

***“July reminds us that freedom is not only a national inheritance but a personal responsibility to build lives marked by courage, kindness, and hope.”***

***~ Anonymous***



# Announcements

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**ATTENTION:**  
Submission Deadline for Next Edition  
**Monday, July 20**

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

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

EDITOR: Scott Snider

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. Erin Park, Podiatrist**

(9:00 a.m.—4:00 p.m.)

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

### **Dr. Williams, ENT**

(1:00 p.m.)

*No Appt. Necessary*

⇒ Sept. 11, Dec. 11

### **Christensen Hearing**

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

*No Appt. Necessary—First come, first served*

⇒ 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.

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

### **Dr. Thomas Wise, Audiologist**

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

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

### **Wanda Eurasquin, Hearing Specialist**

(2:30—5:30 p.m.)

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

## **DATES TO REMEMBER—JULY 2026**

JULY 1 – U.S. POSTAGE STAMP DAY

U.S. POSTAL WORKER DAY

JULY 2 – WILDLAND FIREFIGHTER DAY

JULY 4 – INDEPENDENCE DAY

JULY 6 – FRIED CHICKEN DAY

JULY 11 – 7/11 DAY

JULY 14 – COW APPRECIATION DAY

JULY 15 – GIVE SOMETHING AWAY DAY

JULY 17 – WRONG WAY CORRIGAN DAY

JULY 19 – ICE CREAM DAY

JULY 24 – AMELIA EARHART DAY

JULY 31 – ADMINISTRATOR APPRECIATION DAY

## **BOOKWORMS**

### **The Tortilla Curtain**

by T.C. Boyle

Saturday, July 11, 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.

***Imogene Hanawalt***

***5/30/2026***

## **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

- ⇒ Transportation. An ongoing subject. These are the bits and pieces I know about. Hillcrest has mini vans available Monday through Friday. They would like to have 48 hour notice. Call 4325.
- ⇒ The Hillcrest shuttle is available by calling Security for trips around Hillcrest. Call 4630.
- ⇒ Bus is available for church on Sunday mornings.
- ⇒ Aging Next will run within a 30 mile radius. Includes Kaiser. 909-621-9980.
- ⇒ There is a program called "Go,Go Granny" in conjunction with Uber if you are an Uber user.
- ⇒ "Get About" services LaVerne, San Dimas, Pomona, and to Grand Ave. in Glendora for a dollar or two. Also goes to Loma Linda Hospital for around \$24. You need to register ahead of time. 909-596-5964 dial #0 for office.
- ⇒ Certain Kaiser plans also offer transportation.
- ⇒ If you were in the any of the U.S. armed services they have transportation through USAA. I saw them transporting someone for dialysis in San Dimas.
- ⇒ Nicole Abapo and Ashley Spicer held an informative session to explain their Social Service. These are some of the services they offer that you might not have thought of: Help with insurance inquiries, what is available at Hillcrest, help solving disagreements with your family, writing advanced directives, what to do about recent health changes, filing a claim, jury duty summons, what community services are available, go with you to a doctor appointment as another set of ears, benevolent services, overwhelmed by caring for a loved one, or a confidential person to talk to. They are here for us.



The Social Work department is offering individual appointments during the week of **July 27-31** for residents and their loved ones to review, update, or complete an Advance Healthcare Directive.

During these confidential appointments, Social Workers can:

- Explain the purpose of an Advance Healthcare Directive
- Answer questions about healthcare decision-making
- Assist with completing a new directive
- Review and update existing documents
- Help ensure your wishes are clearly documented and reflect your current wishes

Family members are encouraged to attend. Appointments are available by reservation and space is limited.

Taking time to plan ahead can provide peace of mind, reduce uncertainty for loved ones, and help ensure your healthcare preferences are understood and respected.

**To schedule an appointment, please contact Nicole Abapo (ext. 4037) or Ashley Spicer (ext. 4148).**

# Announcements

## Juanita's Gift Shop at Hillcrest

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

ARE YOU READY TO CELEBRATE AMERICA'S 250TH BIRTHDAY?

Juanita's Gift Shop at Hillcrest is! Come in and browse our red, white, and blue!



## Clinic Announcement



After observing that Hillcrest clinic nurses see an average of only 3 residents on weekends, a 90-day trial will begin on July 11. The clinic will close on Sundays and operate half-day hours on Saturdays (8:00 AM to 12:00 PM). Assisted Living nurses in Birch Court will remain available 24/7 during the closure. Feedback is welcome. Thank you.

Questions, Comments, or Concerns? Contact Desire Eudave at ext. 4365

# Announcements

## Resident Forum

Monday, July 13

Meeting House



Come for Coffee, Donut Holes and Music

from 9:30—10:00 a.m.



Forum Program  
at 10:00 a.m.



Join your friends and neighbors for an informal coffee time.

## 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. If you have any questions please contact Lois Offstein at ext. 4133.



## Occupancy Snapshot

(as of 6/22/2026)

|                    | Homes | Occupied |        | Reserved |        |
|--------------------|-------|----------|--------|----------|--------|
| Residential Campus | 180   | 171      | 95.0%  | 4        | 97.2%  |
| Village Suites     | 9     | 9        | 100.0% | 0        | 100.0% |
| Pinecrest          | 20    | 17       | 85.0%  | 2        | 95.0%  |
| Maple Court        | 26    | 25       | 96.2%  | 0        | 96.2%  |
| Birch Court        | 34    | 30       | 88.2%  | 0        | 88.2%  |
| Cedar Court        | 14    | 12       | 85.7%  | 1        | 92.9%  |
| SouthWoods Lodge   | 24    | 24       | 100.0% | 0        | 100.0% |

\*Numbers may reflect internal transfers

**Total RCFE**    **307**    **288**    **93.8%**    **7**    **96.1%**

Woods Health Services    59    45    76.3%



*Shared*  
**JOURNEYS:**  
SUPPORTING LOVED ONES  
TOGETHER

Supporting a loved one with health concerns or increasing care needs can bring a wide range of emotions and challenges. Whether you are caring for a spouse, parent, sibling, friend or other family member, it can be helpful to connect with others who understand what you're experiencing.

**Shared Journeys** is a supportive group where residents can connect with others who truly understand the experience. Together, we will share experiences, offer encouragement, discuss challenges, and find strength in community.

Facilitated by the Social Work Department, this group provides a safe and supportive space for conversation, connection, and understanding.

**To learn more or sign up, please contact Nicole (ext. 4037) or Ashley (ext. 4148) by July 12.**

# Announcements

## ASSOCIATE SPOTLIGHT: ALICIA ARAGON

By Sharon Wulfensmith

Most of us have learned that life's constant is change. That's transition.

Alicia is our Community Navigator. She's a bridge that supports us as we transition into a retirement community, or as we transition from one level of care to another. She facilitates communication with Wellness, Marketing, and resident adaptation to find the best fit for residents to reach optimal living. She provides orientation to educate and answer questions. *What's that big blue button for in the bathroom? Can I take all six of my cats with me to Birch?*

Alicia has experienced some significant transitions in her life, so she understands how challenging it can be. She has known tragedy and triumph. When she was only 20, her significant other, Andy, was killed in a car accident just before Christmas. Instead of becoming buried in grief, she knew she had to move forward and raise their little 10-week-old baby, Andrew. Fortunately, she had support from her large family and her grandmother, Wanda. Traditional and stubborn, she was the matriarch of the household.

That familial energy gave Alicia the courage to enroll in a CNA certification course. Upon completion, she did her clinical experience at Hillcrest's Woods Health Services, getting hired in 1996. She says, "Coming back to Hillcrest last November, I have come full circle 29 years later." Returning to school at Northwest College in West Covina about a year later, she received a Medical Assistant certificate and worked in Glendora at Foothill Family Practice for six years. Then she went to nursing school at the American Career College in Ontario. As an LVN, she was a home health nurse with a developmentally disabled teenage boy in West Covina for another six years.



During that time, she had two more children, Austin, now 17, about to enlist in the U.S. Marines, and Ashley, now 23, a graduate of University of La Verne.

She worked for a time in memory care at The Terraces in San Dimas, then at Parkview Place in Covina, as Director of Health and Wellness, finally settling here at Hillcrest.

Alicia has two dogs, Obi and Draco. She lives in West Covina in the same house she grew up in. Her first son, Andrew, is a U.S. Marine and now the father of a beautiful girl, Lyla, who is four.

Transitions? Yes, many. Undaunted, Alicia chooses triumph. Alicia is fun to get to know. Try it!

# Administrative News

## A Few Updates

by Matthew Neeley

### Emergency Off-Hook System Phasing Out

Wireless upgrades to Hillcrest's emergency response systems include the issuing of a personal wireless pendant to every resident. The new technology allows a resident to call for help wherever they are on campus when in



distress without having to move to a specific location to set off an alarm or call for help.

Prior to issuing wireless pendants, residents had to either pull an emergency wall cord to call for help, or knock their Hillcrest phone off the hook, which would send a notification to Security.

For the past four years, according to Security, there have been no "positive" Off-Hooks alarms. However, there have been many "false" alarms, which occur each time a resident or staff fails to hang up their Hillcrest phone properly. Arvin, IT Manager, and Eddie Smalling, who oversees Security, recommend the removal of the Off-Hook System as it's fully covered by personal pendants.

On June 18, 2026, this matter was discussed with the Residents Association Executive

Committee, who unanimously supported the recommendation to deactivate the Off-Hook System.

Please note that when a resident calls 911 from a Hillcrest phone, it also notifies Hillcrest Security, so they can assist emergency personnel in getting to residents' homes as quickly and efficiently as possible.

We're thankful for the pendant technology that keeps residents safe no matter where they are on campus. And we take this opportunity to remind all residents to always wear or carry your personal pendant. Thank you!

### Signage

The signage project is intended to improve wayfinding and to guide visitors who visit the Hillcrest campus. The project includes:

1. Expanding the monument sign at A Street with directional panels on either side.
2. Parking signage to direct drivers to available parking lots.
3. Neighborhood and building signage to guide pedestrians.

### Status:

1. Renderings for the A Street monument sign have been approved by the City of La Verne. However, a few needed changes were subsequently identified that need to be

# Administrative News

clarified by the Committee and City prior to launching construction. Christine Carrasco, Director of Project Management, will guide the Committee and direct vendors to complete this project.

2. Once the A Street Monument sign has been finalized, other directional signage, including parking signage will follow.

3. Lastly, neighborhood and building signage will be reviewed by the Committee. Neighborhood signage was paused as the number of signs around campus and the recommended locations were unacceptable to residents. (Having a 5' neighborhood sign in front of your living room window, for example, was disruptive and unnecessary.) The committee will revisit neighborhood signage at a later date and look for ways to encourage wayfinding with more clear and helpful signage.

## **Master Planning Process**

The Master Planning Process is well underway. On June 24th, the Leadership Team hosted four architectural firms who responded to an RFP. These organizations were invited to tour the campus in order to better understand the scope and uniqueness of the project. These four architectural firms will return to Hillcrest on July 8<sup>th</sup> to participate in a formal interview process that will include a presentation. The final selection will shortly follow.

The next phase of the Master Planning Process will require the engagement and involvement of all interested residents.

Listening sessions will be held with multiple groups, led by the Master Planning Consultant and the Leadership Team.

Resident invitations will be sent out in July. At present they are scheduled to occur on July 22<sup>nd</sup>. Please reserve that day so you can participate.

We sincerely look forward to receiving and carefully considering your recommendations and insights.

## **Restructuring**

With the recent change in Facility Operations leadership, several residents have asked how and when the open position will be filled.

We are carefully considering the needs of Hillcrest and the growth and talents of existing staff. Duties have been reorganized in the short-term to ensure all bases are covered. Long-term restructuring with changes in assignments and job descriptions for efficiency and growth will follow. We will be filling vacant positions after an exploration of possibilities.

I express gratitude for the support and talents of Christine Carrasco, Raul Garcia, and Keith Kasin, each of whom has taken on new assignments. They are interested in working with these new assignments for a time while we explore and live into the future.

# Administrative News

## MAINTENANCE TEAM AT HILLCREST

The photos below introduce our Maintenance team. You may see them throughout campus, or at your door, and we hope this helps you easily recognize them.



**Chris Chapman**

Maintenance Mechanic (5 months)



**Juan Garcia**

Maintenance Mechanic (8 yrs)



**Manny Garcia**

Maintenance Mechanic (22 yrs)



**Raul Garcia**

Maintenance Manager (12 yrs)



**Marcos Lopez**

Maintenance Mechanic (1 year)



**Jerry Rollyson**

HVAC Mechanic (2 yrs)



**Shawn Scriven**

Maintenance Mechanic (5 yrs)

# Administrative News

## SECURITY GUARDS AT HILLCREST

The photos below are of our Security team. You may see them throughout campus, or at your door, and we hope this helps you easily recognize them.



**Robbie Davis**

Lead Security Guard (12 yrs)



**Eddie Smalling**

Operations Supervisor/Security (21 yrs)



**Manny Garcia**

Security/Maintenance (22 yrs)



**David Tkach**

Security Guard (2 yrs)



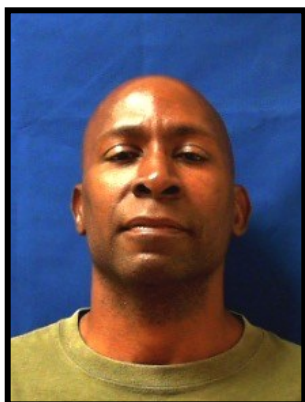
**Jesse Saldana**

Security Officer, EMT (1 year)



**Michael Morales**

Security Guard (1 month)



**Donald Rainey**

Security Guard (21 yrs)



**Michael Rigali**

Security Officer, EMT (3 yrs)

# Administrative News

## Dining Services Update

Amber Mora, Director of Dining Services

### We Want Your Feedback!

Your feedback helps us improve your dining experience. Comment cards are available from your server, at the Front Desk, or at the Dining Room exit near the patio. You can also use our digital feedback kiosk.

When using the kiosk, you will first select a happy face that best reflects your experience. The system will then allow you to choose only one item you liked or disliked before prompting you to leave a comment. Please take advantage of the comment section to share all of your feedback on what you enjoyed, what could be improved, or a little of both. We review every comment and appreciate your input.

### MIND Diet Program Refresh

We received a great deal of feedback regarding our MIND Diet program through recent dining updates and Registered Dietitian presentations. We heard you and have made some exciting changes!

Our salad bar will now feature a **Build-Your-Own MIND Diet Bowl or Salad** every day. Residents may complete a selection slip or create their own combination from a variety of options, including lettuce, spring mix, quinoa, and brown rice bases.

Additionally, many of the most popular MIND Diet ingredients and recipes have been incorporated into our daily specials. Look for the **MIND Diet icon** on the weekly menu to easily identify MIND Diet-friendly selections.

These enhancements not only address resident feedback but also improve production efficiency and help reduce food waste.

### Coffee Bar Updates

You may have noticed that we have removed the packaged snack items from the coffee bar. In their place, we will now offer a rotating selection of **freshly baked house-made treats** during breakfast and lunch each day. In the afternoon, guests can enjoy a house-made snack mix, such as trail mix, Chex mix, or other chef-created selections.

# 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*

*(1<sup>st</sup> Thursday, 3 p.m. — Citrus Room)*

##### Wellness: Nancy Sassaman

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

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

## Residents Association Update – July 2026

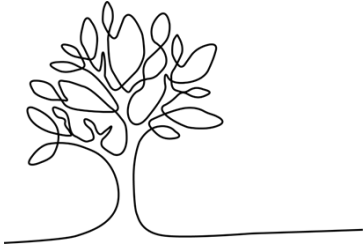
By Rita Dixon, Chair

We are already looking at July and hot summer weather. Join us for our monthly **Forum on July 13, 2026, at 10 a.m.** Coffee, donut holes and music are available from 9:30-10 a.m. Our Senior Director of Engagement, Outreach and Wellness, **Ryan Harrison**, will join us and give us an overview of what he does. This is your chance to learn more about Ryan and maybe he will even mention his recent trip to Spain! Our CEO, **Matthew Neeley**, will also be on the agenda and will talk about progress in the five priority areas of concern that were identified by Residents in January and February. In case you don't remember, the broad general areas we asked Administration to address were Transportation, Landscaping, Maintenance, Governance and Security. The Residents Association Budget for the 2026-2027 Fiscal Year will also be reviewed so that you know where we are spending funds we receive from Hillcrest, fees and for the residents' appreciation fund. If you have specific questions or comments about any of these, please email me at [dixonrita@me.com](mailto:dixonrita@me.com) or call me at 909-821-5329.

It is halfway through the year, and we are looking at openings in the Residents Association Executive Committee and one Board of Director's seat starting January 1, 2027. **Margie McEnery** is the Nominating Committee Chair. If you are interested in being considered, please let her know. The Residents Association has the following positions: Chair, Vice Chair, Secretary, Treasurer, and Assistant Treasurer. We are not yet sure which positions will be open, but if you are interested in being more involved in the inner workings of Hillcrest, please let us know. Margie's email address is [margaret.fieweger@csun.edu](mailto:margaret.fieweger@csun.edu)

See you on the 13<sup>th</sup>!

# Associations & Committees



## Social Activities Committee

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

### SAVE THE DATES – NEW EXPERIENCES

The residents' Social Activity Committee has been busy planning new Events and Travel.

#### **Saturday, August 1<sup>st</sup> 5:00 – 8:00 p.m.**

The next ***Mingle and Munch*** event “**Rock Around the Clock Sock Hop**” is coming! Join us Saturday evening August 1<sup>st</sup>. Groovy Tunes will perform live with your favorite songs from the days of poodle skirts and blue suede shoes. Watch for our flyer with more details. No cost and plenty to eat and drink! RSVPs required. **Call Sarah Trujillo, ext. 4111**

#### **Thursday, September 24<sup>th</sup>, all day**

Our next charter bus excursion will be a ***Southern California Beach Day!*** Join our adventure to Corona del Mar where we will visit the amazing Roger's Gardens for a couple of hours and then head to a close-by beach, with grass, ocean breeze, and a picnic. Roger's Gardens has several specialty areas where you can enjoy amazing flowers, garden décor, patio furniture if you want to rest, and a unique large Gift Shop. Plenty of benches, and all very walkable. Then on to the beach to enjoy the sound of waves, watch the bikes go past on the bike path, dunk your feet in the ocean, and have a picnic. These excursions fill up fast, so mark your calendars to sign up beginning September 1<sup>st</sup>. The bus will drop us off very close to the picnic tables where walking is very level and accommodates walkers. Watch for the reasonable cost for this excursion with more details coming soon.

#### **Wednesday, July 1<sup>st</sup>, 6:30 – 8:30 p.m. in the Café**

Every first Wednesday of each month, we have a drop-in ***Bunco Night!*** You would wonder what all the laughter and cheering is about if you walked past the Café! Bunco is a game that all can play and players move from table to table after each game. Treats and drinks are shared. It's just about a perfect fun evening. Come join us!

Remember that the Café and Welcome Room are available for your enjoyment until 7:30 p.m. every day! A great place to enjoy a glass of wine after dinner, watch the Big Screen TV with friends or for Sports, Movies, etc., read your book, put together a puzzle, or play your own games with your group. Games are furnished in the game cabinet under the TV. Enjoy these newly updated rooms – they are for us to use.

# Associations & Committees



## ***“Toil and Trouble”: A Library Endeavor***

By Roger Westman

To help keep you up to date on Hillcrest Library happenings, some reading that might interest you...

### ***“Chekov A. Liszt: A Biography”*** by Anne VanTorrey

Throughout the month of June, members of the Hillcrest Library Committee conducted a long-overdue inventory of our collection of books. Some years ago, a spreadsheet containing a list of all our books was uploaded into a newly-acquired database, which is still in use today. The database, however, has not always kept up with the pace of our ever-changing collection as it has evolved over the years.

To correct this, the Library Team went shelf by shelf, book by book, checking each title against the database. Hundreds of corrections were made! This was also a perfect time to check each book’s activity; that is, how frequently is the book checked out? Books that have not been checked out for a number of years have been removed from the shelf (and the database) and forwarded on to one of our distribution conduits.

By clearing our shelves of books that are not seeing activity, we are making room for new books coming in to our collection. You may be interested to learn that more than 200 books have been added in just the first 5 months of this year! By year’s end we will likely surpass 500! This “culling” effort, as the Library Team calls it, is a vital process that keeps our library collection fresh and relevant! We will periodically repeat this procedure as needed.

This combined inventory/culling project helped reveal many interesting anomalies. For example:

### ***“The Mystery of the Lost Book”*** by Hugh Dunitz

Prior to last month’s inventory, several dozen books had been identified as “lost”: not on the shelf, and not checked out. The Library Team has now uncovered more than 50 *additional* titles that cannot be accounted for! Where *are* all these books? That remains a mystery!

As you know—or should know—Hillcrest’s Library is a lending library. That is, patrons are invited to *borrow* books, with the expectation that they are properly checked out (so we know where the book is), and then returned to the library after reading. **(Continued on next page...)**

# Associations & Committees



We believe that in many cases, patrons take a book without checking it out, and either forget to return it or, perhaps, simply wish to keep it. Some of these “lost” books may eventually find their way back to the library. Others, sadly, we may never see again.

Could it be possible that a resident takes a book with the thought, “Well, why *not* take this book? After all, I am paying for it through my monthly Hillcrest fee.” Would it surprise you to learn that not one dollar from your monthly fee goes to the Library? How then, does the Library acquire all those new books mentioned above?? Where does the money come from? Well...

## ***“Cents and Sensibility”*** by M. T. Banks

In 2025, more than 75% of the 450+ books added to the Hillcrest Library were donated. The remaining 25% were purchased with funds that were either donated from generous Library patrons and friends of the Library, or monies that were raised by the Library Team. So far this year, the percentage of purchased books is increasing, thanks to growing generosity!

In order to supplement the monetary donations that feed the Library’s book-buying “treasury”, the Team procures dollars through periodic book sales (watch for our next one this Fall!). Additionally, we have successfully sold several books either on eBay, to a local bookstore, or to a BuyBack program that we participate in. These sources of revenue have added many hundreds of dollars to our treasury!

A couple of months ago, a *Happenings* article told you about a “Book Suggestion” form that is available to you in the Library. This is your chance to offer up recommendations for titles to be considered for purchase. And...a very important element on that form is a check box that gives you the option to cover the cost of the book(s) you are requesting. What a great opportunity for you to be a part of your Library’s growth!

## ***“The Calm After the Storm”*** by I. M. Tired

I like to think that the many hours the Library Team spent on what turned out to be a pretty large project, has resulted in a far cleaner, more up-to-date inventory of our collection of books. It also revealed important data the Team will use going forward as we monitor and manage Hillcrest’s collection.

Enjoy the Library! Take advantage of this wonderful Hillcrest amenity!

# Associations & Committees

## Thumbs Up/Thumbs Down *Theo of Golden*

*Theo of Golden*, written by Allen Levi, is a self-published novel that became a *New York Times* bestseller. Theo, an elderly Portuguese man, arrives in the small, fictional town of Golden, Georgia. He begins to purchase pencil portraits of townspeople displayed at a local coffee shop to give back to the subjects. As Theo tracks down the 92 people portrayed, he becomes beloved in the community, we discover mysteries about his past, and he changes lives.

The book springs from events in Levi's life. A coffee shop in Georgia displayed 92 pencil sketches, and Levi—a former attorney and judge—bought several and wondered about the subjects' stories. He wrote the book while processing the death of his brother, Gary, from a brain tumor. The author says Theo's gentle, saintly, and deeply loving character is heavily based on Gary's personality.

### Thumbs Up!

By Marty Hartford

If you like uplifting stories about human kindness, with well drawn characters that you grow to care about, you need to read this book. I had never heard of it before I read it for my bookclub. I had recently finished a couple of books about war, devastation and suffering. With that, and with the terrible events going on in our world today, I knew I was in need of a break! Then along came Theo with his kindness and compassion. He was just the right antidote; a complete palate cleanser!

Theo is a curious elderly man who arrives as a newcomer in the very charming southern town of Golden, Georgia. He begins a series of anonymous acts of generosity. There is definitely an air of mystery about him. As he interacts with his new neighbors and friends, they wonder “Why did he come here?” and “Why is he doing this?”

The catalyst for his benevolent actions begins when he visits a coffee shop filled with striking pencil portraits of local citizens. As he studies them, he gets a strong feeling about each individual portrait and sees clues about the person from their expressions. The artist has captured their spirits and their inner feelings with his formidable skill. Theo is immediately drawn in. When he starts systematically buying up the portraits, it sets off a chain of events that eventually change the town. One by one he meets with the individuals portrayed, intending to gift them their portraits. He coaxes out their personal stories. And what stories they are!!

Along with Theo, you will get to know and understand each character very well. They have plenty of issues, many of which are social problems very relatable to us. I still think about Ellen, the obnoxious, mentally ill homeless woman shunned by most everyone in Golden. She too will be affected in a positive way. (Perhaps you will think about the characters in Golden long after you read the book. Isn't that one of the signs of a terrific read)?

(Continued on next page... )

# Associations & Committees

In case you think that this story sounds sappy and too syrupy sweet, it isn't. Like any community, Golden has it's snakes in the grass. One group is especially vicious and shows up to ruin everything, causing plenty of hardship and pain for all. The tragedy that follows will in part solve the mystery of who Theo is and where he comes from. As to why Theo chose to settle in Golden, that secret still remains hidden. Only you and a few chosen characters will learn all. I can say though, that Theo of Golden has a satisfying ending. Love will triumph.

Allen Levi never imagined the degree of success that his book would achieve. I am so impressed that he published it himself without the promotions and hype of corporate America. Just person to person, word of mouth sharing of a heartfelt experience propelled it to the top. Don't miss it!

## Thumbs Down!

By Karen Lind

I couldn't wait to read *Theo of Golden*—it was highly recommended by people I trust, it was a NYTimes best seller, and it had the longest wait list I'd ever run into: 1,500 people were ahead of me at the LA County Library.

And then--I didn't like it.

The plot: One of my friends called it "too Hallmark." The plot was repetitive and predictable, the tone was syrupy, there was too little conflict or tension to draw me into the story.

The language: The book was heavy on description. Instead of action, or dialogue, or thoughts, we got a lot of, not particularly fresh, description. The pace dragged.

The characters: The characters didn't round off the page to become people. Because their dialogue was somewhat wooden and their actions were limited, the characters remained thin and monochromatic. Theo, in particular, was too saint-like to be real.

The messages: Terminology used for immigrants and dialogue used for Black characters could be considered offensive; the book had a strong Christian moral tone, which some readers found heavy handed; Theo came across to some as patriarchal and entitled.

Conclusion: Theo of Golden turns out to be one of the most polarizing books I've read. Literally millions of people found it deeply meaningful and inspiring. But almost as many felt as I did: I found it tedious. I wanted to read something more challenging—something with more dimension that gave me more to think about.

Read it yourself and draw your own conclusions—then let us know in the Hillcrest Library. We'd like to know how you weigh in.

# Associations & Committees

## Landscape Committee

By Vaughan Inman

### Plant of the Month: Santa Cruz Island Ironwood

Recently, the Hillcrest Library featured books that inspired movies. So why not plant selections inspired by a book? In his recently published mystery, *Ironwood*, Michael Connelly describes the Catalina Ironwood (*Lyonothamnus floribundus ssp. Asplenifolius*), a tree found only on Catalina Island. This tree often is found in groves in which each specimen is linked by roots to the other (clones) in the grove. There are only about 110 groves on the island, although archeologic evidence shows that the Catalina Island Ironwood and its close relative, the Santa Cruz Island Ironwood (*Lyonothamnus floribundus ssp. aspleniifolius*) once were dispersed widely on the California mainland.

The Santa Cruz Island Ironwood can be found on five of the Channel Islands and in some nurseries on the mainland. The main difference between the two ironwoods is in their leaves.

The Santa Cruz Island Ironwood has pinnately compound dark green fern-like leaves whereas the Catalina Island Ironwood has single leaves that are dark green on top and a lighter shade underneath. Both trees have peeling reddish-gray to brown bark. Both can reach up to 50 feet in height and 15 to 25 feet in width. Both have woolly white flowers. They grow mainly on north facing slopes. They are drought tolerant. They take advantage of fog to create a drip that increases soil moisture.



# Birthdays, Anniversaries, & Menus

Reservations at (909) 392-4140

## 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)

## **HAPPY 250<sup>4<sup>th</sup></sup> Of July**

Saturday, July 4 11:00 a.m.—1:30 p.m.

### Salad

Potato Salad  
Red White & Blue  
Watermelon Strawberry Feta Salad

### Entrée

BBQ Pork Spareribs  
&  
Build your own Dogs & Brats  
Including Plant Based Brats

### Starch

BBQ Baked Beans

### Vegetables

Buttered Corn on The Cob  
&  
Mixed Grilled Vegetables  
Corn Bread with Honey Butter

### Dessert

Apple Pie  
Root Beer Float Bar

## July Birthdays

|                    |      |
|--------------------|------|
| Barbara Forgey     | 7/2  |
| Dot Hess           | 7/2  |
| Kimberly Westman   | 7/2  |
| Karen Greer        | 7/3  |
| Harriett Hartshorn | 7/5  |
| Roger Westman      | 7/5  |
| Bernice Russi      | 7/6  |
| Dorsey Caldwell    | 7/8  |
| Sheila Hunt        | 7/8  |
| Debbie Tausch      | 7/8  |
| Mickey Kommel      | 7/11 |
| Rita Dixon         | 7/13 |
| Gloria Cortez      | 7/14 |
| Louis LeBrun       | 7/14 |
| James Milhon       | 7/16 |
| Eleanor Marshall   | 7/17 |
| Gladys Zalvidar    | 7/18 |
| Gwen Ogle          | 7/19 |
| Linda Hart         | 7/23 |
| Jack Russi         | 7/26 |
| Liz Gilson         | 7/26 |
| Terrie Carmichael  | 7/29 |
| Don McLain         | 7/30 |
| Joanne Vagnozzi    | 7/30 |
| Marjorie Dolinski  | 7/31 |

## July Anniversaries

|                         |      |
|-------------------------|------|
| Sheldon & Diane Halpern | 7/2  |
| Bob & Nancy Sassaman    | 7/18 |
| Paul & Judy Kearns      | 7/20 |
| Don & Aletha McLain     | 7/28 |

# Creative Corner

## +++ SUMMER DAYS SCHEDULE +++



### ... COOL ...

... Daybreak dawning ...  
... Dew on coarse-whisker grass ...  
... Bird families finding food ...

### ... WARM ...

... Nature tuned to the temperature ...  
.. Flowers nod good-day to winged visitors ..  
... Expectant earth yawns, waiting ...

### ... HOT ...

... Bright flower petals drink in the sun ...  
... Tiny creatures share the shade ...  
... Entire sky radiates the warmth ...

### ... COOL ...

... Fresh breezes brush the trees ...  
... Sunlight lingers, enjoying the view ...  
... Shadows lengthen, stretching into night ...



### ... REPEAT ...

-- -- Cecilia Stephens

## \*\*\* THE FOURTH OF JULY \*\*\*

**I LOVE** the 4th of July --  
Picnics, flags and apple pie,  
A hearty barbecue in the shade  
After a patriotic parade.



**I LOVE** the 4th of July --  
Brilliant fireworks in the sky,  
Celebrating freedom across the land,  
Beloved country -- strike up the band!

**WE ALL LOVE** the fourth of July --  
Raise the stars and stripes up high.  
Freedom was won for me and for you.  
Display and salute the red, white and blue!

-- Cecilia Stephens

## >>> TRUST IN THE LORD <<<

Is there a hill in your life  
That you're trying to climb?  
Put your trust in the Lord ---  
A little prayer will do it.

Is there a bump in the road  
That's taking up your time?  
Put your trust in the Lord ---  
He will see you through it.

Is there a bend in the path  
That you can't see around?  
Put your trust in the Lord ---  
He will be your guide.

Is there a pain in your heart  
That's weighing you down?  
Put your trust in the Lord ---  
He will walk by your side.

-- -- Cecilia Stephens

## <<< MURDER ON MY MIND >>>

O.K., you pesky insect,  
You've bothered me  
for the last time  
You buzz all around  
and land out of reach --  
Today your life is on the line!  
What is your purpose in life anyway?  
To annoy every person you find?  
If I could zap you into oblivion!  
it would make my day  
and give me peace of mind!

-- -- Cecilia Stephens

# Creative Corner

## Generations

My two neighbors are always there,  
to watch when I leave in the morning

And when I arrive home at night.  
Simply curious, simply old.

They don't speak: finding comfort  
in each other's presence.

Archaic figures, like old masters  
with ancient sources, having stashed away

memories, knickknacks in commemorative  
rooms.

He's a tiny man with gloved hands.

You see him painting the wooden fence.  
Gray eyes like the sea

contrast his wife's which flicker  
like a candle. Her eyes—the deepest blue,

as if the sky were captured in them.  
In a crossword puzzle of time and place,

they sit on their porch this sultry evening.  
I wave to them—across the generations

— rick thielo



## Encounter On Bainbridge Island

I stop the car on a dirt road.  
A stag stares back, eyes mute-deep,  
giving nothing. A still frame.  
A moment to hope for.

We wait: just the two of us.  
I, in my car, the deer not ten feet off  
chewing boysenberry vines,  
watching, poised for a threat I refuse.

Now the stag shifts to life  
bends his neck to windfall.  
Can he sense I'm holding my breath?

Each movement details the landscape:  
braided gray fences, perennial reach of weeds.

He moves away, heavy with grace.  
Sycamore leaves dance across the road.

- rick thielo



# Creative Corner

## The Strength of Beauty

The strength of beauty  
pulls quick attention from the heart,  
attracts the eyes and arms  
to that which stands apart.  
Beauty it takes, our love to actuate  
to awaken fond desire and first love,  
draw out and show us what we wish or wait for,  
create intensity, a sigh and sudden spark,  
remake us in ourselves creatively  
more than ever we thought we were before.  
She assembles poems from weary words,  
governs a room with a touch or smile,  
strikes givingly with sweet surprise  
even when familiar and well-known.  
Power and loveliness, delicacy and delight,  
intensity, joy, simplicity, made one.  
Instills a yearning that won't easy quit;  
insists on rare relation core to core.  
With power and captivation both,  
she awards herself to brain and senses,  
painted or poetically presented:  
snow on mountains, flowers near a path!  
The strength of beauty needs no proof or test;  
she can last forever, never stop to rest!

— Bob Doud

## The Common Good

For myself, but universal too  
concern of others, just like me,  
rebounds to me, never alone  
always connected, blessed by friends,  
hoping to hug all others in bonds  
of care and joy and faithful love.  
Unbounding bonds, defeating  
hunger, thirst and homelessness,  
sadness, blight and emptiness.  
Treating others as myself  
in the aggregate and congregate.  
Benevolence, care, philanthropy,  
fellow-feeling and community.  
Not me as better, nor me above,  
but bathed in generosity.  
Gentleness, grace and gratitude.  
Sentiment of warm benevolence  
as Hume so practically presumes it:  
habit of the heart and mind  
where citizens pitch in, and then  
conspire all to sympathize!

-- Bob Doud

# Spiritual Care

## July 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)

#### **July 12th**

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)

#### **July 1st**

12:00 p.m. – **Birthday Lunch with Chaplain Jana** (Mountain View Dining Room) See page 21

#### **July 8th**

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

### Thursdays

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

#### **July 14th**

1:00 p.m. – **Seasons of Change: A Conversation About What Comes Next** (Chapel)

### Fridays

Chaplain Jana's Day Off

### Saturdays

Chaplain Jana's Day Off

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

# Spiritual Care

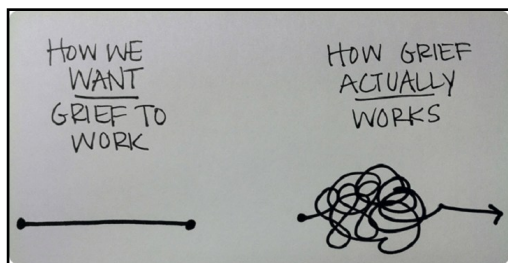
## Seasons of Change: A Conversation About What Comes Next

This season of life brings change of every kind — a new home, a new routine, the people and places we find ourselves missing. This hour with Chaplain Jana is a chance to sit together and talk honestly about how we move through it. We'll share a few reflections, listen to one another, and look at a gentle way of understanding change and loss that goes beyond the usual "stages of grief." Come for as much or as little as feels right.

**Date:** Tuesday, July 14th

**Time:** 1:00 p.m. — 2:00 p.m.

**Where:** Hillcrest Chapel



## Book Group: *The Art of Living*

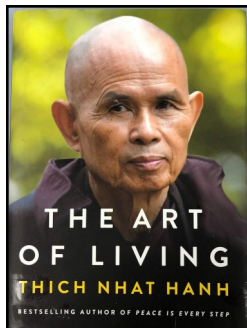
Looking for a space to pause, reflect, and connect? Join us as we begin reading *The Art of Living* by Thich Nhat Hanh.

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.

**Date:** Mondays

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

**Location:** Hillcrest Chapel

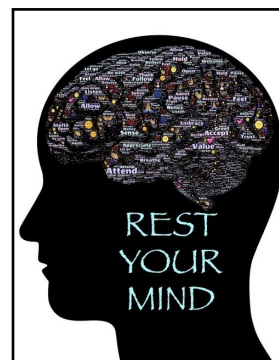


## Waking Up: Mindfulness Group

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

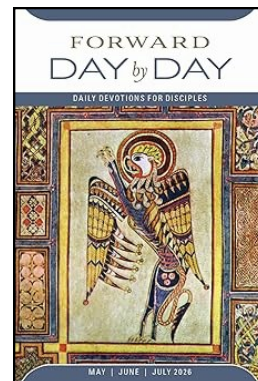
**Time:** 9:30 a.m.—10:30 p.m.

**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.





ARTIST OPENING RECEPTION

## Talking Textiles II An Intergenerational Conversation

FRIDAY, JULY 10TH AT 6:30 PM–8:00 PM

THE GALLERY AT HILLCREST

Join us for an inspiring evening where fabric becomes portraiture and stories are stitched into view. *Talking Textiles II*, created by fine artist Gary V. Lett in collaboration with The African American Museum of Beginnings and the Sirius Healthy Young Scholars Academy (SHYS), celebrates the transformative power of art, storytelling and learning across generations.

Inspired by the renowned Gee's Bend quilters of Alabama, whose handcrafted works reflect the rich cultural heritage of Americans of African descent, this year-long project brought together community elders and youths from the Pomona Valley. Working side by side through conversation, reflection and the "Each One Teach One" tradition, they created a remarkable collection of textile portraits that speak to history, identity and shared experience.

If you can't make the artist reception, *Talking Textiles II* will remain on display and available for viewing **Monday–Sunday from 8:30 AM–4:30 PM through September 25th, 2026**. Admission is free.

HILLCREST

**(909) 392-4111 | [LivingAtHillcrest.org](http://LivingAtHillcrest.org)**

2705 MOUNTAIN VIEW DRIVE — LA VERNE, CA 91750

DSS191501662 • COA #069

# 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    |
|------|-------------------------------------------------|----------------|---------|
| 7/1  | Birthday/Anniversary Lunch.....                 | MVDR .....     | Pg. 20* |
| 7/1  | "Nutrition for Better Sleep" .....              | GWBR .....     | Pg. 34  |
| 7/1  | Bunco.....                                      | Café .....     | Pg. 14  |
| 7/2  | Matinee: <i>13 Going on 30</i> .....            | MSL.....       | Pg. 33  |
| 7/3  | Keyboard Ensemble Patriotic Performance .....   | MH.....        | Pg. 34  |
| 7/4  | Independence Day .....                          | Various.....   | Pg. 42  |
| 7/6  | Book Review with Peggy .....                    | WR.....        | Pg. 34  |
| 7/6  | Brain Boost: RGM Session .....                  | MH.....        | Pg. 35  |
| 7/9  | Matinee: <i>Maybe I Do</i> .....                | MSL.....       | Pg. 33  |
| 7/10 | Dining Services Update .....                    | MSL.....       | Pg. 35  |
| 7/10 | Artist Reception .....                          | Gallery .....  | Pg. 26  |
| 7/13 | Resident Forum.....                             | MH.....        | Pg. 13  |
| 7/13 | Brain Boost: RGM Session .....                  | MH.....        | Pg. 35  |
| 7/14 | "Coffee with Keith" .....                       | Café .....     | Pg. 36  |
| 7/14 | "Seasons of Change..." .....                    | Chapel.....    | Pg. 25  |
| 7/15 | Wanderers Trip .....                            | Flagpole ..... | Pg. 37* |
| 7/16 | Travel Buddies Excursion.....                   | Flagpole ..... | Pg. 36* |
| 7/16 | Walker/Scooter Repair with Mike .....           | MSL.....       | Pg. 36  |
| 7/16 | Matinee: <i>Beach Party</i> .....               | MSL.....       | Pg. 33  |
| 7/22 | Out-to-Lunch Bunch .....                        | Flagpole ..... | Pg. 37* |
| 7/22 | Real Talk: "Caring Without Oversharing" .....   | MH.....        | Pg. 38  |
| 7/23 | Matinee: <i>Definitely Maybe</i> .....          | MSL.....       | Pg. 33  |
| 7/24 | The Social Spread .....                         | Café .....     | Pg. 38* |
| 7/24 | The Center Stage: <i>The Tap Chicks</i> .....   | MH.....        | Pg. 39  |
| 7/27 | Community Acupuncture .....                     | MSL.....       | Pg. 38  |
| 7/27 | Resident Portal & WorxHub Training.....         | GWBR .....     | Pg. 39* |
| 7/28 | "Coffee with Keith" .....                       | Café .....     | Pg. 36  |
| 7/29 | "Six-Word Memoirs" .....                        | MH.....        | Pg. 40* |
| 7/30 | Matinee: <i>The Magic of Belle Island</i> ..... | MSL.....       | Pg. 33  |

## AUGUST

|     |                                   |                |         |
|-----|-----------------------------------|----------------|---------|
| 8/1 | Bike Ride with Bob & Don .....    | MH Lobby ..... | Pg. 40  |
| 8/1 | Sock Hop Social .....             | Café .....     | Pg. 14* |
| 8/1 | Book Review with Anne Hogan ..... | WR.....        | Pg. 40  |

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

# Resident Life & Wellness

## IT'S NEVER TOO LATE TO SUPPORT YOUR BRAIN HEALTH

*By Ryan Harrison, Sr. Director of Wellness*

According to Drs. Dean and Ayesha Sherzai, directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center, **one of the most important messages emerging from modern Alzheimer's research is that the disease is not simply a matter of genetic fate.** While genetics certainly play a role, many factors that influence brain health are within our control. The Sherzais are careful not to offer false hope. No one can guarantee prevention, and some risk factors remain beyond our influence. However, research continues to show that **lifestyle choices can have a significant impact on brain health throughout life.**



One of the most important discoveries in Alzheimer's research is that the disease process often begins long before symptoms appear. The hallmark changes associated with Alzheimer's — amyloid beta plaques and tau protein tangles — can develop in the brain years, even decades, before memory loss becomes noticeable. While this finding highlights the importance of lifelong healthy habits, it also raises an important question: What if you're already older?

The answer is encouraging. Research suggests that **the brain remains capable of positive change throughout life.** Healthy habits adopted in our 60s, 70s, 80s, and beyond can still **support cognitive function, improve overall health, and help preserve independence and quality of life.** To make these strategies easier to remember, the Sherzais organize them into five pillars known as NEURO:

**Nutrition:** Following a brain-healthy eating pattern, such as the MIND Diet, emphasizes fruits, vegetables, whole grains, beans, nuts, and healthy fats.

**Exercise:** Regular physical activity improves blood flow to the brain and supports both physical and cognitive health.

**Unwind:** Managing stress through prayer, meditation, mindfulness, or relaxation practices can benefit both the mind and body.

**Restore:** Quality sleep gives the brain time to recover and perform essential maintenance.

**Optimize:** Managing conditions such as high blood pressure, diabetes, hearing loss, and social isolation can help protect long-term brain health.

Although no lifestyle strategy can eliminate the possibility of Alzheimer's disease, the research offers a hopeful message: It is never too late to invest in your brain. Every healthy choice you make today is an investment in your well-being, independence, and quality of life tomorrow.

# Resident Life & Wellness

## ENRICHING LIVES AT SOUTHWOODS LODGE, WOODS & CEDAR COURT

*By Kris Whyte, Lead Life Enrichment Coordinator*

At Southwoods Lodge, Woods, and Cedar Court, a variety of life enrichment opportunities are offered with themes that help meet residents' needs in each of the dimensions of wellness: Body, Mind, Spirit, Environment, Emotions, Relationships, and Pursuits. We are always happy to have visitors, guests and helping hands!

The walking club at Southwoods often stops at the south campus rose garden to select flowers to arrange for their dining tables. Pictured here (right) is a beautiful bouquet crafted by **Liz Gilson**.



Southwoods resident **Don Watson** is seen (left) watering the sunflowers he planted from seeds that his wife **Sheila Watson** contributed. He waters them daily at 11:30 a.m. and proudly announces once the last drip has dropped from the can: "And now my chores are done!"



"Flavors and Friends" is a new monthly gathering open to all residents on the third Monday of each month at 2:00 p.m.

Pictured at right are residents from Southwoods Lodge and Birch and Maple Courts enjoying snowcones and conversation.



On your marks, get set, go! And they're off! Residents are pictured at left enjoying a friendly horseracing competition (in the Woods/Cedar Court Activity Room) where chocolate is awarded to the winning "jockey."

If you'd like to discuss how you can share in these moments of joy, let's chat! I can be reached at (909) 392-4015 or by e-mail at [KWhyte@LivingatHillcrest.org](mailto:KWhyte@LivingatHillcrest.org).

Thank you!



# Resident Life & Wellness

## METRO ADVENTURES: RESIDENTS EXPLORE LOS ANGELES BY RAIL

*By Mary Burrows, Resident*

One of the goals of Hillcrest's "Travel Buddies" is to help residents discover new destinations and enjoy shared adventures throughout Southern California. Recently, some residents have begun creating their own Metro excursions, and we're delighted to share their experiences. We hope their stories inspire others to take advantage of this convenient and affordable transportation resource.

Residents **David Schneider** and **Steve Carmichael** recently used the Los Angeles Metro system to visit the Peterson Automotive Museum on Museum Row in Los Angeles. Their journey began at the La Verne/Fairplex Station, where they boarded the A Line to Union Station and transferred to the D Line along Wilshire Boulevard. Thanks to the D Line's recent extension, they were able to travel directly to the Wilshire/Fairfax station, just steps from the museum. David and Steve found the Peterson Automotive Museum fascinating, especially for anyone interested in rare, historic, and exotic automobiles. After exploring the exhibits and enjoying lunch, they returned to La Verne. The trip took about an hour and a half each way, and they noted that the Senior TAP Card made transportation remarkably affordable. By day's end, they were already looking forward to their next adventure. Their destination is one that Travel Buddies hopes to visit as a group in the near future.



Above: **Cheryl Zawicki** and **Elena Dungca** are all smiles after the personal attention provided for them to get their Senior TAP card on June 16, 2026, in West Covina.

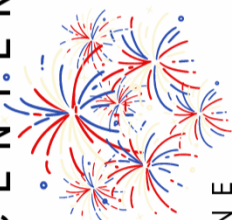
Resident **Karen Lind** has also become an enthusiastic Metro rider after taking several independent trips. After three round-trip outings, Karen describes herself as "a total fan of the Metro system." She highlights the inexpensive fares, frequent train service, easy transfers, helpful Metro employees, and convenient station parking. She also noted that traveling by Metro to the museum district was just as fast as traveling by chartered bus, without the challenges of city traffic or parking. Karen was especially impressed by the growing number of destinations accessible by rail, including Walt Disney Concert Hall, Union Station, Olvera Street, Chinatown, Little Tokyo, Universal Studios, Museum Row, Long Beach, and many other attractions throughout the region. She also shared a few realities of public transportation. At times, fellow passengers may be eating, talking loudly, playing music, or sleeping on the train. Cars can become less tidy later in the day, and seating is not always ideal for longer rides. Even so, Karen found the benefits far outweighed the inconveniences.

**Need a Senior TAP Card?** Residents who would like a Senior TAP Card can apply online at [taptogo.net](http://taptogo.net), schedule assistance with Jacquie Allen (extension 4352), or visit a transit provider in person. The closest location is in West Covina at 100 S. Vincent Avenue.

Whether you're joining a future Travel Buddies outing or planning an adventure of your own, the Metro system offers an affordable and convenient way to explore Southern California.



# AQUATIC AND FITNESS CENTER (AFC) JULY 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 Specialty Series: CogniFit <br>10:00am Sit and Be Fit (MSL)<br>10:30am Mat Pilates<br>2:00pm 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> | 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>1:00pm AquaFit (Pool)<br>2:30pm Gentle Stretch |

Classes in **bold** require a reservation.

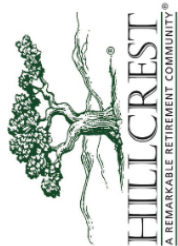
Reservations for Balance Training are made on Thursdays beginning at 1:00 pm for the following week. Call extension 4029

## 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 are located in the **Maury Smeltzer Lounge**

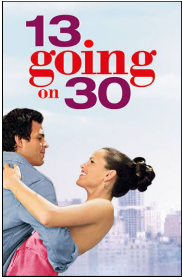
| SUNDAY                                                                                                                                                                                                                                                                                                                                                            | 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 2nd Sunday</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:00pm The Brainy Bunch*</p> <p>3:00pm Music Program</p> <p>* "Flavors &amp; Friends" every 3rd Monday at 2:00 p.m.</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>9:30am Stories with Sharon*</p> <p>10:00am Sit &amp; Be Fit</p> <p>2:00pm Thursday Matinee</p> <p>4:00pm Fun &amp; Games**</p> <p>* Every 1st and 3rd Thursday of the month</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

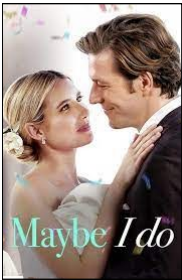
## THURSDAY AFTERNOON MOVIE SERIES

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



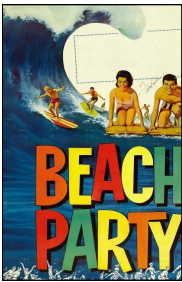
**7/2: 13 Going on 30** (2004 / PG-13 / 1h 38m)

A girl who's sick of the social strictures of junior high is transformed into a grownup overnight. In this feel-good fairy tale, teenager Jenna (Christa B. Allen) wants a boyfriend, and when she's unable to find one, she fantasizes about being a well-adjusted adult. Suddenly, her secret desire becomes a reality, and she is transformed into a 30-year-old (Jennifer Garner). But adulthood, with its own set of male-female challenges, isn't as easy as it looks.



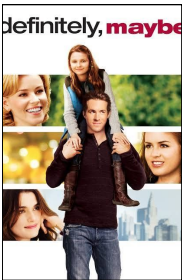
**7/9: Maybe I Do** (2023 / PG-13 / 1h 35m)

A romantic comedy about a couple, Michelle and Allen, who are considering marriage and decide to introduce their parents over dinner. Their plans are thrown into chaos when they discover that their parents share a surprising secret connection, forcing everyone to confront questions about love, commitment, and fidelity. Blending humor and heartfelt moments, the film explores whether past mistakes must define the future and whether every generation gets a chance at lasting love.



**7/16: Beach Party** (1963 / NR / 1h 41m)

Dolores (Annette Funicello) and Frankie (Frankie Avalon), attractive young surfers in Southern California, are just out for a good time. Their relaxed lifestyle fascinates Professor Sutwell (Bob Cummings), an anthropologist who decides to study the social lives of teens. A series of beach-themed films would follow the blueprint set by this one, which hinges on romantic rivalries, rugged motorcyclists, an attempted crime and plenty of handsome people.



**7/23: Definitely Maybe** (2008 / PG-13 / 1h 52m)

Will Hayes (Ryan Reynolds), a thirtysomething Manhattanite, is in the middle of divorce proceedings when his young daughter (Abigail Breslin) asks him about his life before marriage, including how he met and fell in love with her mother. Will flashes back to 1992 and recounts his romances with three women, changing their names so that his daughter must guess which one became his wife.



**7/30: The Magic of Belle Isle** (2008 / PG-13 / 1h 48m)

A retired and disabled writer moves to a remote village in an effort to regain his strength and passion for words. He soon meets a single mother with three children, and with their help and inspiration he rejuvenates his life and work.

# Resident Life & Wellness

## 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.



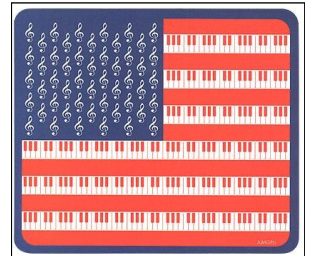
**Day:** Wednesday, July 1

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

**Location:** Galen Walker Board Room

## PATRIOTIC 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!



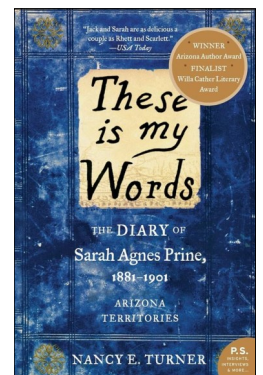
**Day:** Friday, July 3

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

**Location:** The Meeting House

## BOOK REVIEW WITH PEGGY

Join resident **Peggy Redman** for a review of the book *These Is My Words* by Nancy Turner. This historical novel is told through the diary of Sarah Agnes Prine, a young woman coming of age in the Arizona Territory in the late 1800s. Through her written entries, Sarah recounts her struggles with survival on the frontier, the hardships of loss and violence, and the slow shaping of her identity in a harsh but beautiful land. As she grows into adulthood, she experiences deep love, marriage, and motherhood, all while facing the realities of pioneer life and the constant tension between independence and connection.



**Day:** Monday, July 6

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

**Location:** Welcome Room

# Resident Life & Wellness

## **BRAIN BOOST SERIES: THE RONNIE GARDINER METHOD**

Join **Jill Stowell & Michelle Vergara** for two more sessions 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.)

**Days:** Mondays, July 6 & 13

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

**Location:** The Meeting House

**New Series!**

## **SPECIALTY SERIES: "COGNIFIT"**

"CogniFit" is a fun, new exercise class at the AFC that works both your body and your brain! Staying mentally active is just as important as staying physically active, and research shows that combining movement with cognitive activities can help keep the brain engaged and healthy. In CogniFit, you'll enjoy a 30-minute workout that blends light to moderate resistance exercises with brain-enriching activities. This unique combination, called "dual-tasking," is designed to support strength, memory, attention, mental sharpness, and everyday problem-solving skills – all while having fun and staying active. Join us for a workout that keeps both your muscles and your mind moving!



**Days:** Tuesdays, July 7 - August 25

**Time:** 9:30 - 10:00 a.m.

**Location:** AFC Studio

## **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, July 10

**Time:** 2:00 - 2:45 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, July 14 & 28

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

**Location:** The Café

## **EXCURSION: “TRAVEL BUDDIES BY METRO”**

The first outing for Hillcrest’s Travel Buddies will be a guided visit to historic Union Station and the Metro headquarters located within the station. Time will be available for a light snack or lunch, and resident Roger Westman plans to share insights into Union Station’s rich history and architecture. Space is limited to 15 participants, so be sure to RSVP as soon as possible to **Mary Burrows** (see below). Transportation will be provided between Hillcrest and the A Line station in La Verne. Participants should bring their Senior TAP card and a credit card for any food or beverages they wish to purchase.



**Days:** Thursday, July 16

**Time:** 9:30 a.m. - 1:30 p.m. (approximate)

**Location:** Meet at the Flagpole

**RSVP:** To Mary Burrows (redhawkmb@verizon.net or ext. 4275)

## **WALKER/SCOOTER REPAIR**

He’s back! Friend of Hillcrest and walker/scooter repair magician, **Mike Helliesen**, will be back at Hillcrest to help address any issues you have with your mobility devices. Come to the Maury Smeltzer Lounge between 10:00 a.m. and Noon to have him look at your walker or scooter, and if possible, repair them right on the spot.



**Day:** Thursday, July 16

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

**Location:** Maury Smeltzer Lounge

# Resident Life & Wellness

## THIS MONTH'S EXCURSIONS

### Wanderers Trip

Ever wondered what happens behind the scenes when you shop on Amazon? Come take a fascinating behind the scenes look at **Amazon's Eastvale Fulfillment Center**, one of the most technologically advanced logistics hubs in the world. On a 1-hour docent guided tour, you will witness the incredible orchestration of human ingenuity, robotics and automation as millions of items are moved from warehouse shelves to sorting platforms at lightning speed. You'll see firsthand how your orders travel from a screen to your doorstep overnight in a marvel of modern engineering! On our way to our Amazon tour we will stop off at The Station in Eastvale for some award winning tacos at **Tacos Los Cholos**.



**Day:** Wednesday, July 15

**Time:** 10:30 a.m. - 4:00 p.m. (approximate)

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

**Fee:** Tour is Free + Lunch out of pocket

**Accessibility:** Walker-Friendly

**RSVP:** Call Jacque (ext. 4352) - Due by July 10

### Out-to-Lunch Bunch

Ontario Mills' **Rainforest Cafe** invites you to escape the everyday and dive into a thrilling safari for the senses in the heart of the Inland Empire. Our jungle-inspired menu is packed with crowd-pleasing favorites and tropical treats you're sure to go wild for, ending your adventure with our legendary, out-of-this-world Volcano dessert. Explore a vibrant rainforest atmosphere complete with cascading waterfalls, tropical rainstorms, trumpeting elephants, and playful gorillas all under one roof. It's more than a meal; it's a fun, family-friendly adventure.



**Day:** Wednesday, July 22

**Time:** 10:30 a.m. - 1:45 p.m. (approximate)

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

**Fee:** Out of pocket

**Accessibility:** Walker-Friendly

**RSVP:** Call Jacque (ext. 4352) - Due by July 20

# Resident Life & Wellness

## **REAL TALK: “CARING WITHOUT OVERSHARING”**

Join us for our next Real Talk session, “Caring Without Oversharing,” led by **Andrea Lopez**, Hillcrest’s Director of Risk & Compliance. In this practical and engaging conversation, Andrea will explore what HIPAA means in everyday life and how we can balance genuine human connection with responsible information sharing in a close-knit community. Through real-world examples and clear guidance, you'll gain a better understanding of how to protect privacy while keeping relationships warm, supportive, and authentic.



**Day:** Wednesday, July 22

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

**Location:** The Meeting House

## **“THE SOCIAL SPREAD”**

Join Dining Services for the next “Social Spread,” an elegant pre-dinner wine and cheese hour featuring a curated selection of wines and gourmet cheeses, followed by an optional themed dinner in the Dining Room at 5:00 p.m. Guests will also receive a bottle of wine and a small cheese platter to enjoy with dinner or take home (one per person or couple). Dinner reservations are required separately and will be coordinated by Lorene Thomas. Don’t miss this opportunity to sip, savor, and socialize. RSVP today!



**Day:** Friday, July 24

**Time:** 4:00 - 5:00 p.m.

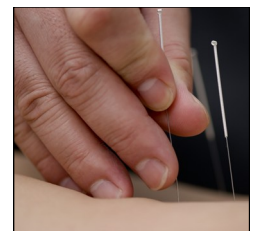
**Location:** The Café

**RSVP:** Call Lorene (ext. 4396) - Required; limited seats available!

**Cost:** \$20/person

## **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, July 27

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

**Location:** Maury Smeltzer Lounge

# Resident Life & Wellness

## ~ THE CENTER STAGE ~

Get ready for an unforgettable evening of rhythm, joy, and pure entertainment at our next Center Stage event, featuring the fabulous **Tap Chicks**! This high-energy, make-you-smile musical performance blends precision tap, playful choreography, and infectious musicality into a show that will have you tapping your toes in your seat. From classic favorites to surprise modern twists, the Tap Chicks bring a spark of nostalgia and a burst of fresh energy to every routine.



Plan to join us for the pre-show “Sipping Social” at 6:00 p.m. and enjoy a glass of wine or beer at our cash bar before we turn the spotlight on this dynamic group and celebrate the artistry, rhythm, and sheer fun of live performance. You won’t want to miss a beat!

**Day:** Friday, July 24

**Sipping Social:** 6:00 - 6:30 p.m.

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

**Location:** The Meeting House

## REORIENTATION: RESIDENT PORTAL & WORXHUB TRAINING

Every few months, we’ll hold a “reorientation” session, covering some of the aspects of life at Hillcrest that you need to know how to navigate. This month, we invite you to a special training session where you can learn how to place work orders and navigate the Resident Portal on Hillcrest’s website. This class has a cap of 15 attendees, so be sure to RSVP today! Please visit or call Karen Clobes, where you can sign up for an open slot.



**Day:** Monday July 27

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

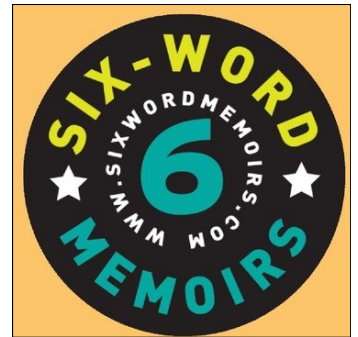
**Location:** Galen Walker Board Room

**RSVP:** Required! Please contact Karen Clobes (ext. 4362)

# Resident Life & Wellness

## "SIX-WORD MEMOIRS"

Join our **Marketing & Sales department** for "Six-Word Memoirs," a creative and engaging lunchtime event led by **Ryan Harrison**, our Wellness Director. Inspired by the popular storytelling movement, this experience invites you to reflect on your life, personality, wisdom, or sense of humor in just six words. Whether your memoir is heartfelt, funny, profound, or unexpected, you'll enjoy sharing stories, hearing others' perspectives, and discovering how much meaning can be packed into a few carefully chosen words. No writing experience is necessary, and lunch will be provided. Come for the food, stay for the stories, and leave with a new appreciation for the power of a well-crafted sentence.



**Day:** Wednesday, July 29

**Time:** 12:00 - 1:30 p.m.

**Location:** The Meeting House

**RSVP:** Call Sara Trujillo (ext. 4111)

**Next Month!**

## BIKE WITH BOB & DON!

Do you enjoy biking? Whether you ride a classic bike, an eBike, upright, or recumbent, you're invited to join residents **Bob Sassaman & Don Kurtz** for a group ride on Saturday, August 1st. The ride will begin outside the Meeting House Lobby and will take you around Puddingstone Lake before heading back to Hillcrest again for breakfast in the Dining Room. Come along for good exercise and even better company!



**Day:** Saturday, August 1

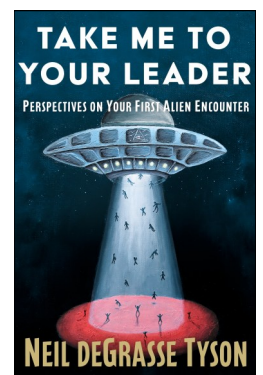
**Time:** 7:00 a.m. Departure

**Location:** Outside the Meeting House Lobby

**Next Month!**

## BOOK REVIEW WITH ANNE HOGAN

Are they here? Many people from all walks of life think so. If you have ever wondered why there are so many UFO sightings and government files, or just love movies about "creatures" from outer space, then *Take Me To Your Leader* by astrophysicist Neil DeGrasse Tyson is the book for you! Tyson offers an informed perspective that is both factual and fun. A bonus is some useful etiquette tips for your first "close encounter"!



**Day:** Monday, August 3

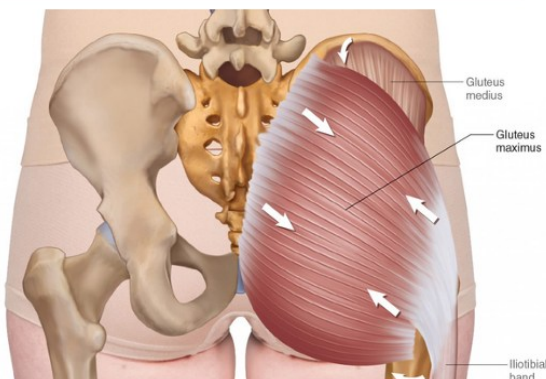
**Time:** 2:00 - 3:00 p.m.

**Location:** Welcome Room

# MEET YOUR MUSCLES

## GLUTEUS MAXIMUS

JULY 2026

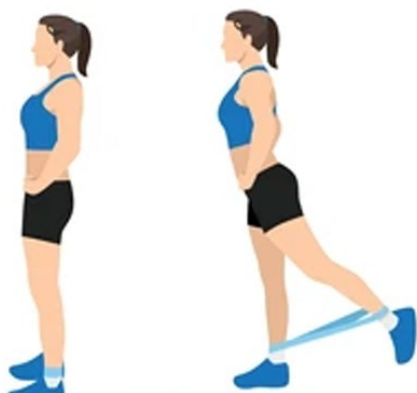


### WHAT IS IT?

Your glutes are made up of three muscles: the gluteus maximus, gluteus medius, and gluteus minimus.

The *gluteus maximus* is the largest and most powerful of the three. It is primarily responsible for **hip extension**, which means moving your leg backward. This movement is essential for standing up, climbing stairs, and walking.

The gluteus maximus also helps **stabilize the hips and support posture**, making it an important muscle for everyday movement.



### STRENGTH

- Stand tall and hold onto a stable surface for balance.
- Keep your leg straight and slowly lift it backward while staying upright – avoid leaning forward.
- Squeeze your glute at the top of the movement
- Return to the starting position with control.
- Repeat 10–15 times per side.

### STRETCH

- Sit tall on the ground or in a chair.
- Cross one leg fully over the other.
- Gently pull your knee toward your body – you can twist toward the bent knee for a deeper stretch.
- Hold for 20-30 seconds per side





# Happy INDEPENDENCE Day

Let's celebrate together with  
friends, food, & fun!

10:00 am

City Parade

Bonita Avenue

11:00 am

Barbeque Lunch

Shuffleboard Ct.

3:00 pm

Patriotic Sing-along

MSL

# The American Revolution

Match the clues to the words associated with the American Revolution.



- |                                                                |                    |
|----------------------------------------------------------------|--------------------|
| 1. Agreement that officially ended the war _____               | A. repeal          |
| 2. First battle of the American Revolution _____               | B. Arnold          |
| 3. Writer of the Declaration of Independence _____             | C. Washington      |
| 4. Where the Boston Tea Party occurred _____                   | D. Treaty of Paris |
| 5. Silversmith famous for his midnight ride _____              | E. pamphlet        |
| 6. Colonists who remained loyal to Britain _____               | F. minutemen       |
| 7. Common firearm used during the war _____                    | G. Griffin's Wharf |
| 8. Government levy on income or goods _____                    | H. taxation        |
| 9. Winter encampment of Washington's army _____                | I. Lexington       |
| 10. Colonial refusal to buy British goods _____                | J. Valley Forge    |
| 11. Small political booklet like <i>Common Sense</i> _____     | K. exports         |
| 12. General who became a famous traitor _____                  | L. boycott         |
| 13. Nickname for British soldiers _____                        | M. musket          |
| 14. Commander of the Continental Army _____                    | N. Jefferson       |
| 15. Person who supported the American cause _____              | O. Redcoats        |
| 16. To revoke, cancel, or nullify _____                        | P. Loyalists       |
| 17. Goods that leave a country _____                           | Q. Patriot         |
| 18. Colonial militia ready to fight at a moment's notice _____ | R. Revere          |

| Sunday | Monday | Tuesday            | Wednesday       | Thursday | Friday | Saturday |
|--------|--------|--------------------|-----------------|----------|--------|----------|
|        |        |                    | 1<br>Canada Day | 2        | 3      | 4        |
| 5      | 6      | 7                  | 8               | 9        | 10     | 11       |
| 12     | 13     | 14<br>Bastille Day | 15              | 16       | 17     | 18       |
| 19     | 20     | 21                 | 22              | 23       | 24     | 25       |
| 26     | 27     | 28                 | 29              | 30       | 31<br> |          |