

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

August Birthdays

Jaque Palmer.....8/2

Ed Hatch.....8/9

Linda Short.....8/11

Susan Sugarman.....8/14

Jan Schroyer.....8/19

Jim Wenninger.....8/22

Kirk Pharis.....8/23

Tricia Smith.....8/25

August Anniversaries

Peggy Day.....1 Year

Pat Ames.....1 Year

Norma Gamache....2 Years

Tricia Smith.....3 Years

Betty Reynolds.....3 Years

John Wiebe.....5 Years

Welcome New Residents

Linda & Gordon Short

They said,

"YES TO THE ADDRESS!"



August Newsletter

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



Celebrating August

Chair Tai Chi

Every Tuesday - 2:30pm

SAIL- Fitness Classes

*Every Wednesday – 10:00am
until August 19th*

Fair Day! August 14th

10:30-12:30 Fair Food

12:30 Petting Zoo

2:00 Cotton Candy Social

2:30 Horse Races

Birthday Happy Hour

Music with Runnin' 4 Cover

August 20th - 2:30pm

Beanbag Baseball

August 21st – 2:30pm

Happy Hour- Music with

Acoustic Underground

August 27th – 2:30pm

Chair Volleyball

August 28th – 2:30pm

Camino de Santiago

Slideshow

August 31st – 2:30pm

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 to get 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



Culinary Corner

By: Bonnie Riley

August already? Summer seems to come and go in a blink of an eye! I 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, so my team and I are happy to hear you enjoyed it! So, here comes a kickoff to a great summer with everyone and some dates to look forward to in August...

 *Fair Food Day - Bring on the yummy Fair foods and come join the fun!

 *Hawaiian Bar - Look for all the delicious choices we will have to offer on the August menu.

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

Remember to stay hydrated and stop by the water station.

Sincerely,
Chef Bonnie & Team



Bubble Breakthrough

What do penicillin, the microwave, potato chips, and bubble gum all have in common? They were invented by accident. Walter Diemer was an accountant for the Fleer Chewing Gum Company in Philadelphia. When he wasn't working on the books, he spent his free time mixing new recipes for bubble gum. The problem was that current gums were too sticky and would break apart too easily. He wanted to invent a gum that was less sticky and could be blown into a perfect bubble. In 1928, Diemer mixed a successful batch but failed to write down the recipe. He spent four months trying to duplicate it. Then, in August of that year, he succeeded. The only food coloring available at the factory was pink, so that became the color of Diemer's 300-pound batch of bubble gum. Pink has been the standard color ever since. When he brought the first 100 pieces to a candy store, he priced his gum at one penny apiece and sold out in one day. To help sell his gum, Diemer taught store owners how to blow bubbles so they could teach their customers. The Fleer Chewing Gum Company called Diemer's gum "Dubble Bubble," and in the first year of production, it earned \$1.5 million.

Hidden in Plain Sight



If you believe that one person's trash is another person's treasure, then you'll be happy to hear that the second Saturday in August is Garage Sale Day. Some lucky folks do find rare treasures at garage sales. In 1989, a man bought an ugly painting for four dollars at a flea market because he liked the frame. Imagine his surprise when under the painting he found an original printed copy of the Declaration of Independence that sold for \$2.4 million in 1991. Then there's the story of the scrap metal dealer who found a Russian Fabergé egg, which was one of only 50 created as an Easter gift for Alexander III's wife, Empress Maria Feodorovna. Valued at more than \$30 million, that is one valuable "nest egg."

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 14th, we will have our annual **Hilltop Fair Day** with fair food for lunch, a small animal petting zoo, popcorn, cotton candy, and horse races!

Our **SAIL (Stay Active and Independent) class**, sponsored by the Agency on Aging, continues this month on Wednesday mornings at 10:00. August 19th is the last day. We will be making cheetahs at our August **Sip & Sculpt class**, Wednesday the 12th. Don't worry, local artist Claudia Jeffers makes it easy! I will put out a sign-up sheet by the birthday board.

Sarah Gordon, who does Sock Dolls with us, is coming on August 19th to do a **Crown craft workshop**. We will be making felt crowns. They are adorable! Make one for yourself (because we all deserve a crown) or for a young person in your life. Indulge in whimsy!

Nory Fussell will be here on the 2nd and 4th Mondays of the month with **Project Rhythm and Rhyme**, an opportunity to get creative, collaborative and confident. Come be entertained and see what it's all about.

New **Shakespeare with Sue** class! No experience needed, just a desire to discuss some plays and watch excellent movie adaptations of those plays. Meets at 12:30pm on the 2nd and 4th Tuesdays of the month.

And, on August 31st, please come to a **fascinating slideshow** and talk on walking the Camino de Santiago, a 400-mile pilgrimage in Spain. This will be given by a friend of resident Mary Corder.

I am so grateful for each one of you! Happy Dog Days of Summer!



The Great Chicken Dash

It's that time of year again. Every August, plucky competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. While the race in Bonsall has been a community mainstay for 35 years, hen racing as a festive and lighthearted competition between local villages has endured for over a century.

Bonsall hosts a 22-yard track. Hens are given three minutes to cross the finish line. Dozens of hens compete in various heats. Don't have a hen? Rentals are available for those who want to join in the fun. The more serious types are known to train their chickens. These days, organizers typically discourage anything that could stress the hens. The event leans more toward gentle encouragement, like calling the birds or using food, rather than loud, chaotic tactics, like banging pots and pans. These strategies have proven effective, and close finishes are not uncommon in modern races. Organizers proudly note the event's enduring popularity.

Rolling Through History



One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why more than

60 million people go bowling each year—it appeals to all ages and genders, and evidence suggests that it has been played for thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys that dates to 3200 BC and looks like a bowling set. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, South Korea, though it has not yet been included in the Olympic program.