

Paige's Page – Activity Corner

What an incredible July! I hope everyone enjoyed celebrating America's 250th Birthday with friends and neighbors. It was wonderful seeing so many of you come together to celebrate and make new memories.

Our Quilted Treasures Showcase was a huge success! A heartfelt thank you to Cheri Nabors and the Hearthstone Lodge Quilting Club for all of the time, talent, and hard work that went into creating such a beautiful event. Thank you as well to everyone who attended and helped make it such a memorable weekend.

Now it's time to look ahead to an exciting August! You Voted... We Listened! Thanks to your feedback, we're now offering five fitness classes each week! Beginning Monday, August 3rd, our new schedule will be:

- Monday – 12:30 PM: Strength & Stability–Movie Theater
- Tuesday – 11:30 AM: Hydro Hour–Pool
- Wednesday – 12:30 PM: Strength & Stability–Movie Theater
- Thursday – 11:30 AM: Hydro Hour–Pool
- Friday – 11:30 AM: VIDEO Strength & Stability–Movie Theater

We're confident this new schedule will work well for everyone and keep us moving, laughing, and staying healthy together!

August Highlights

We're excited to welcome P.A.R.A. on Friday, August 14th at 1:30 PM for a presentation on Placer County's Public Transit Services for Seniors.

On Saturday, August 22nd, from 11:00 AM–2:00 PM, don't miss our Summer Car Show! This event is open to the public, so invite your family and friends to join us. We'll have classic Volkswagens, hot rods, resident-owned vehicles, a live DJ, delicious food, sweet treats, and local artists and vendors. It's sure to be one of the biggest events of the summer!

National Elder Fraud Hotline at
833-372-8311

Important Phone Numbers

If you're using your in-house phone, be sure you press 8 for an **outside line**.

Emergency 8-911
Placer County Sheriff 8-530-889-7800
Placer County NON-EMERGENCY 8-211
OR 8-530-886-5375 for Dispatch
Terrie Brock Beauty Salon 8-530-913-4773
For extensions within Hearthstone Lodge, you **DO NOT** need to press 8 before dialing.
Reception 100
Dining Room/Bistro/Bar 152 or 200

Paige's Page continues...

Then on Monday, August 24th at 11:00 AM, Healthy Aging of Placer County will present Summer Safety & Skin Cancer Awareness in the Movie Theater.

Of course, our chefs have another month of delicious Breakfast Clubs planned, and Happy Hour continues every Wednesday, the perfect excuse to gather with friends!

Thank you for making Hearthstone Lodge such a fun and welcoming community. I can't wait to spend another month making memories with all of you. See you at the next activity!



Hearthstone Lodge

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Part-Time Day/Evening Porter
Tom Shotwell, Sun, Tues & Thurs

Housekeeping
Florina Guillen & Olivia White

Evening Porters
Rafael Zubio/Sun-Thurs
Philecia Billingsly/Mon-Thurs
Raymond Martel/Fri-Sun

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Squeeze the Day

August is peak citrus season in more ways than one. While most citrus fruits are harvested in cooler months, their appeal hits full stride in late summer, when heat calls for bright flavors and cold drinks. Lemons, limes, oranges, and grapefruit show up everywhere this time of year—not just in produce bins, but in menus, recipes, and even a few quirky holidays.

The science behind that appeal is simple: Citrus delivers acidity, aroma, and a quick hit of refreshment. A squeeze of lemon can sharpen iced tea, balance grilled foods, or lift a simple glass of water. Limes do the same for marinades and summer desserts, while oranges and grapefruit bring a mix of sweetness and bite that works well chilled. There's also a practical side to citrus in summer. Lemon and lime juices are widely used in food safety and preservation, from keeping sliced fruit from browning to adding acidity that helps control bacterial growth in certain dishes.

August's food calendar leans into that versatility. National Creamsicle Day on August 14 highlights the long-running pairing of orange and vanilla, a combination that dates back to early 20th-century soda fountain culture. The next day, National Lemon Meringue Pie Day celebrates a dessert that balances tart citrus curd with sweet topping—a contrast that has kept it popular for generations. Later in the month, National Lemon Juice Day (August 29) and National Grapefruit Juice Day (August 31) shift the focus to drinks, where citrus continues to dominate.

Citrus has become a quiet trend driver in beverages. Sparkling lemonades, lime-forward mocktails, and grapefruit-infused sodas have all gained ground as alternatives to heavier drinks. Even classic lemonade—arguably the season's signature citrus drink—has seen variations with herbs, berries, and reduced sugar.

In a season defined by heat, citrus stands out for doing exactly what people want: cutting through it. Whether it's a cold glass of lemonade, a slice of pie, or a simple wedge on the rim of a glass, citrus continues to earn its place as one of summer's most reliable flavors.

Culinary Corner by Chef Serina Holly



Thank you for joining me at our farmers' market. Sharing those stone fruits, berries, and heirloom tomatoes with you was a highlight, and your kind words meant a lot. August is rich with peaches, nectarines, plums, tomatoes, sweet corn, basil, and peppers.

Here's a quick recipe to celebrate: summer corn and tomato sauté. Heat a little olive oil, add kernels from the two ears of fresh corn, a pinch of salt, cook for a few minutes, then fold in chopped ripe tomatoes and a few basil leaves, finish with a squeeze of lemon and enjoy it warm or chilled.

A friendly reminder, if you have any community dishes or silverware in your apartment, please return them to the dining room when convenient. It helps keep us supplied.

I look forward to seeing you at our monthly Chef Chat and New Resident Orientation. They are always the second Wednesday of every month at 1:30pm in the Movie Theatre. It's a great time to ask questions, share ideas, and connect. If you're new to the community, please join our New Resident Orientation to get acquainted.

Remember to stay hydrated throughout this summer heat.

August Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

We have 11 birthdays this month. This is a record!

Mary Anne Carley, August 5th
Muriel Del Agostino, August 6th
Rocco Coppolo, August 9th
Bill McCann, August 11th
John Calvert August 12th
Jane Fox, August 15th
Leslee Alvin, August 18th
Bonnie Bradbury, August 20th
Janie Mailliard, August 20th
Val Beatriz, August 25th
Tom Gomez, August 27th



New Residents

Barbara W. #125 7/1
Rocco & Mary Anne #115 7/9
Katy B. #235 7/30
Joyce O. #121 7/31
Gerald & Muriel D. #207 8/1
Tom & Shirley K. #219 8/1
June Y. #117 8/1
James & Marcia S. #231 8/17

National Senior Citizens Day

On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.

According to the 2017 census, 47 million seniors live in the United States. By 2060, that number will nearly double. Their wealth of knowledge, skill, and experience offer so much to the next generation. As technologies advance, these are the people who've experienced each step of change. Not only have they contributed to it, but they understand first-hand the benefits and the drawbacks. They know life without the advancements that exist today.

By the time you're eighty years old, you've learned everything. You only have to remember it. ~ George Burns

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. The day encourages supporting senior citizens to live their lives to the fullest and as independently as possible.

On August 19th, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21st and National Senior Citizens Day.

Join us in the Bistro on Friday, August 21st at 1:00pm for an ice cream social to celebrate you!



Astound TV Trial

Astound has informed us that the provisioning steps to enable cloud recording (DVR) will not work. Therefore, Hearthstone Lodge will remain with Dish TV.

Jared with Gold Country Satellite confirmed that the local channels, like ABC Channel 10, are not provided by Dish. They come directly from the Sacramento broadcaster to an antenna on the roof. Several weeks ago, it was reported that channels like this were dropped. This was not a Dish issue.

Sundry Shop

We would love for you to stop by the Sundry Shop as we have added some requested items. Men's razors, travel size Kleenex, Band-Aids, Clorox wipes, Purell hand sanitizer and more. We also added a variety of greeting cards for a \$1, and some lovely handmade cards that sell for \$2.

Monthly Calendar of Events

The monthly calendar inside this newsletter is planned at least a month or more ahead of time. But plans change, so we added weekly updates. You can now find the latest schedule in the elevators, the bistro, the front desk, and TV Channel 1 every Sunday morning. Please check these spots weekly to stay informed of any changes.

Where to Find Updates

- **Elevators:** Placed fresh every Sunday morning.
- **Bistro:** Look in the clear stand.
- **Front Desk:** Pick up a copy here.
- **TV Channel 1:** Updated with any new changes.