



# HILLCREST HAPPENINGS

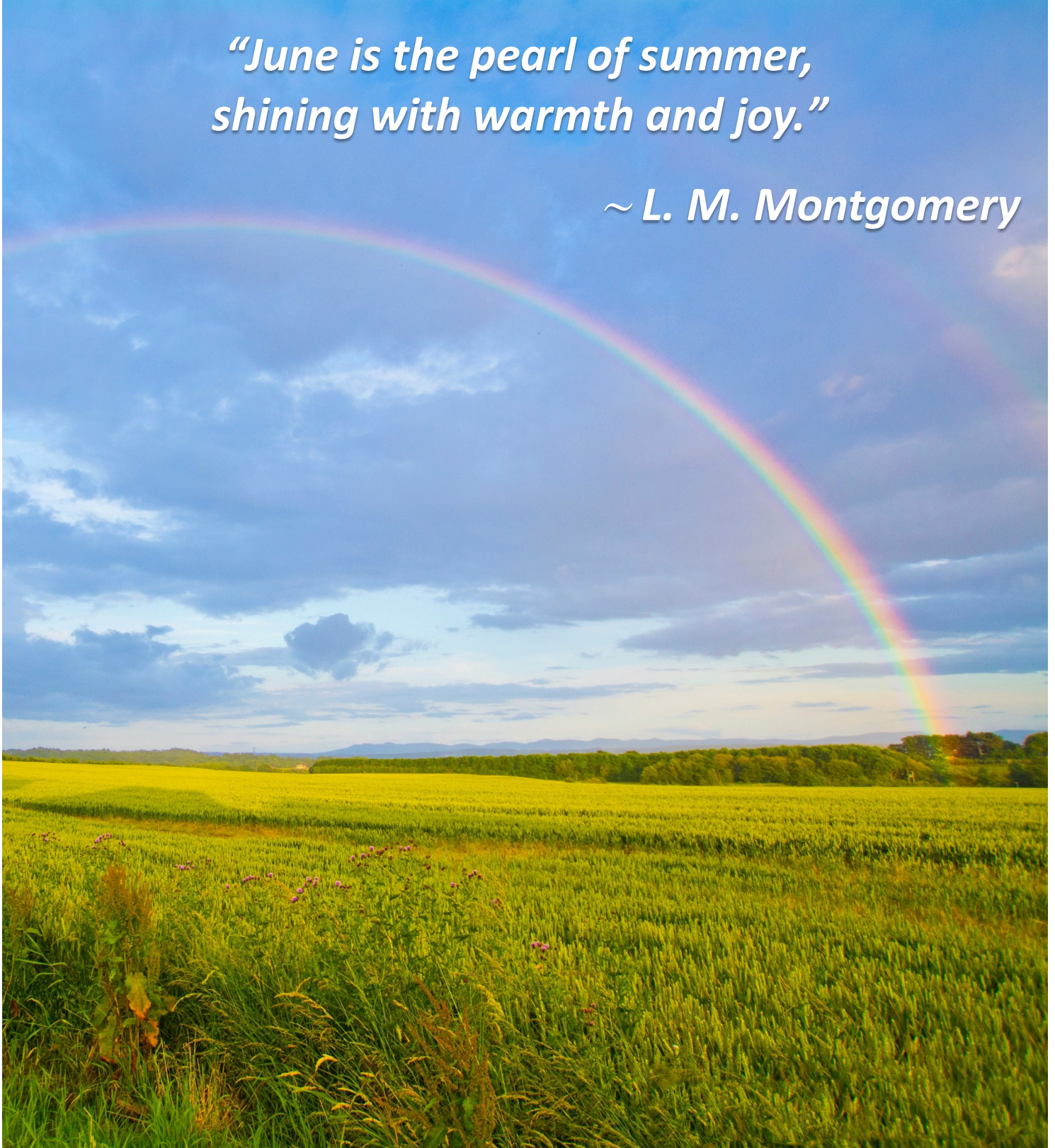
VOLUME 62 NO. 6

HILLCREST COMMUNITY NEWSLETTER

JUNE 2026

*“June is the pearl of summer,  
shining with warmth and joy.”*

*~ L. M. Montgomery*



# Announcements

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**ATTENTION:**  
Submission Deadline for Next Edition  
**Wednesday, June 20**

### **HAPPENINGS PLANNING, EDITORIAL, & DISTRIBUTION TEAM**

*Cecilia Stephens, Carole Kolla, Rosemarie Sabounchian, Ryan Harrison, & Scott Snider*

EDITOR: *Scott Snider*

PHOTOGRAPHERS: *Letha Ressler, Shirley Turner*

The HILLCREST HAPPENINGS is a monthly publication containing news, announcements, poetry and articles, all written and submitted by Hillcrest residents and staff. Please attach your name to all submissions. You are encouraged to submit announcements (200 words or less) and articles (400 words) by or before the deadline noted above. Submissions should be free from major design elements (i.e., borders, graphics, etc.), and should be of general interest to residents. Articles may be edited for content, punctuation, grammar and spelling. Written articles may be given to the Receptionist in the Meeting House lobby or to Cecilia Stephens to be typed and submitted. Please *email submissions to: [ssnider@livingathillcrest.org](mailto:ssnider@livingathillcrest.org)*

### **LOCATION LEGEND**

Throughout the pages of this monthly newsletter, and used as well in publications such as the *Daily Announcements*, you will often see abbreviations designating locations on campus (e.g., BC1, GWBR, MSL, etc.) . Here’s where they intend to point you:

**AFC:** Aquatic & Fitness Center    **BC:** Birch Court    **CC:** Cedar Court    **CR:** Citrus Room

**GWBR:** Galen Walker Board Room    **MC:** Maple Court    **MH:** Meeting House

**MSL:** Maury Smeltzer Lounge    **MVDR:** Mountain View Dining Room    **PC:** Pinecrest

**SL:** Southwoods Lodge    **WHS:** Woods Health Services    **WR:** Welcome Room    **1:** 1st Floor    **2:** 2nd Floor

# Announcements

## CLINIC SPECIALISTS 2026

Call the Clinic to make an appt. (ext. 4284)

### Dr. Goldblatt, Podiatrist

(9:00 a.m.— 4:00 p.m.)

⇒ Jun. 23

### Dr. Erin Park, Podiatrist

(9:00 a.m.—4:00 p.m.)

⇒ June 8, June 22, Aug. 10, Aug. 24, Oct. 12,  
Oct. 26, Dec. 14 & 28

### Dr. Williams, ENT

(1:00 p.m.)

No Appt. Necessary

⇒ June 12, Sept. 11, Dec. 11

### Christensen Hearing

(11 a.m. to 12 p.m.)

No Appt. Necessary—First come, first served

⇒ Jun. 18, July 16, Aug. 20, Sept. 17, Oct. 15,  
Nov. 19, Dec. 17

### Hearing Life

(9:00 a.m. to 10:00 a.m.)

No appointment necessary.

⇒ Jun. 9, July 14, Aug. 11, Sep. 8,  
Oct. 13, Nov. 10, Dec. 8

### Dr. Thomas Wise, Audiologist

(9:00 a.m. to 12 p.m.)

⇒ Jun. 2, Jul. 7, Aug. 4, Sep. 1,  
Oct. 6, Nov. 3, Dec 1

### Wanda Eurasquin, Hearing Specialist

(2:30—5:30 p.m.)

⇒ June 24, July 22, Aug. 26,  
Sep. 23, Oct. 28, Nov. 25, Dec. 23

## DATES TO REMEMBER—JUNE 2026

JUNE 1 –GAME SHOW DAY

JUNE 4 –HUG YOUR CAT DAY

JUNE 5 –DONUT DAY

JUNE 6 – D-DAY (1944)

JUNE 11 – YARN BOMBING DAY or CORN ON THE  
COB DAY

JUNE 13 – INTERNATIONAL AXE THROWING DAY

JUNE 14 –FLAG DAY

JUNE 17 –APPLE STRUDEL DAY

JUNE 19 – JUNETEENTH

JUNE 21 – FATHER’S DAY

JUNE 25 – STRAWBERRY PARFAIT DAY

JUNE 30 – METEOR WATCH DAY

## BOOKWORMS


### Dear Edward

by Ann Napolitano

Saturday, June 13, at 1:30 p.m.

Galen Walker Board Room

## IN MEMORIAM

 Please keep in your thoughts  
and prayers the families and friends of the  
following Hillcrest residents who have passed away.

*JoAnne Stillwagon* 4/28/2026

*Mary Hanawalt* 5/01/2026

*Judith Peairs* 5/01/2026

*Sterling Pratt* 5/17/2026

## **Program Disclaimer**

From time to time, Hillcrest welcomes guest speakers, presenters, and vendors who share information, services, or activities with residents. Participation by these individuals does not imply endorsement by Hillcrest of their views, products, or services.

# Announcements

## ***Did You Know?***

By Barbara Forgey

⇒ There is a window washing company that has been servicing some neighborhoods here at a very reasonable price. Anyone can gather around 5 or 6 neighbors and give them a call to schedule a day. I have their number.

⇒ Remember, with summer approaching, if your air conditioner isn't working, report it immediately. Don't just use fans. Fans take the humidity out of the air and you can get dehydrated! No one wants to go to the hospital for a bag of fluids! There are hydration kits available. You can find them at the Clinic and at the Nurse's Station in Birch Court or call the nurses if you are in need and they will bring you one.

⇒ If you think you might want to change your Medical Insurance, it might be possible at any time. If, say, you might want to try SCAN Embrace or another plan, you can change to that plan and if you are unhappy with it you can go back to your original plan. This can only happen in a community such as Hillcrest under the Special Needs Institutional Plan. **FIRST CHECK WITH YOUR PRESENT PLAN** to see if they will take you back if you leave.



## **A Treasure Worth Saving: Hillcrest's Thrift Store Needs Our Help**

The Thrift Store at Hillcrest has been a vital part of the community for nearly 40 years by providing support for seniors through the Good Samaritan Fund. This cherished store generates about \$4,000 each month, funding essential care for those in need.

The store is facing a challenge due to a decline in volunteers, but this also creates a meaningful opportunity for others to step in and make a difference. Without new volunteers, the Thrift Store may eventually have to consider closing its doors, making community support more important than ever. With more helping hands, Hillcrest can continue serving the community with the same care and compassion it has shown for decades.

Volunteering requires no special skills, only a willing heart and a bit of time. Helping out might include organizing donated items, placing priced items on shelves, and assisting with ringing up purchases.

The Thrift Store has built a legacy of compassion and service, and closing its doors would mean losing an important source of support and a cherished tradition. Now is the time to step forward—invite friends, family, and neighbors to volunteer. Every small effort can make a significant difference in preserving this essential resource for our seniors. Together, we can continue this mission of kindness and community spirit.

***Thrift Store is open Mondays and Tuesdays from  
8 a.m. to 12 p.m.***

***Please contact Leslie Duran ext. 4309***

# Announcements

## Juanita's Gift Shop at Hillcrest

ERASE JUNE GLOOM BY SHOPPING AT JUANITA'S GIFT SHOP!

Find that unique something for that special someone!



Open Monday - Saturday,  
11:00 a.m. - 1:30 p.m.



## Update on Dress a Girl Project

Fifteen people, including some people from St. Paul's Episcopal Church, attended the first gathering in early May to assemble twenty-one Dress a Girl sewing kits. Several more kits were assembled on May 19 as the initial twenty-one had all been taken to be sewn. A special shout out to Jacqueline Allen and her mother for being the first to sew and return eleven dresses! We will meet again on **Saturday, June 6** at 9:00 a.m. in the Sewing Room by the Citrus Parking lot to assemble more kits. No sewing skills are needed on that date-- just be able to iron or use scissors. Everyone is welcome to join the group. If anyone is interested in picking up a kit, please reach out to Kim Westman at ext. 4079 or Mary Burrows at ext. 4275.

## Travel Buddies

We had a large group show up for the first overview and planning gathering for the Travel Buddies. Waivers and "wish lists" for where to travel were distributed. The purpose of this group is to organize group outings, help people become familiar with using the Metro light rail and its partnering bus lines, gain a sense of independence in terms of travel, and build new groups of friends within our Hillcrest community. The first outing is planned to happen in about a month. Those who would like to be added to the email list, by which most of the communication will occur, are welcome to email Mary Burrows at [redhawkmb@verizon.net](mailto:redhawkmb@verizon.net). Also, feel free to send any questions you may have. "Let's Get Moving!"

# Announcements

## SPOTLIGHT: Jocelyn Gomez

By Sharon Wulfensmith

“Honey, come to work with me again.”

“Grandpa, why do you have to drive those people to that place every day?”

“It’s my job. There are things they can do and not stay home alone all day. At your middle school you have friends, games, books...”

Grandpa Felipe told little Jocelyn about the adult daycare where he provided transportation for elderly people, and some who had schizophrenia, who were unable to care for themselves. Jocelyn felt comfortable with them.

Jocelyn grew up with her grandparents. After high school, she had dreams like any other young person. Maybe college, tech school, a job, or the freedom to explore the world. However, her pathway would take a different turn, when her grandmother became ill with a bacterial infection. Jocelyn, only 18, became her full-time caretaker, learning what nobody can learn in school. She poured out unconditional compassion and gentleness. She hung on to hope, yet, in 2020, she had to let Grandma Irma slip away into God’s hands.

Ironically, the same day her grandmother passed away, Yesenia Reyes, Manager of Dining Services, told her she had been accepted as a server. Even though she was exhausted with grief, Jocelyn chose to come to Hillcrest equipped with love, patience, and perseverance. This power follows her in the amazing affinity she feels with our residents.

For example, when she met Mr. Holt, something *just clicked*. Jocelyn says, “I always looked forward to serving his meals, and in time, I discovered that I loved him.” Mr. Holt shared that when his grandchildren were learning to talk, they called him “Pi-Paw.” When Jocelyn called him that, they would both laugh.

When Mr. Holt moved to Woods Health Services, Jocelyn visited often. Mr. Holt would worry if she missed a day so he asked her to tell him her schedule. They made a little game of it, called “Tell me when you’re leaving.” One day at Woods at the end of a visit, she teased him and said, “Let me know when **you’re** leaving.” That night, she awakened, crying. In the morning, she heard the news: Mr. Holt had “left.” He’d passed away in the early hours. Their connection had been so tight, that when his spirit left this earth, her spirit cried out.

Jocelyn lives in San Dimas, enjoys watching documentaries and often walks the trails in the foothills.

Find time to talk with this interesting gal!



# Announcements

## Resident Forum

Monday, June 8  
Meeting House



**Come for Coffee and Donut holes  
from 9:30—11:30 a.m.**



**Forum Program  
at 10 a.m.**



Join your friends and neighbors for an informal coffee time.

## Pool Shoe Reminder

For the health of our pool and the safety of all participants, please keep your pool/aqua shoes **inside the pool area only**. Wearing them to and from your car tracks in dirt and debris that affects water quality and cleanliness. It also causes unnecessary wear and tear on your shoes, which can lead to rubber breaking down and shedding into the pool.



Please use our benches in the locker rooms or pool area to slip your pool shoes on, and remove them before heading out.

Thank you for helping us to keep the pool clean, safe, and enjoyable for everyone!

## Attention All Crafters!

The Craft Fair will be held  
October 16th & 17th.  
Please pick up your  
application at the Front



Desk to apply. Only residents & associates can be vendors. Booth space is limited. Applications will be at the front desk. If you have any questions please contact Lois Offstein at ext. 4133.

## Attention Teachers

by Carole Lyles, CalRTA Health Chair

California Retired Teachers Association (CalRTA) invites all educators to the Wednesday, June 24 Meeting in Hillcrest Meeting House, meeting starts at 11:15 followed by lunch and program. Program is Hai, Pat and Kitty, a local comb group led by Hai Muradian who perform at several local venues. A fun program. Lunch is \$25 and consists of Grilled Chicken Cobb, Salad and Carrot Cake. You can use your Dining Dollars. Call or text Pat Foy (909) 973-7860 to make a reservation by June 18. The meeting was changed from June 10 to allow our members to attend Ted McNevin's funeral service. Ted died suddenly and left a big hole in our organization. His service is 9:30, June 10 at Holy Name of Mary Catholic Church in San Dimas.

## Myrtle Lane Sees the Light



For more than 8 years, Myrtle Lane's walkway lights were dark – despite numerous WorxHub requests, a battalion of maintenance workers with a broad range of experiences, and even family members trying to bring light into the darkness ...

Thank you, Raul and Juan – you have done it: you persisted, found the problem, and fixed it – within days!

# Administrative News

## Planning Update by Christine Carrasco

The Gateway Project continues to move forward steadily, and we are excited to share another important update as the project transitions closer to active construction.


Over the past several months, the project team has successfully completed several critical milestones, including: Advancement through the City entitlement process, unanimous approval from the Planning Commission, final approval from the City Council, Plan check submissions, completion of demolition and site preparation activities. We are pleased to report that all structures and vegetation on the site that required removal have now been fully demolished and cleared. This represents a major milestone for the project and officially completes the site preparation phase.

Although much of the recent progress has occurred behind the scenes, an enormous amount of coordination has been taking place among architects, engineers, consultants, utility providers, and City departments to prepare the project for construction. The project team has also continued applying lessons learned from previous Hillcrest development projects to improve efficiency, maintain schedule goals, and streamline the future construction process.

We are currently expecting to receive the final approved construction plans by end of May. Once approved plans are received, the project will move into the formal bidding phase. The plans will be issued to two carefully selected general contractors who have been invited to participate in the bid process. This next phase will allow Hillcrest to finalize construction pricing, scheduling, and contractor selection for the project. The bidding process is expected to take approximately six weeks. Based on the current schedule, construction is forecast to officially begin during the month of July.

Upcoming construction activities are expected to include: Construction mobilization, site grading and earthwork, underground utility installation, foundations, vertical construction activities

The Gateway Project continues to make strong forward progress, and the transition from planning and demolition into active construction marks one of the most exciting phases of the development. We anticipate completed, move in ready units September- October 2027.



### Occupancy Snapshot

(as of 5/20/2026)

	Homes	Occupied		Reserved	
Residential Campus	180	170	94.4%	7	98.3%
Village Suites	9	9	100.0%	0	100.0%
Pinecrest	20	15	75.0%	2	85.0%
Maple Court	26	26	100.0%	0	100.0%
Birch Court	34	33	97.1%	0	97.1%
Cedar Court	14	11	78.6%	1	85.7%
SouthWoods Lodge	24	24	100.0%	0	100.0%
<b>Total RCFE</b>	<b>307</b>	<b>288</b>	<b>93.8%</b>	<b>10</b>	<b>97.1%</b>
Woods Health Services	59	45	76.3%		

\*Numbers may reflect internal transfers

# Associations & Committees

## Residents Association

Resident Forum

Standing Committees

Neighborhood Chairs

3 Board Representatives

### Residents Association Council

#### Executive Committee

*Chair: Rita Dixon*

*Vice Chair: Judy Kearns*

*Secretary: Carol Beekman*

*Treasurer: Don Samuels*

*Asst. Treasurer: Joe Cahill*

#### Hillcrest Board

##### Voting Resident

##### Representatives

*Dan Lane*

*Margie McEnery*

*Karen Weed*

#### Standing Committee Chairs

##### Dining Services Committee:

*Catherine Battaglia*

*(1st Tuesday, 10 a.m. — GWBR)*

##### Facilities: Jim Sinnema

*(3rd Tuesday, 10 a.m. - GWBR)*

##### Library Team: Roger Westman

*(2nd Tuesday, 3:00 p.m. —*

*Library)*

##### Neighborhood Chair

*Coordinator: Nancy Klinkhart*

*(as needed)*

##### Nominating: Margie McEnery

*(as needed)*

##### Social Activities Committee:

*Anita Chalmers*

*(1st Thursday, 3 p.m. — Citrus*

*Room)*

##### Wellness: Nancy Sassaman

*(3rd Wednesday, 2 p.m. GWBR)*

*Jan, Mar, May, July, Sept, Nov*

## Residents Association Chair June Update

By Rita Dixon, Chair

By the time you read this edition of the Happenings, you will have received the budget information for 2026-7. We thank our CFO, Joel Brouwer, for his great presentation and explanation of the finances of Hillcrest. I believe that our finances are closely watched and expenditures monitored so that we can trust that our money is well taken care of.

June 8 is our next Forum. We are pleased to have a guest speaker, Andrea Lopez, who is the Director of Risk and Compliance. She will be introducing herself and explaining what she does for Hillcrest. Again, join us at 9:30 for coffee, donut holes and music prior to the 10 a.m. start time for the Forum.

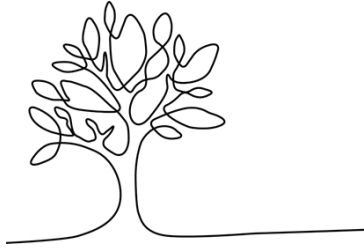
On July 3 from 6:30-7:30 p.m. there will be a program in the Meeting House called "America's 250<sup>th</sup> Birthday Sing-along Celebration". Marna Makau and the keyboard players will be playing songs in tribute to the long history and birthday of our country. You are all invited to come and sing. Refreshments will be provided at the end of the program, and you will be given a chance to visit with friends and eat some cookies!

There is a new committee, headed by Chaplain Jana, that is looking at Accessibility on our campus. There have been two meetings that have identified some priority areas of concern. One of the priorities includes upgrading the grounds at Woods and Southwoods to make it easier for residents and visitors to walk and use the campus.

Transportation ideas are presently being discussed, and the beginnings of a plan for reviewing what we have, and what we need, have been presented. Claude, the great AI savant, has come up with an outline for us. Several residents have been contacted to be part of a task force. We anticipate that the revamped transportation program will be updated to meet the needs of our residents, both on an appointment basis and on an immediate basis. For example: I have a toothache now and have to get to my dentist: or, I have a doctor's appointment two weeks from today, can I schedule a ride, as well as everything in between.

If you have ideas for Forum programs, please let me know.

# Associations & Committees



## Social Activities Committee

Chair: Anita Chalmers  
Assistant Chair: Lynn Richey  
Secretary: Susan George  
Treasurer: Pat Wyatt

## FUN, LAUGHTER, AND NEW ADVENTURES!

The Social Activities Committee is here to bring our community together with new experiences.

Laugh, Connect, Discover! Whether you're here for fun with friends old and new, seeking companionship, or craving adventure, we've got something for everyone. Let's make every moment count!

**Kentucky Derby Watch Party** — Saturday Afternoon Showdown! The Café was alive with excitement during our Kentucky Derby Viewing Party! Big Screen TV, cheers, laughter, and great company — oh, and that Mint Julep punch? Absolutely delicious! It was the perfect way to enjoy a thrilling race with friends and neighbors.

**Bunco Nights** — Join us on the first Wednesday evening of each month for Bunco — a fast-paced, fun-filled game that keeps everyone on their toes! With lively cheers, laughter, and plenty of socializing, it's a fantastic way to meet new friends. Snacks and drinks are served — just bring your competitive spirit!

**Game On!** — Board Games & Cards on the 2nd and 4th Saturdays at the Café from 2:00pm-4:00pm. Bring your favorite game or try something new with fellow residents. From RummiKub to Mexican Train, Cribbage, and Pinochle — there's a game for everyone. Whether you're a seasoned pro or a curious beginner, you'll find friends to challenge and share laughs with.

**Relax & Unwind** — Happy Hour & Cozy Corners. Looking for a peaceful spot to chat? The Welcome Room now features comfy couches and a cozy fireplace — perfect for a glass of wine, a good book, or a friendly conversation. Stop by before or after lunch. Tune into your favorite TV show. Bring popcorn, cheese, crackers — and your best stories!

**Exciting Outings & Adventures** In May, our tour bus took us to the Academy Museum of Motion Pictures in Los Angeles — the largest museum of its kind in the U.S., dedicated to the magic of filmmaking. With admission and transportation only \$40, it was fantastic value and a day filled with awe-inspiring sights. Stay tuned in, we're planning four more day trips this year, including fall and holiday excursions. Adventure awaits!

**And there's more in the works!** From new activities to special events, we're always planning ways to keep our community vibrant and engaging. So, mark your calendar, bring your smile, and join us — this is your retirement campus, full of interesting people and endless possibilities.

Remember: Socializing isn't just fun — it's good for your health! Come on over, make new friends, and enjoy living at Hillcrest!

# Associations & Committees

## Landscape Committee

by Vaughan Inman

### Plant of the Month: Seaside Daisy

The Seaside Daisy (*Erigeron glaucus*) is native to California and southern Oregon. As its name suggests, it is found naturally in proximity to the coast. It was chosen as the June plant of the month because it is one of the potential ground covers that are being tested in the area south of Birch Court along Mountain View Drive. The accompanying picture is of a Seaside Daisy in the test area.

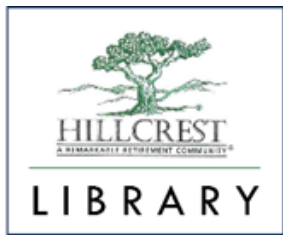
Along the coast, this plant requires no supplemental water once established. Inland it requires some supplemental water in the dry months, but its water requirement still qualifies as extremely low. The seaside daisy is evergreen with violet flowers that bloom from April into winter. Individual plants grow six to twelve inches in height and spread out up to two feet. However, it spreads by rhizomes so additional plants may carpet the ground. Thus, it makes an ideal ground cover on flat sandy soils or clay slopes. We'll see how it does at Hillcrest. It requires little maintenance. It is recommended that the plants be divided every two to three years. No mowing required.



# Associations & Committees

## Library Gems

by Julie Kurtz



Yes, that's correct...GEMS (not germs!!!) Our fine Hillcrest Library is bursting with fascinating, satisfying, readable reads...Gems in their own (write)! Aha! These are recent reads that I have enjoyed tremendously. They are unique in theme, style, characterization, era; bringing new insights and understandings, and...they are in our fine Library:

**A Country Doctor's Chronicle, Further Tales from the North Woods.** Roger MacDonald, M.D. In their retirement, Roger and his second wife, Jackie, wintered here at Hillcrest, then summered in his rural Minnesota town, where he had been the country doctor for over 30 years. This is Roger's second collection of medical stories from those early years. His dedication reads, "This one is for Jackie." Both he and Jackie were well-loved and are now among us in spirit. These anecdotes are written with humility, insight, empathy, integrity, respect, humor and warmth for the folks Roger doctored. A true joy to read. Heart worthy, for sure! NF. MAC. Brethren/Local Authors.

**News of the World.** Paulette Jiles. Novelist Jiles brings us the fictional story of Captain Kidd, a veteran of many wars in the early and mid 1800's of our fledgling country. Kidd takes on the assignment of chaperoning 10 year-old Johanna, who was abducted at age four by the Kiowa tribe, and bringing her back, by horse and buckboard, to her birth relatives. Johanna is resolute and observant, but does not communicate. The trials and misfortunes that befall the two, as they journey 400 miles from north Kansas to southern Texas, challenge and strengthen their tenuous bond. I greatly appreciated the insights into Kiowa culture, as well as the Captain's kind wisdom and patience in dealing with this strong-willed, yet frightened child. Intriguing story with much depth. A compelling, poignant and valued read.F.JIL. (Jiles researched the re-integration with birth families of children abducted by early Native-American tribes, and found disheartening statistics.)

*(**Magic Hour.** Kristin Hannah. Often one book, plot, character or issue brings to mind another book one has read. So it is with **News of the World.** Although many years and many cultural differences divide them, both **News of the World** and Hannah's novel **Magic Hour** resonated strongly with me, as they each deal with a young, uncommunicative child who has been through great trauma, but has a very wise adult who won't give up on the fearful, tender minor. So different in plot, environment, time, and characterization, but so similar in philosophy and poignancy. Both are gems!)*

*(Continued on next page...)*

# Associations & Committees

## Library Gems (Continued...)



**The Obituary Writer.** Ann Hood. Hmm. Two women, decades apart. Heart-broken, and searching for her own lost love, after the devastating 1906 San Francisco earthquake, Vivian makes a life for herself as the local newspaper's obituary writer. Her gift is finding the essence of the deceased through sensitive, caring questions to the grieving family; not about dates and accomplishments, but about the character of the person no longer with them. Decades later, Claire faces some challenging decisions about her own questionable life choices. A connection is made! A diverting mystery, yet better as a helpful tutorial on what truly matters about a person and their life. F. HOO.

*(Another similar work: **Find the Good: Unexpected Life Lessons from a Small-Town Obituary Writer.** Heather Lende. This non-fiction book is also available in our Library, with a much more personal, intentional presentation of this Alaskan obituary writer's philosophy and technique. Much more appreciated by this reviewer. NF. 170.4. LEN)*

**Then She Was Gone.** Lisa Jewell. Wonderful daughter Ellie, age 15, disappears one morning on her way to high school, never to be seen again. Ten years later, her mother, Laurel, is still trying to move through the nightmare dread she carries about Ellie's unknown fate. Laurel then meets a man who helps her deal with her grief, in a bizarre coincidence of identity. Mysterious. Riveting. Haunting. Stunning. I understand why this well-written mystery was given a starred review by *Booklist* and called "sheer perfection". F. JEW.

**Write My Name Across the Sky.** Barbara O'Neal. This gentle novel brings us: a former air stewardess Aunt who carried stolen WWII art to buyers across the seas; a violin prodigy Niece who longs to create beautiful music; another talented Niece who is fighting to keep her company productive; a Mother who has died, but leaves her mark and magic on everyone; and other interesting characters and subplots that keep one engaged throughout the twists, turns, heartbreaks and fears of this fascinating, very satisfying read. Bless them all! F. O'NE.

These and many other fine works await in our own Hillcrest Library!

As you move into the summer season, take the brief walk to our fine Library, choose several books to keep you company through the heat of the days, and give thanks for the treasures to be found practically at our doorstep!

Your kind donations of books in good condition are definitely appreciated! Our Library thrives on these. Muchas Gracias!

# Arts



The Gallery at Hillcrest Reminder

## THE CHRYSALIS

LAST CHANCE TO EXPERIENCE

Amazing Exhibit by Returning Artist, Jim Stricks

April 5 – June 26



Stepping into the Chrysalis exhibit at the Gallery at Hillcrest is like stepping into the mind of artist James Stricks as he contemplates issues of imagination, growth and mortality.



Viewers are drawn into his visions, bemused, sometimes bewildered, but always immersed in the colors, shapes and ideas taking shape on the canvases and non-traditional formats all around them. Amazing! Worth a repeat visit!

The *Chrysalis* exhibit is free and all are welcome Sunday through Saturday, 8:30 a.m. – 4:30 p.m.  
2705 Mountain View Drive, La Verne 91750. Phone: 909.392.4000 [www.livingathillcrest.org/events/gallery](http://www.livingathillcrest.org/events/gallery)

*Promoting, Encouraging and Providing Access To the Arts*

**Donations to support our mission can be made to Hillcrest with designation for the Gallery.**

# Birthdays, Anniversaries, & Menus

Reservations at (909) 392-4140

## June Birthdays

Donna Johnson	6/3
Harvey Good	6/4
Bob Sassaman	6/4
Kathy Beauchamp	6/5
Sander Eller	6/7
Lena Coffman	6/10
Norine Batson	6/13
Megan Thomas	6/13
Donald Boots	6/14
Glenn Anderson	6/15
Dale Keedy	6/15
Steve Carmichael	6/18
Nadine Johnson	6/19
Mary Munoz	6/20
Clojean Fortney	6/23
Sharon Reese	6/27
Frank Decker	6/30
Evy Hamm	6/30
Jack Rosenbrock	6/30
Donald Watson	6/30

## June Anniversaries

Jeff & Maggie Porter	6/5
Bernice & Jack Russi	6/5
Connie & Harvey Good,	6/16
Joanne & William Wagoner	6/18
Deborah & Dale Stanley	6/21
Jorge & Sharon Hoover	6/24
Donald & Pat Waters	6/25
Doug & Evy Hamm	6/30

## Birthday & Anniversary Lunch

Wednesday, June 3, Seating at 11:00 a.m.  
Celebration begins at 12:00 p.m.

- ◇ French Onion Soup
- ◇ Cream of Mushroom
- ◇ Iceberg wedge salad
- ◇ Braised beef short ribs
- ◇ Grilled Branzino with Tomatoes, Capers and Olives
- ◇ Mashed Potatoes
- ◇ Herb Quinoa Pilaf
- ◇ Roasted Root Vegetables
- ◇ Sauteed Green Beans
- ◇ Red Velvet Cake with Cream Cheese Frosting

MARK YOUR  
CALENDAR!

## Birthday & Anniversary Lunch

Wednesday, JULY 1, Seating at 11:00 a.m.  
Celebration begins at 12:00 p.m.

- ◇ Minestrone soup
- ◇ Italian antipasto salad
- ◇ Chicken parmesan
- ◇ Cheese manicotti
- ◇ Marinara sauce
- ◇ Spaghetti noodles
- ◇ Garlic green beans
- ◇ Italian squash & tomatoes
- ◇ Italian Cannoli (2 each)

# Spiritual Care

## June Schedule of Services and Programs

### Sundays

- 9:30 a.m. – **Spiritual Reminiscing & Hymn Sing** (Southwoods Lodge)  
10:30 a.m. – **Spiritual Reminiscing & Hymn Sing** (Woods/Cedar Court in the Woods Activity Room)  
1:30 p.m. – **Roman Catholic Communion Service** (Chapel)  
4:00 p.m. – **Vespers** (Chapel)

#### **June 14th**

4:00 p.m. – **Singspiration** (MSL) Join us for a good old fashioned hymn sing. As always, we'll enjoy the musical talents of Dr. Matthew Swartz.

### Mondays

- 9:30 a.m. – **Waking Up: Mindfulness Session** (Chapel)  
3:00 p.m. – **Book Group: *The Art of Living***, by Thich Nhat Hanh (Chapel) (See next page)

### Tuesdays

- 7:30 a.m. – **Men's Bible Study** (GWBR)  
9:30 a.m. – **Waking Up: Mindfulness Session** (Chapel)  
11:00 a.m. – **Adventures with Southwoods Lodge** (SWL)

### Wednesdays

- 9:30 a.m. – **Waking Up: Mindfulness Session** (Chapel)  
10:00 a.m. – **Catholic Rosary** (Chapel)  
2:00 p.m. – **Ecumenical Communion Service** (Woods Activity Room)

#### **June 3rd**

12:00 p.m. – **Birthday Lunch with Chaplain Jana** (Mountain View Dining Room) See page 15

#### **June 10th**

10:30 a.m. – **Roman Catholic Mass** (Chapel)

### Thursdays

9:30 a.m. – **Waking Up: Mindfulness Session** (Chapel)

### Fridays

Chaplain Jana's Day Off

### Saturdays

10:30 a.m. – **Lectio Divina** (Chapel)

Chaplain Jana's Day Off

# Spiritual Care

## Still on the Path: A Conversation About Change, Loss, and What Comes Next

Moving to a new community, losing a partner, giving up the car keys – change comes in all sizes, and it doesn't arrive one piece at a time. In this gathering led by Chaplain Jana, we'll explore a practical framework for navigating transition that goes beyond the familiar "stages of grief." Expect honest conversation, table reflections, and room to name what's actually hard. You don't have to have it figured out. You just have to keep showing up.

**Date:** Thursday, June 11th

**Time:** 2:00 p.m. – 4:00 p.m.

**Where:** Hillcrest Chapel

## Book Group: *The Art of Living*

Looking for a space to pause, reflect, and connect? Join us as we begin reading *The Art of Living* by Thich Nhat Hanh.

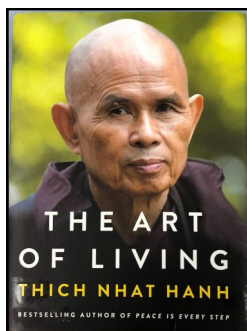
Our weekly discussions are more than just a book review; they are a safe, welcoming space to explore how what we're reading makes direct contact with our daily lives. Through open-hearted sharing and collective reflection, we will explore how to bring more presence and peace into our daily lives.

**Everyone is welcome**, whether you are a long-time practitioner or completely new to Thich Nhat Hanh's work.

**Date:** Mondays

**Time:** 3:00 p.m.

**Location:** Hillcrest Chapel



## Waking Up: Mindfulness Group

Start your morning with ten minutes of stillness. Each day, our mindfulness group gathers in the chapel for a guided meditation using the Waking Up app with Sam Harris – a research-informed meditation tool that combines practice with insights from neuroscience and philosophy.

No experience is needed, and no particular beliefs are required – just a willingness to sit quietly and pay attention.

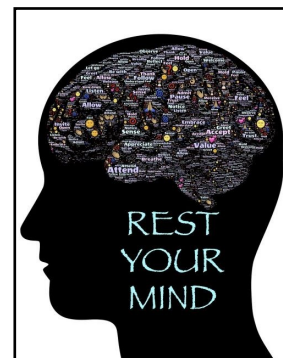
A regular mindfulness practice has been shown to reduce stress and anxiety, improve sleep quality, sharpen focus and attention, and help us respond to life's difficulties with more clarity and less reactivity. For many, the greatest benefit is simpler than any of that: a few minutes each morning to notice what's here before the day carries you forward.

**Come any day. Come every day.**

**Days:** Monday - Thursday

**Time:** 9:30 a.m.–10:30 p.m.

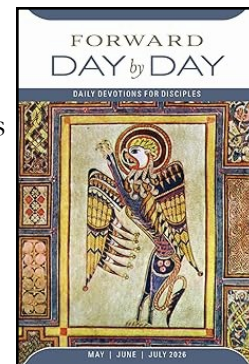
**Where:** Hillcrest Chapel



## *Forward Day by Day*

The *Forward Day by Day* for May, June, and July, 2026 are available. You can find copies in regular and large print at the front desk or in the chapel.

*Day by Day* is a booklet of daily inspirational meditations reflecting on a specific Bible passage, chosen from the daily lectionary readings as listed in the Revised Common Lectionary or the Daily Office from the Episcopal Church's Book of Common Prayer.



# Creative Corner

## >>> A MODEL DAD <<<

When Jesus came to earth for a time  
He needed someone for a Dad - -  
God chose a man named Joseph,  
Clearly the best that Israel had.

Joseph's role was a difficult one,  
God gave him many tests - -  
No matter the unforeseen trouble,  
He always did what was best.

Joseph took Mary to be his wife  
And together they traveled afar - -  
So Jesus could be born in Bethlehem,  
Where wise men came to find their star.

Then there was the race to Egypt,  
Keeping ahead of Herod's men - -  
A young family in a far-off land,  
Yearning to return to hometown friends.

Some time later the family came back  
And lived in Nazareth for years - -  
It is here we believe that Joseph died,  
With Jesus and Mary both near.

Joseph was a leader, holy and brave,  
Caring for Jesus each day - -  
Supporting Mary, diligent and true,  
And showing his God-Son the way.

We honor Joseph, a model for Dads,  
Who was a faithful protector and guide - -  
May he look upon you Dads of today,  
Making sure his Son is by your side.

-- -- Cecilia Stephens

## \*\*\* UNIQUE ? \*\*\*

Tiny cells that rapidly split in two,  
Growing, developing, till there was YOU --  
No two alike, no two the same,  
Even if you shared someone else's name.

Hair and eye color, splay of the nose,  
Counting arms, legs and cute little toes --  
Ten tiny fingers tightly curled,  
A baby ready one day to face the world.

A child of the universe and heaven too,  
God's miracle making parents glad - -  
No matter what tends to set us apart,  
We each began with a Mom and a DAD !

-- -- Cecilia Stephens

~~~~~

## ~\*~\*~ TREES ~\*~\*~

Something about a tree  
Appeals to me . . .

Oak, maple, willow, pine ---  
Doesn't matter --- rain or shine,  
Sentinels of God,  
Guarding all He has made ---  
Strong and sturdy  
Providing leafy shade ---  
Digging deeply underground  
To nourish blooms or leaves,  
Sheltered space for baby birds  
Or flowers for busy bees ---  
For usefulness and beauty,  
I vote for trees!

-- -- Cecilia Stephens

# Creative Corner

## Impermanence

Pre-grieve, all-grieve, no grieve-  
the gravity and levity of impermanence-  
the sacredness of the realization,  
the epiphany of its acceptance.  
These I wish to the universe,  
with this wish, I bless my friends,  
who are presidents and cardinals,  
brothers, sisters, loved ones,  
horses, cats, and chimpanzees,  
reptiles, frogs, spiders, and insects,  
yes, even to the grasses,  
weeds too, that are not completely ugly,  
even as we hasten their demise!  
That's why we place a pretty leaf or paper  
message  
on the surface of a pond or waterway  
and watch it float away.  
That's why we visit graves and cemeteries,  
where ancestors might linger.  
Perhaps they do.  
Is impermanence unfortunate, a curse,  
or is it just the first condition of being?  
In any case, the realization of impermanence  
is a great blessing, a boon, a grace.

— Robert E. Doud

## People in Bookstores

People in bookstores, in the poetry aisle,  
Especially, put books back on racks  
Wrong, out of order, improperly annoying  
somewhat, but must adjust,  
Look around, up and down, think  
About where a book must be, when,  
Distracted by a new find, a customer,  
Carelessly misplaces a (to him or her)  
Less-than gem, a gem still awaiting finding  
By a future seeker-that would be me!  
Luck ever to find, fortune in discovery,  
Serendipity planned by angels.  
Are there angels of discovery,  
Assigned to bookstores, or even,  
to specific shelves, able to spot  
prospectors for pricey minerals,  
miners for topaz, aquamarine, agate  
as words, as pages, as lines, as commas,  
as veins of patient, rare discoverables?  
Ah, to displace displacedness, disrupt  
Disruptiveness, replace the misplaced!  
Are there smiling faces of invisible light,  
And forces of preternatural recovery  
That realign shelves or enlist even casual  
Browsers to assist in kind arrangement  
Of hidden treasures for the mind,  
Stowed away in the tangled fibers of time  
To await as if from eternity a coming touch  
by lucky patrons of the precious page?

— Robert E. Doud

# Resident Life & Wellness

## MONTH-AT-A-GLANCE

This Month-at-a-Glance highlights many of this month's special events and classes, but it's not exhaustive. For more details and additional opportunities, please read through the *Hillcrest Happenings* and watch the *Daily Agenda* for updates or changes.

| DATE            | EVENT                                             | LOCATION        | INFO    |
|-----------------|---------------------------------------------------|-----------------|---------|
| 6/1             | "Book Review with Roger" .....                    | WR.....         | Pg. 17  |
| 6/3             | Birthday/Anniversary Lunch .....                  | MVDR .....      | Pg. 15* |
| 6/3             | Bunco.....                                        | Café .....      | Pg. 10  |
| 6/4             | Matinee: <i>Ray</i> .....                         | MSL.....        | Pg. 26  |
| 6/6             | "Dress a Girl" Project.....                       | Sewing Rm ..... | Pg. 5   |
| 6/8             | Resident Forum .....                              | MH.....         | Pg. 9   |
| 6/8             | Brain Boost: RGM Session .....                    | MH.....         | Pg. 27  |
| 6/8             | Meet Your Social Workers .....                    | MSL.....        | Pg. 27  |
| 6/9             | "Coffee with Keith" .....                         | Café .....      | Pg. 28  |
| 6/9             | Hillcrest's Teaching Kitchen .....                | MH.....         | Pg. 28* |
| 6/11            | Matinee: <i>Sweet Home Alabama</i> .....          | MSL.....        | Pg. 26  |
| 6/11            | "Still on the Path" Grief Group .....             | Chapel.....     | Pg. 17  |
| 6/12            | Dining Services Update.....                       | MSL.....        | Pg. 28  |
| 6/12            | The Center Stage: "The Secret Jazz Band" .....    | MH.....         | Pg. 29  |
| 6/13            | Game Time.....                                    | Café .....      | Pg. 10  |
| 6/14            | Flag Day .....                                    | MH Lobby .....  | Pg. 29  |
| 6/15            | Brain Boost: RGM Session .....                    | MH.....         | Pg. 27  |
| 6/17            | Wanderers Trip .....                              | Flagpole .....  | Pg. 30* |
| 6/18            | Matinee: <i>The Parent Trap</i> .....             | MSL.....        | Pg. 26  |
| 6/19            | Sports Day! .....                                 | MH.....         | Pg. 34  |
| 6/21            | Father's Day Luncheon .....                       | MVDR .....      | Pg. 33* |
| 6/22            | Community Acupuncture .....                       | MSL.....        | Pg. 31  |
| 6/22            | Brain Boost: RGM Session .....                    | MH.....         | Pg. 27  |
| 6/23            | "Coffee with Keith" .....                         | Café .....      | Pg. 28  |
| 6/23            | "Cognitive Health" .....                          | GWBR .....      | Pg. 31  |
| 6/24            | Out-to-Lunch Bunch .....                          | Flagpole .....  | Pg. 30* |
| 6/24            | Real Talk: "Knowing When It's Time..." .....      | GWBR .....      | Pg. 31  |
| 6/25            | "Navigating Transitions at Hillcrest" .....       | MH.....         | Pg. 32  |
| 6/26            | UnityFest! .....                                  | MH.....         | Pg. 35* |
| 6/26            | Matinee: <i>Remarkably Bright Creatures</i> ..... | MSL.....        | Pg. 26  |
| 6/27            | Game Time.....                                    | Café .....      | Pg. 10  |
| 6/29            | Brain Boost: RGM Session .....                    | MH.....         | Pg. 27  |
| ~ <u>JULY</u> ~ |                                                   |                 |         |
| 7/1             | Birthday/Anniversary Lunch .....                  | MVDR .....      | Pg. 15* |
| 7/1             | "Nutrition for Better Sleep" .....                | GWBR .....      | Pg. 32  |
| 7/3             | Hillcrest Keyboard Ensemble Performance .....     | MH.....         | Pg. 32  |

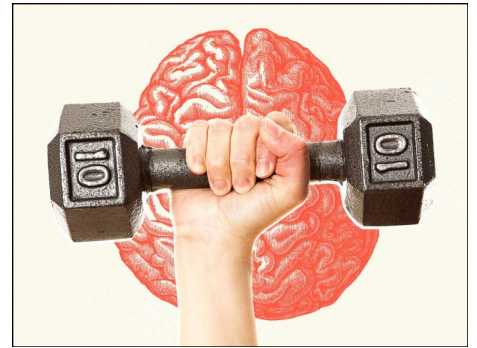
\*Please RSVP for this event; see associated page for details.

# Resident Life & Wellness

## MODERATE EXERCISE, MAXIMUM BRAIN BENEFIT

*By Ryan Harrison, Sr. Director of Wellness*

A new randomized controlled trial suggests something both encouraging and surprisingly simple: **You don't need extreme workouts to protect your brain as you age.**



The study followed 309 adults between 62 and 70 years old for two years. Researchers used MRI scans at the start of the trial and again at one and two years. They then applied an artificial intelligence-based “brain age clock,” a model trained on patterns of communication across brain networks. In essence, it analyzes how different regions of the brain interact and estimates whether that brain appears older or younger than expected for a person’s chronological age.

Participants were assigned to one of three groups: a heavy resistance training program with three supervised sessions per week and progressively increasing loads; a moderate program with one supervised session plus two lighter home-based sessions; or a no-exercise control group.

After one year, both exercise groups showed similar benefits. The heavy training group’s brains appeared 1.42 years younger than expected, while the moderate group showed a 1.39-year advantage. By the two-year mark, the pattern shifted slightly. The moderate group’s brains appeared 2.26 years younger, compared to 1.85 years in the heavy group. **Across the full study, brain age improvements ranged from about 1.4 to 2.3 years, with the moderate protocol producing the largest overall effect.**

**Importantly, these changes were not limited to one brain region.** Improvements appeared across the frontal lobe, temporal lobe, cerebellum, and other areas, suggesting a whole-brain response consistent with a systemic intervention.

Resistance exercise (i.e., using weights) is known to enhance cerebral blood flow and support synaptic plasticity. It also increases key growth factors such as BDNF, IGF-1, and VEGF, all of which contribute to neuronal health and resilience.

The message is straightforward: **Meaningful brain benefits are achievable with moderate, sustainable exercise. Consistency may matter more than intensity.** Start where you are, and keep going. And if you need help, we’re here for you! Contact Kate Morales, our *Health & Fitness Coordinator* at the Aquatic & Fitness Center (ext. 4075); she’ll be happy to help you figure out what kinds of exercise are right for you.

# Resident Life & Wellness

## **BEYOND FIRST IMPRESSIONS**

*By Jacquie Allen, Life Enrichment & Engagement Specialist*

I remember the moment vividly. The Hillcrest bus had just arrived outside Homeboy Industries, the world's largest gang rehabilitation and reentry program. Through the windows, we saw groups of people gathered outside, many with tattoos, hardened expressions, and an appearance that could feel intimidating at first glance. I found myself wondering how our group of seniors would respond. There was a quiet sense of uncertainty on the bus, as though we were all silently asking the same question.



Then the doors opened, and everything changed. We were greeted with smiles, warmth, and genuine kindness: “Welcome to Homeboy Industries.” “Thank you for coming.” “Have a beautiful day.” Any apprehension disappeared almost instantly. The very people we may have felt uncertain about were the ones putting us at ease. Shoulders relaxed. Conversations began. What started as hesitation quickly became connection.

As we toured the facility and learned about the organization's job training, counseling, tattoo removal, and support programs, it became clear that Homeboy Industries is about far more than employment. It is about restoring dignity, rebuilding lives, and creating opportunities for people to begin again. What stood out most was the humanity. Everyone we encountered treated our group with patience, openness, and authentic warmth.

One moment in particular has stayed with me. One of our residents wandered slightly away from the group and began speaking with a tall, heavily tattooed man involved with the organization. As she approached, he bent down, opened his arms, and gently asked her, “Can I have a hug?” Without hesitation, she embraced him. Then she looked over at me, smiling brightly. “I made a friend,” she said.

It was such a simple yet profound moment. In an instant, it captured the heart of the experience: We cannot judge people by appearances or past circumstances. Behind every face is a story, and within many of those stories is a deep desire for redemption, acceptance, and belonging.

We left Homeboy Industries not only impressed, but deeply inspired. What we experienced was far more than a tour. It was a lesson in compassion, humility, and seeing people not simply for who they once were, but for who they are striving to become. It remains one of the most meaningful experiences I have had at Hillcrest.



# MEET YOUR MUSCLES

## HAMSTRINGS

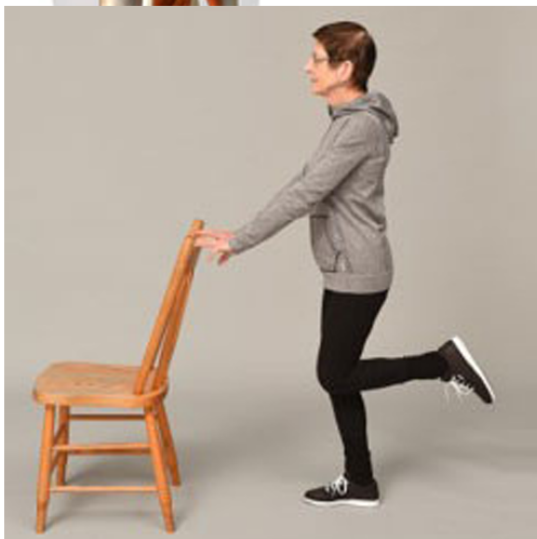
JUNE 2026



### WHAT IS IT?

Your **hamstrings** are a group of three different muscles on the back of the legs. These muscles serve a variety of functions. They assist with **flexing** the knee joint, and **extending** and **rotating** the hip joint.

When you bend your knee to climb up steps, or sit into a chair, the hamstrings flex the knee. As you walk down the street the hamstrings extend and rotate the hip joint, and are the primary movers to keep you walking forward. Your hamstrings are important to keep strong so you can continue to live an active lifestyle.



### STRENGTH

- Start by holding onto a sturdy chair or counter, feet flat on the floor.
- Keeping knees in line with each other, bend one leg so the heel lifts up toward the back of your body.
- Extend it back down, and repeat the flexion and extension portion of the exercise 10 times.
- Switch sides, rest, and repeat 2 more times with each leg.

### STRETCH

- Sitting in a chair to start, extend one leg so the heel is on the floor.
- With a straight back, lean forward over your legs and use your hands on your thighs to stabilize yourself.
- Hold for up to 30 seconds, return to the seated position, and switch legs.



AQUATIC AND FITNESS CENTER  
(AFC)  
JUNE 2026



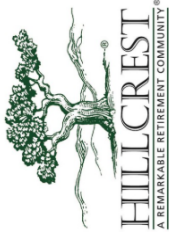
2700 A. STREET, LA VERNE  
CONTACT THE AFC FRONT DESK AT (909) 392-4029 FOR ANY QUESTIONS

| SUNDAY                    | MONDAY                                                                                                                                    | TUESDAY                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                 | THURSDAY                                                                                            | FRIDAY                                                                                                                                    | SATURDAY                                                                                                           |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Pool and Gym open.</b> | 8:30am <b>Balance Training 3</b><br>9:30am <b>Balance Training 2</b><br>10:00am Sit and Be Fit (MSL)<br>10:30am <b>Balance Training 1</b> | 8:30am Chair Fitness<br>9:30am <i>Specialty Series:</i> AQUA HIIT (Pool)<br>10:00am Sit and Be Fit (MSL)<br>10:30am Mat Pilates<br><br>1:30 - <b>Stronger U</b> (Registered participants only)<br>3:00pm | 8:30am <b>Balance Training 3</b><br>9:30am <b>Balance Training 2</b><br>10:00am Sit and Be Fit (MSL)<br>10:30am <b>Balance Training 1</b> | 8:30am Chair Fitness<br>9:30am Chair Yoga<br>10:00am Sit and Be Fit (MSL)<br>10:30am AquaFit (Pool) | 8:30am <b>Balance Training 3</b><br>9:30am <b>Balance Training 2</b><br>10:00am Sit and Be Fit (MSL)<br>10:30am <b>Balance Training 1</b> | 9:30am Sit, Stand, Strength!<br>10:00am Sit and Be Fit (MSL)<br><br>1:00pm AquaFit (Pool)<br>2:30pm Gentle Stretch |

Classes in **bold** require a reservation. Reservations for Balance Training are made on Thursdays beginning at 1:00 pm for the following week. Call extension 4029

**HOURS:**  
**Monday-Sunday**  
**5:00 am-9:00 pm**

Please note that the daily schedule is subject to change, and be sure to consult your **Daily Agendas** for a confirmation of classes.



# BIRCH & MAPLE COURTS

## WEEKLY LIFE ENRICHMENT CALENDAR

Contact Adriana Slaton (ext. 4358) with any questions

**NOTE:** All Activities Below take place in the **Maury Smeltzer Lounge**

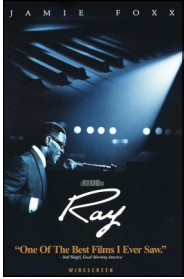
| SUNDAY                                                                                                                                                                                                                                                                                                                                                                      | MONDAY                                                                                                                                                                                                                                    | TUESDAY                                                                                    | WEDNESDAY                                                                                                                                                      | THURSDAY                                                                                 | FRIDAY                                                                                                                                                                                                                                                         | SATURDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <p>10:00am Sit &amp; Be Fit</p> <p>2:00pm The Brainy Bunch</p> <p>3:00pm Music Program</p> <p>4:00pm Vespers*</p> <p>Residents are encouraged to visit the Activities Table (by the double doors near the stairs), work on tabletop puzzles in BC2, and enjoy a variety of games available in the BC1 kitchenette.</p> <p>* "Singspiration" every 2<sup>nd</sup> Sunday</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:15pm Treat &amp; Trivia*</p> <p>3:30pm Fun &amp; Games</p> <p>* "Discover the Month" class every 1st Tuesday at 2:00pm; Art Class every 4th Tuesday at 2:00pm (in place of "Treat &amp; Trivia")</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:15pm Dominoes or BINGO</p> <p>3:30pm Horse Racing</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:00pm Thursday Matinee</p> <p>4:00pm Fun &amp; Games*</p> <p>* May be canceled due to the length of the weekly matinee</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:15pm Dice Games</p> <p>3:30pm Activity Grab Bag</p> | <p>10:00am Sit &amp; Be Fit</p> <p>3:30pm Board Games</p> <p>Residents are encouraged to visit the Activities Table (by the double doors near the stairs), work on tabletop puzzles in BC2, and enjoy a variety of games available in the BC1 kitchenette.</p> |          |

Please note that the schedule above is subject to change based on staffing, new engagement opportunities, or other unscheduled activities. For the most current information, please refer to the *Daily Agenda* each day.

# Resident Life & Wellness

## THURSDAY AFTERNOON MOVIE SERIES

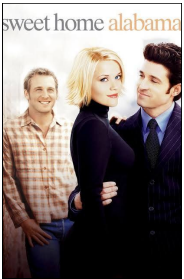
Matinee: 2:00 p.m. (MSL)



### **6/4: Ray**

(2004 / PG-13 / 2h 32m)

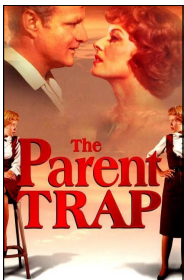
Legendary soul musician Ray Charles is portrayed by Jamie Foxx in this Oscar-winning biopic. Young Ray watches his brother drown at age seven. When he loses his sight at the age of nine, his hardworking mother (Sharon Warren) urges him not to feel sorry for himself. He rises through the ranks of the Seattle jazz scene, struggling with drug addiction and infidelity while on the road. Supported by his wife (Kerry Washington), Ray Charles redefines soul music and inspires a generation.



### **6/11: Sweet Home Alabama**

(2002 / PG-13 / 1h 49m)

New York fashion designer Melanie Carmichael suddenly finds herself engaged to the city's most eligible bachelor, but her past holds many secrets, including Jake, the redneck husband she married in high school who refuses to divorce her. Melanie sneaks back home to Alabama to confront her past.



### **6/18: The Parent Trap**

(1961 / G / 2h 8m)

Two identical twin sisters, separated at birth by their parents' divorce, are reunited years later at a summer camp, where they scheme to bring their parents back together. The girls, one of whom has been living with their mother and the other with their father, switch places after camp and go to work on their plan, the first objective being to scare off a gold-digger pursuing their father.



### **6/26: Remarkably Bright Creatures** (2026 / PG-13 / 1h 51m)

*Remarkably Bright Creatures* is a heartwarming drama starring Sally Field as Tova, a grieving widow working nights at a local aquarium in Sowell Bay, Washington. She forms an unlikely bond with Marcellus, a grumpy, intelligent Giant Pacific octopus, who helps her solve the 30-year-old mystery of her son's disappearance, while also connecting her with a struggling young man named Cameron.

# Resident Life & Wellness

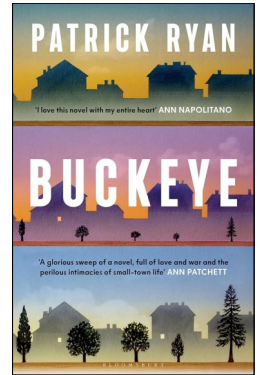
## BOOK REVIEW WITH ROGER

Join resident **Roger Westman** for his review of the book *Buckeye* by Patrick Ryan. This coming-of-age novel explores identity, belonging, and the quiet complexities of growing up. Roger will reflect on the story's themes, characters, and emotional depth in a relaxed, welcoming setting. Whether you've read the book or are simply curious, this is a great opportunity to hear insights and different perspectives, and to connect through meaningful conversation.

**Day:** Monday, June 1

**Time:** 2:00 - 3:00 p.m.

**Location:** Welcome Room



## BRAIN BOOST SERIES: THE RONNIE GARDINER METHOD

**Jill Stowell & Michelle Vergara** are back for another six-week series of the Ronnie Gardiner Method, a lively program that wakes up the brain through rhythm, movement, and music. In these engaging classes, you'll have fun with coordination exercises that use color, music, and motion to challenge the mind and body at the same time. The result? Sharper focus, stronger memory, and plenty of laughter along the way. Come experience this unique workout for the brain, lift your mood, and enjoy the fun of learning together. (Classes are \$12 each or \$60 for all 6 sessions if paid up front.)



**Days:** Mondays, June 8 - July 13

**Time:** 2:00 - 3:00 p.m.

**Location:** The Meeting House

## MEET YOUR SOCIAL WORKERS

Join us for this welcoming opportunity to get to know **Nicole Abapo & Ashley Spicer**, two of Hillcrest's Social Workers who are here to support you every day. In this relaxed, informal session, our social workers will introduce themselves, share how they can assist with life transitions, resources, and everyday concerns, and answer any questions you may have. Whether you're new to the community or have been here a while, this is a great chance to connect, learn what's available to you, and build relationships with the people here to help you thrive.



**Day:** Monday, June 8

**Time:** 2:00 - 3:00 p.m.

**Location:** Maury Smeltzer Lounge

# Resident Life & Wellness

## “COFFEE WITH KEITH”

Join **Keith Kasin**, our *Chief Operating Officer*, for his next “Coffee with Keith” session. Like sharing a cup of coffee with a friend, these sessions will be casual and conversational, creating space for open dialogue in a comfortable setting. There’s no formal presentation and no required preparation, just an opportunity to connect, ask questions, and hear updates directly. Come with anything you’d like to discuss, whether it’s a suggestion, a concern, or an idea for how we can continue improving together. These sessions are meant to be welcoming and flexible, so don’t worry if you need to arrive a little late or step out early.



**Days:** Tuesdays, June 9 & 23

**Time:** 10:00 - 11:00 a.m.

**Location:** The Café

## TEACHING KITCHEN AT HILLCREST

Join us in a “Teaching Kitchen” for a special culinary experience with our new Executive Chef, **Chef Scott Dittes** and Hillcrest’s Dietitian, **Angelica Del Rosario**! Discover fresh flavors, creative techniques, and delicious recipes as Chef shares his passion for cooking and wellness. This interactive class is a wonderful opportunity to learn new skills, ask questions, and enjoy a fun, flavorful experience with friends and neighbors. Come hungry for inspiration...and of course a few tasty samples! RSVP to Lorene Thomas, as the number of seats available is limited.



**Day:** Tuesday, June 9

**Time:** 2:00 - 4:00 p.m.

**Location:** The Meeting House

**RSVP:** Lorene Thomas (ext. 4396)

## DINING SERVICES UPDATE

Join our Director of Dining Services, **Amber Mora**, and her team for this check-in meeting (which will now be monthly). Hear about what the department is working on, what plans they have for the future, and how they are addressing concerns. Bring your questions and come to support them in their work.



**Day:** Friday, June 12

**Time:** 2:00 - 2:45 p.m.

**Location:** Maury Smeltzer Lounge

# Resident Life & Wellness

## THE CENTER STAGE

Join us for “The Skylark Serenade,” a twilight tribute to the masters of the American Songbook, where timeless melodies and storytelling come to life in an intimate, piano-side setting. Featuring **Katie Harris & The Secret Jazz Band** — Katie Harris (vocals), Matt Politano (piano), Gabe Davis (upright bass), and Tom Brayton (drums) — this one-hour, engaging musical salon blends sophistication, whimsy, and romance with selections from composers like Hoagy Carmichael, Cole Porter, the Gershwins, Jerome Kern, and more. This promises to be an evening of warmth, charm, and unforgettable music. Doors open at 6:00 p.m. for a “Sipping Social” — enjoy beer or wine from our cash bar prior to the show!



**Day:** Friday, June 12  
**Sipping Social:** 6:00 - 6:30 p.m.  
**Performance:** 6:30 - 7:30 p.m.  
**Location:** The Meeting House

## FLAG DAY!

Celebrate Flag Day with a quick and festive stop by the Reception Desk! Observed each year on June 14, Flag Day honors the adoption of the American flag in 1777 and the values it represents. Pick up a set of themed brain games to keep your mind sharp, enjoy a star spangled cookie, and take home a small American flag as a cheerful reminder of the day. It’s a simple, fun way to join in the celebration; just stop by the Reception Desk in the Meeting House Lobby!



**Day:** Sunday, June 14  
**Time:** 8:00 a.m. - 4:00 p.m.  
**Location:** Reception Desk

# Resident Life & Wellness

## THIS MONTH'S EXCURSIONS

### Wanderers Trip

Join us for a relaxing 45-minute narrated cruise through beautiful **Long Beach Harbor**, featuring stunning views of the skyline, the Queen Mary, playful sea lions, and impressive international cargo ships, all while learning about the harbor's rich history aboard a clean, comfortable vessel with indoor seating and outdoor viewing decks. After the cruise, we'll enjoy a special beachside lunch at **Saltwater Deck**, a premier waterfront restaurant located directly on the sand just steps from the Pacific Ocean, where breathtaking ocean views, a welcoming atmosphere, and delicious cuisine come together for a memorable coastal experience. There are limited seats on the bus so RSVP today!



**Day:** Wednesday, June 17

**Time:** 9:45 a.m. - 4:00 p.m. (approximate)

**Location:** Meet at the Flagpole (by the Clinic)

**Fee:** \$15 (for the tour) + Lunch out of pocket

**Accessibility:** Walker-Friendly

**RSVP:** Call Jacquie (ext. 4352) - Due by June 12

### Out-to-Lunch Bunch

**Kishi Japanese Restaurant** in Upland offers a popular teppanyaki dining experience where skilled chefs prepare fresh, high-quality meats, seafood, and vegetables on a traditional flat iron grill right before your eyes. Guests can enjoy an authentic atmosphere featuring beautiful Japanese décor and hand-painted artwork throughout the restaurant. The experienced teppanyaki chefs provide not only delicious cuisine but also an entertaining culinary performance, creating a fun and memorable dining experience for everyone. Each dish is carefully prepared using flavorful recipes and quality ingredients to ensure ultimate satisfaction with every bite.



**Day:** Wednesday, June 24

**Time:** 11:00 a.m. - 1:45 p.m. (approximate)

**Location:** Meet at the Flagpole (by the Clinic)

**Fee:** Out of pocket

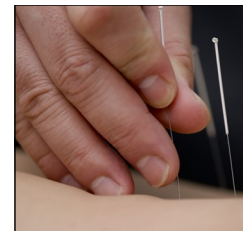
**Accessibility:** Walker-Friendly

**RSVP:** Call Jacquie (ext. 4352) - Due by June 22

# Resident Life & Wellness

## COMMUNITY ACUPUNCTURE

All are invited to this monthly “Community Acupuncture” event, provided by Hillcrest’s Acupuncturist, **Cho Reepolrujee, LAc**. This is an opportunity to come and experience acupuncture for free in a quiet, relaxed group setting. Cho will work with you and will be on hand to answer any questions you might have. No RSVP required; just get there a few minutes early to find a seat and settle in. Then, just experience this wonderful wellness-promoting opportunity!



**Day:** Monday, June 22

**Time:** 10:00 - 11:00 a.m.

**Location:** Maury Smeltzer Lounge

## “COGNITIVE HEALTH”

Join **Amanda Perrotti & Brittny Ball**, co-founders of Cognify Health and specialists in adult neuro-rehabilitation, for an engaging and practical session focused on cognitive wellness. Together, they’ll explore the “pillars of thinking” — memory, attention, and problem-solving — and how these core abilities support daily independence and social connection. You’ll get a look at current research in cognitive-linguistic therapy, along with hands-on strategies you can start using right away, from simple environmental adjustments to effective mental techniques.



**Day:** Tuesday, June 23

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

## REAL TALK: “KNOWING WHEN TO HAND OVER THE KEYS”

Join us for the next Real Talk session, “Knowing When to Hand Over the Keys,” a thoughtful and honest conversation led by **Dr. Tina Wang**, about one of life’s more difficult transitions. Together, we’ll explore how driving connects to independence, safety, and identity, and how families and individuals can navigate changes in a way that preserves dignity and trust.



This session isn’t about taking anything away — it’s about more clearly understanding the signs that it may be time to consider a different path forward, and what that can look and feel like for you or a loved one.

**Day:** Wednesday, June 24

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

# Resident Life & Wellness

## “NAVIGATING TRANSITIONS AT HILLCREST”

Join us for “Navigating Transitions at Hillcrest,” a supportive and informative session led by our Community Navigator, **Alicia Aragon**. This presentation is designed to help you feel more confident through life’s changes. Whether you’re adjusting to a new living situation, exploring additional services, or simply wondering what resources are available, this class will offer clear guidance on how to move through transitions with greater ease and support.



You’ll learn what to expect, where to turn for help, and how to stay connected to the community every step of the way.

**Day:** Thursday, June 25

**Time:** 2:00 - 3:00 p.m.

**Location:** The Meeting House

**Next Month!**

## DIETITIAN TALK: “NUTRITION FOR BETTER SLEEP”

Join Hillcrest’s Registered Dietitian, **Angelica del Rosario**, for a practical and engaging class during which we’ll explore how everyday food and drink choices can support deeper rest and more consistent sleep patterns. You’ll learn which nutrients help regulate your sleep cycle, how timing your meals can make a difference, and what to consider in the evening to avoid common sleep disruptors. Whether you struggle with falling asleep, staying asleep, or simply want to improve your overall sleep quality, this session will offer simple, realistic strategies you can start using right away.



**Day:** Wednesday, July 1

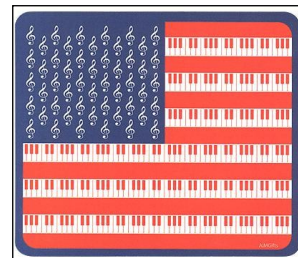
**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

**Next Month!**

## PROGRAM: HILLCREST KEYBOARD PLAYERS

Come celebrate the 250th birthday of the United States of America in the Meeting House on Friday, July 3rd, at 6:30 p.m. Join residents, family and friends in a tribute to our country through music performed by the **Hillcrest Keyboard Players** and sing familiar patriotic songs with memory support from song sheets. Enjoy refreshments afterwards. Be sure to wear red, white, and blue!



**Day:** Friday, July 3

**Time:** 6:30 - 7:30 p.m.

**Location:** The Meeting House

# Resident Life & Wellness



## FATHER'S DAY

### *Luncheon*

#### MENU

Heirloom Tomato & Perlina Mozzarella Cheese  
Fresh Fruit Bar  
Salad & Dessert Station  
Prime Rib w/Creamy Horseradish & Beef Au Jus  
Marinated Grilled Swordfish w/Lemon Caper Sauce  
Mushroom Stroganoff w/Buttered Egg Noodles  
Rosemary Marble Potatoes  
Roasted Brussels Sprouts  
Steamed Asparagus & Hollandaise Sauce  
Assorted Desserts & Banana Split Ice Cream Bar



*Sunday, June 21, 2026*  
*11:00 am - 1:30 pm*  
*Mountain View Dining Room*

Resident: \$26  
Guest: \$30(+tax) ~ 14 & Under: \$16(+tax)

Call (909) 392-4300 to RSVP





FRIDAY, JUNE 19  
9:00AM - 11:00AM

# Sports Day

Sports Day is a friendly competition for Residents and Associates alike. Try your hand at soccer, baseball, track & field and **more new games!** All games are accessible with walkers and mobility aids.

JOIN US IN THE MEETING HOUSE ANY TIME BETWEEN 9:00 AND 11:00AM TO WIN A PRIZE AND CHEER EACH OTHER ON!

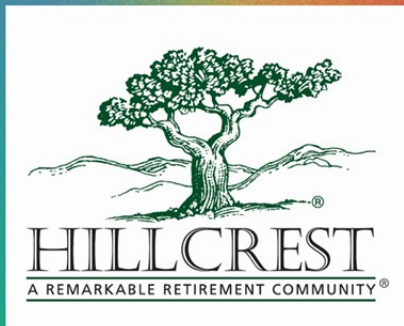


# UnityFest!

Celebrate Pride and the spirit of community!



Explore resources for you and your family!  
Spend time with neighbors and friends!  
Make new connections!  
Enjoy DJ'd music and BBQ!

Brought to you by:



Friday, June 26th  
10:30 a.m. - 1:00 p.m.  
The Meeting House @ Hillcrest  
2705 Mountain View Drive, La Verne, 91750  
909-392-4111

DSS#191501662 | COA#069

| Sunday                                                                              | Monday | Tuesday | Wednesday                                                                                             | Thursday | Friday         | Saturday |
|-------------------------------------------------------------------------------------|--------|---------|-------------------------------------------------------------------------------------------------------|----------|----------------|----------|
|  | 1      | 2       | 3                                                                                                     | 4        | 5              | 6        |
| 7                                                                                   | 8      | 9       | 10                                                                                                    | 11       | 12             | 13       |
| 14                                                                                  | 15     | 16      | 17                                                                                                    | 18       | 19             | 20       |
| Flag Day (U.S.)                                                                     | 22     | 23      | 24                                                                                                    | 25       | June<br>teenth | 27       |
| Father's Day<br>Summer Begins                                                       | 29     | 30      |  <h1>June 2026</h1> |          |                |          |
| 28                                                                                  |        |         |                                                                                                       |          |                |          |