fun in the July sun with a spread of food you don't want to miss out on.

* Special event- \$16.00 for guests



What's Cooking by Chef



- Chef's weekly alternate dinner special every week-**Monday-Sunday**
- National food holidays listed on monthly menus
- July 4th boxed dinner to-go will be picked up on way out from brunch service.
- Cooking Demos- great way to ask questions and be more involved with food & staff.
- Comment cards are always being read and listened to.

Upcoming Events

4th of July Brunch BBQ Bar- ½ day for kitchen. Come eat at the normal time for Brunch service, **10:30-12:30pm.** Don't forget to pick up your BOX DINNER!

The Great Jump

On July 20, 2006, German professor Hans Peter Niesward from the Institute for Gravitational Physics in Munich claimed that he had convinced 600 million people in the western hemisphere to celebrate World Jump Day. Everyone would jump at the same time and knock Earth into a new orbit. The result? Extended daylight hours. A more uniform climate around the world. The end of global warming. And a great big laugh. It turns out the entire holiday was a hoax. Professor Niesward was actually German artist Torsten Lauschmann. Of course, this hasn't stopped people from jumping on July 20. Not to fear, scientists have done the math, and 600 million jumping humans could not affect the axis or orbit of Earth, which has a mass of a whopping 13 septillion pounds.

From the Desk of Jill Mahanna Activities Director



Happy July! The **SAIL fitness class** starts on July 1st and will run for six consecutive Wednesdays from 10:00-11:00 in the morning. SAIL stands for Stay Active and Independent for Life. This is a free course provided by the non-profit Agency on Aging. Many of you have already signed up for it and we still have room for more. I will put out reminders for the first class.

We will have our **July 4th Happy Hour** on Thursday, July 2nd to celebrate our country's Independence Day. 😊 Red, white, and blue clothing encouraged!

The kids from **Camp Gan Izzy** summer camp will be here on Friday, July 3rd and Friday, July 10th to sing some songs and spread some summer cheer.

Sheri and I will drive on a mini **outing to pedicures and lunch** on Tuesday, July 14th. We have room for eight residents. The sign-up sheet will be under the birthday board.

Our **Paint & Sip** with Denise Wey will take place on Tuesday, July 21st, and we will continue with our watercolor and pen mixed media artwork. Sign-up sheet will be under the birthday board.

We have several Bicycle Buddies in the exercise room that are available to borrow and use in your own room. These are small exercisers that you put on the floor in front of your chair and pedal like a bicycle. You can exercise while you watch TV! Please come talk to me if you are interested!

As always, I am grateful for each and every one of you.



Redefining Beauty

Everybody knows we should respect our elders, but it's just as important to recognize their beauty—on their own terms. That's the spirit behind Gorgeous Grandma Day on July 23. Today, the idea of "aging beautifully" looks a little different than it once did. It's less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you'll find grandmothers with large followings who share style, skincare, and lifestyle tips—not to turn back the clock but to feel good in the skin they're in. Some embrace gray hair, others bold fashion, others a bare face. There's no single formula anymore.

Even in industries once dominated by youth, older women are claiming space and redefining what beauty looks like. They're not "still beautiful despite their age"—they're just beautiful. The message has shifted from resisting age to standing comfortably within it. And that confidence? It's something no cream or routine can replicate.

Guardians of the Wild



One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild. Observers of International Tiger Day on July 29 hope to reverse that trend and save one of our planet's most majestic beasts. Though they invoke fear

in many, tigers rarely target people. Rather, they play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations who share their land with tigers.