

***“October is the year’s perfect pause.
The month when the mundane mixes with magic.”***

~ Dani Dipirro



Announcements

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ATTENTION:

Submission Deadline for Next Edition

Tuesday, October 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*

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.)

⇒ Oct. 12, Oct. 26, Dec. 14 & 28

Dr. Williams, ENT

(1:00 p.m.)

No Appt. Necessary

⇒ Dec. 11

Christensen Hearing

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

No Appt. Necessary—First come, first served

⇒ Oct. 15, Nov. 19, Dec. 17

Hearing Life

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

No appointment necessary.

⇒ Oct. 13, Nov. 10, Dec. 8

Dr. Thomas Wise, Audiologist

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

⇒ Oct. 6, Nov. 3, Dec 1

Wanda Eurasquin, Hearing Specialist

(2:30—5:30 p.m.)

⇒ Oct. 28, Nov. 25, Dec. 23

Dr. Brian Alva, Optometrist

(9:00 a.m. to 2 p.m.)

⇒ Nov. 25

DATES TO REMEMBER—OCTOBER 2026

OCT 2 – NAME YOUR CAR DAY

OCT 5 – DO SOMETHING NICE DAY

OCT 8 – FLUFFERNUTTER DAY

OCT 10 – WALK TO A PARK DAY

OCT 12 – COLUMBUS DAY OR INDIGENOUS
PEOPLE DAY

OCT 15 – GROUCH DAY

OCT 14 – BE BALD AND BE FREE DAY

OCT 20 – CHICKEN AND WAFFLES DAY

OCT 23 – SWALLOWS DEPART FROM SAN JUAN
CAPISTRANO DAY

OCT 26 – PUMPKIN DAY

OCT 28 – FIRST RESPONDERS DAY

OCT 31 - HALLOWEEN

BOOKWORMS

THE NATURE OF FRAGILE THINGS

by Susan Meissner

Saturday, October 10, 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.



Robert Rubio

8/29/2026

Micki Antinone

9/20/2026

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

- ⇒ Sometimes we are left wondering what happened to our Hillcrest friends when we haven't seen them for a few days and can't contact them. There is a remedy for that situation. There is a form available at the front desk of the Meeting House upon which you can list all of the people you would like contacted when you "disappear"! It could be close friends, neighbors or neighborhood chairpersons. You can choose to disclose your whereabouts or your medical condition or both. Of course, this is voluntary, but it would be a relief for those who are trying to find you.
- ⇒ If you are having family visitors they can use the pool if they are over 6 years old (with supervision). They simply need to sign in at the desk. (Children have to be 16+ to use the spa.)
- ⇒ If you have special needs like oxygen or other electrical devices, you should be sure that Hillcrest knows about it in case of electrical failure, so that they can address the situation immediately. Also the buttons on our pendants and wrist bands are backed up by battery in case of an electrical outage. Good to know!
- ⇒ Once again I want to remind everyone that there are red and white cards called "Remarkable Every Day" which can be found by the front door of the Meeting House, in the Maury Smeltzer Lounge and at the desk in the Dining Room. The purpose of these cards is to give accolades to any associate or resident who you feel is deserving of one. We probably all should be using these cards more often, because there are many remarkable people working and serving at Hillcrest.

AAUW Fashion Show

SAVE THE DATE: OCTOBER 24, 2026

Everyone is invited to the AAUW (American Association of University Women) fund raising fashion show. It will be held right here in the Hillcrest Meeting House on October 24th at 11:00 a.m. The theme is "Brilliance in Bloom". The fashions will be provided by Aniche, a woman-owned boutique on Arrow Highway in San Dimas. Guests can look forward to door prizes, raffles, browsing the offerings of local vendors and a delicious lunch catered by Hillcrest.

The monies raised will support the scholarships given to several very deserving local young women who are entering college.

Reservations may be made by contacting **Barbara Forgey at (626) 347-3011** or any AAUW member. The price of reservations is \$55. The deadline for making reservations is October 18th.

We are looking forward to seeing you for a very enjoyable afternoon of fun and fashion on October 24th.



Announcements

Juanita's Gift Shop is Ready for Fall!

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

Come check out all the new fall and Halloween items.
Lots of spooky and fun items!

ALSO---visit the major clearance sale on October 16
and 17 in the Gift Shop during the Artisans' Fair.
Come and grab a bargain!



Annual Audit Presentation

Joel Brouwer, CFO, will present
Hillcrest's Annual Audit
for year ending June 30, 2026

Monday, October 12
at the Resident Forum
Meeting House @ 10 a.m.



Announcements

Resident Forum

Monday, October 12

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.

Don't Miss Hillcrest's Artisan Fair!

Friday, October 16th from 2 p.m. - 4 p.m.

Saturday, October 17th from 10 a.m. - 2 p.m.

Dress a Girl

Dress a Girl will be meeting in the Sewing Room from 9:00 a.m. to 11:00 a.m. on Saturday, October 3. We are still assembling dress kits with the hope to complete 100 dresses by the end of December, when we will consider whether or not to continue the program. No sewing skills needed. Everyone is welcome to join us.



Occupancy Snapshot

(as of 9/22/2026)

	Homes	Occupied		Reserved	
Residential Campus	180	177	98.3%	4	100.6%
Village Suites	10	10	100.0%	0	100.0%
Pinecrest	20	20	100.0%	0	100.0%
Maple Court	26	24	92.3%	0	92.3%
Birch Court	34	29	85.3%	0	85.3%
Cedar Court	14	12	85.7%	2	100.0%
SouthWoods Lodge	24	22	91.7%	1	95.8%

*Numbers may reflect internal transfers

Total RCFE **308** **294** **95.5%** **7** **97.7%**

Woods Health Services 59 40 67.8%

Therapies Available at Hillcrest

Don't forget! **Physical, Occupational and Speech Therapy** are available right here on Hillcrest's campus. Rehab Alliance has dedicated space in Woods Health Services and can also come to your home or help meet your therapy needs at the Aquatic & Fitness Center. In many cases, we can work directly with your insurance. Call us at ext. 4107 to find out more and to schedule an appointment.

Lab Days at Hillcrest

Lab Day Process & Information

- **When:** Tuesday mornings at 8:00 a.m. (starting in the Clinic, then moving to Assisted Living).
- **Sign-Up:** Service is first-come, first-served. A sign-up sheet is located on the table inside the Clinic door.
- **Orders & Paperwork:** Signed physician orders must be submitted to the Clinic in advance. We will review the paperwork to ensure the requested labs can be drawn on-site rather than requiring a visit to a specialty lab.
- **Insurance:** Please provide a copy of your insurance card. We will keep it attached to your lab paperwork at the Clinic until Tuesday morning.
- **Results:** Results may not automatically transfer to your ordering physician. If you cannot access your results through the patient portal, the Clinic staff will do our best to retrieve them and fax them to your doctor.

For any further questions, please feel free to contact the Clinic nurses at ext. 4284.

Administrative News

Interim CEO Update

Joel Brouwer



As I step into my role as Interim President and CEO, I want to begin by saying how honored I am to have the opportunity to serve Hillcrest in this new capacity.

I appreciated the opportunity to speak with many of you at Monday's Resident Forum. For those who were not able to attend, I wanted to share some of the thoughts I discussed there and a little more about how I am looking at the months ahead.

Senior living has been part of my life for a long time, and that experience has shaped how I think about leadership. It has shown me that a community like Hillcrest is built by people at every level and that the day-to-day work matters just as much as the big-picture decisions.

Since joining Hillcrest in 2023, I have seen firsthand how deeply our residents and team members care about this community. That care shows up in everyday conversations, in the way people support one another and in the pride people take in Hillcrest. It is one of our greatest strengths and something I want to build on as we look forward.

My focus in the months ahead is to provide steady leadership, listen and stay connected. I also want to build on our momentum, continue the important work already underway and make sure new needs are addressed as they arise. Clear, open communication will remain an important part of that work, especially as projects and priorities evolve.

That means continuing to address current safety, maintenance and infrastructure priorities while keeping residents informed about the work underway. It also means creating more opportunities for residents and team members to connect with leadership, ask questions and share ideas.

I want to hear what is working and where we can do better. You will see more opportunities for conversation and clearer ways to know whom to contact when you have a question.

Supporting our Hillcrest team is also an important priority. Our associates are a vital part of what makes this community what it is, and I want to make sure they feel informed and connected to the work ahead.

There is a great deal of positive work underway. The Gateway Neighborhood is moving forward, resident interest remains strong, new programs and communication tools are taking shape and our master planning work is helping us think carefully about the future.

I am fortunate to work alongside a strong leadership team. We are not only thinking about

(continued on next page...)

Administrative News

(CEO Update continued from previous page)

Hillcrest today. We are thinking about what this community should look and feel like 5, 10, 15 and even 20 years from now. That includes our residences, services, infrastructure, wellness offerings, continuum of care and the overall experience of living and working here.

The goal is not change for the sake of change. It is thoughtful progress.

We want to preserve what makes Hillcrest special while continuing to evolve in ways that create a resilient future, so that Hillcrest remains strong for the people who live here today and for those who will call it home in the years ahead.

I also hope you've had a chance to enjoy our new magazine, Elevate. It celebrates the many things that can make the years ahead richer: strong relationships, purpose, creativity, curiosity and taking good care of ourselves. We hope its stories inspire you to keep learning, connecting, and trying new things.

I look forward to working with all of you as we shape what comes next.

A Tax-Smart Way to Give: Qualified Charitable Distributions

Scott Snider, Director of Philanthropy

If you are 70½ or older and have an IRA, a **Qualified Charitable Distribution (QCD)** may be a simple and tax-smart way to support Hillcrest.

A QCD allows you to transfer funds directly from your traditional IRA to a qualified charitable organization, such as Hillcrest. The distribution can count toward your **Required Minimum Distribution (RMD)** while allowing you to support the causes that matter most to you.

For some donors, a QCD can offer an important tax advantage. Because the distribution goes directly from the IRA to the charity, it generally is **not included in your taxable income**, up to the applicable annual limit. This can be especially valuable for donors who do not itemize deductions or who want to reduce the amount of their taxable income.

Your gift can be directed to the **Benevolent Fund, Good Samaritan Fund, General Fund, or another Hillcrest purpose** that is meaningful to you. Whether you are helping provide financial assistance to residents in need or strengthening Hillcrest for the future, your IRA gift can make a meaningful difference.

Considering a QCD? Contact your IRA administrator or financial advisor to learn whether a QCD is right for you and to arrange a direct transfer to Hillcrest. To receive the intended tax treatment, the distribution must be made directly from the IRA to Hillcrest.

For more information about making a QCD gift to Hillcrest, please contact me at ext. 4326 or ssnider@livingathillcrest.org. We would be happy to help you explore this giving option.

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 Update – 2026

By Rita Dixon, Chair

Hello Hillcrest Residents,



I am glad to announce that our last Forum was so well attended, I am ordering more donut holes. We don't want to run out again – there was a potential mutiny after running out! Our thanks to Jack Meek, Board of Directors Chair, and Joel Brouwer, our new Interim CEO, for attending and sharing their goals and hope for the future.

Our next meeting, which is October 12 at 10 a.m., has another full agenda. Joel Brouwer will present the audit for Hillcrest which was just completed. Joel will give a recap of what the auditors reviewed and how they view our financials. We will hear from Andrea Lopez, Director of Risk Management and Compliance. Many of you may not know Andrea, but her job is a one that is in the background, and yet so essential to the running of the organization. We will hear reports about the Art Gallery, Sees Candy, the Holiday Toy Drive (is it that time already??). We will have a report on the Artisan Fair where you can buy holiday gifts, and perhaps another Accessibility Hillcrest presentation. These are just some of the agenda items, so come and enjoy your neighbors, some coffee and goodies.

The Residents Association (RA) is an organization which informs and advocates for every resident at Hillcrest. The RA Executive Committee has the following officers: Chair (Rita Dixon), Vice Chair (Judy Kearns), Secretary (Carol Beekman), Treasurer (Don Samuels) and Assistant Treasurer (Joe Cahill). A Nominating Committee is at work right now identifying residents who are willing to fill open positions on the Residents Association Committee and one open position on the Board of Directors. The residents vote on this slate each November. In order to be considered for positions, you may fill out a form (coming out in November) expressing your interest or letting the Chair know any time after the first of the year. We welcome your interest and engagement in the Residents Association.

Associations & Committees

Transportation Committee: We're On the Move!

By Ryan Harrison, Transportation Committee Member

Thank you, Hillcrest! When the Transportation Committee recently asked residents to complete a comprehensive survey about transportation needs, preferences, and priorities, you responded in a big way: 173 surveys were completed and returned. That tremendous response has given the committee a wealth of information to help guide our work.



And you told us quite a lot. **Medical transportation** emerged as the clearest priority with 86% of respondents identifying medical appointments as a current or anticipated transportation need, while more than 88% said medical transportation is a service they believe Hillcrest should provide. **Shopping and groceries** were another major transportation need, identified by more than 81% of respondents. The survey also helped us better understand where you need to go. **About 75% of respondents' farthest medical appointments are within 20 miles of Hillcrest**, with Pomona, Glendora, Rancho Cucamonga, Upland, Baldwin Park, and Fontana among the most frequently named destinations.

Perhaps most importantly, the survey helped identify where improvements could have the greatest impact. When you rated both the importance of transportation features and your satisfaction with Hillcrest's current performance, the largest gaps involved **being able to get a ride when needed, convenient hours, reliability, service area, and ease of scheduling**. You expressed much greater satisfaction with areas such as safety and friendly drivers.

We also learned that you are thinking ahead. While nearly two-thirds of respondents currently drive regularly, **many anticipate reducing or stopping driving in the years ahead**. More than 70% of those answering another question said a reliable, convenient Hillcrest transportation program could — or might — affect their decision about when to reduce driving.

So, what happens now? The Transportation Committee is carefully reviewing the findings and considering which improvements can be made relatively quickly, as well as what may require longer-term planning, additional resources, or new partnerships. We promised that your feedback would inform action, not simply another report sitting on a shelf. The wheels are turning and this rolling stone has no intention of gathering moss! Watch for future updates.

Associations & Committees

Landscape Committee

By Vaughan Inman

Plant of the Month: Desert Willow



Desert Willow (*Chilopsis linearis*) is a graceful, drought-tolerant flowering tree native to the Mojave Desert. Despite its name, this deciduous tree is not a willow; it is a member of the bignonia family.

- **Appearance:** Narrow, willow-like leaves and an airy, often multi-trunked canopy.
- **Flowers:** Fragrant, trumpet-shaped blooms in pink, lavender, white, or burgundy. It typically blooms from late spring through summer.
- **Size:** Up to 15–30 feet tall and wide under ideal conditions.
- **Growing conditions:** Thrives in full sun and heat in well-drained sandy or decomposed granite soil.
- **Wildlife value:** Flowers attract hummingbirds, bees, and other pollinators.

- **Landscape use:** Excellent as a specimen tree or for water-wise and native gardens

Associations & Committees

Fall Book Sale by Roger Westman

The Library Team's annual **Fall Book Sale** is approaching! Please take a look at the insert included with this issue of *Happenings*. We encourage to share this flyer with your family, friends, and acquaintances! Or, perhaps, you would be willing to post it at your church, grocery store, hairdresser, doctor's office...endless possibilities!



You may not need any books for your home—after all, you have a wonderful library close at hand—but consider these gently-used books as great gifts for your favorite people!

And, when you help spread the word about this event to non-residents, not only does this serve as a wonderful outreach to the community, it helps the Library Team secure revenue, which we use to purchase new books for our collection!

The Book Sale will be set up in the Welcome Room and this year's sale is being held in conjunction with the Arts & Craft Fair. The flyer insert indicates times that are simplified for display purposes. The detailed Book Sale schedule, however, extends a bit beyond the Fair, and is as follows:

Thursday October 15 – 11:00 a.m. – 3:00 p.m. (following the Shakeout!)

Friday October 16 – 9:00 a.m. – 4:00 p.m.

Saturday October 17 – 9:00 a.m. – 2:00 p.m.

Help Hillcrest by spreading the word about the weekend's events: the Arts & Craft Fair, the Gift Shop Clearance Sale, and, of course, the Book Sale! See you there!



Associations & Committees

Book Reviews

by Julie Kurtz



"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book." John Sinor. Oh, my! Do we have some good books to share this October, at our fine Hillcrest Library!!!

1. **Symphony of Secrets.** Brendan Slocumb. F. RP. Wow! If you appreciate a musical vibe, this novel with a large mystery and a little romance, comes in the context of fictional, noted composer, Frederic Delaney, and his brilliant, popular works of the 1920's and 30's. Where were his original compositions? Why did the Delaney Foundation keep them from the public? What were they hiding? And who or what was JoR??? Two intrepid doctoral music scholars are searching for the answers, but are blocked at every turn. Lots of arpeggios, E flat minors, octave transitions, diminished fifths and the like, until the truth comes out. Slocumb reveals New York's vibrant, yet gritty, music scene in the 1920's, with its Black style, Black musicians, White producers and White music agents. Intriguing!

2. **This Book Made Me Think of You.** Libby Page. F. RP. A delightful, sweet romance with lots of layers. A loving husband's death, his amazing legacy, the final gift to his widow, the pure joy of his gift, the bookseller who arranged it, the ensuing around-the-world adventures, the wrenching grief, the compassionate listener, the noble bystander, the relationships renewed and deepened, the misunderstandings (aren't there always misunderstandings in a romance??), "the resilience of the human spirit", with almost 50 recommendations of good books to read! and why!! Tender and romantic...I loved it!

3. **JFK, Public, Private, Secret.** J. Randy Taraborrelli. NF. RP. ... also wrote, **Jackie Public, Private, Secret.** Written in crisp, short chapters, even so, this bio gives a thorough study of JFK, from his family history to his final legacy. It covers an amazing amount of this president's heretofore unknown life inside Hyannis Port, the White House, and beyond. Fascinating. Revealing. An important look at an iconic personage. Brand new to our fine Library.

4. **Northwest Angle.** William Kent Krueger. F. PB. Krueger gives his best in this compelling mystery of "who dun it"??? and "why??? Introduced last month, but now I've read it and can personally recommend it. The beauty of the northwest lake area of Minnesota is shadowed by a once-a-century storm that leaves behind destruction and the reveal of death with no answer. Suspects abound... reasons are rife...but what is the real story? The characters are complex, each with stories of their own to manage; faith is questioned; a cast of supporting folks, among them Native Americans, and a precious infant, make the big story even more enticing. A good mystery, a good read!

You will find these, and more quality books in our fine Hillcrest Library. Don't forget that there are travel, memoirs, short stories, and others that entertain and bring new worlds to us. Check them out! You will enjoy them in our shortened, colorful days of Fall.

Associations & Committees

Access Hillcrest: Hearing

By Sheldon Halpern and Margie McEnery



Paul Simon's song, "Sound of Silence" states that "silence like a cancer grows." Those words apply to the difficulty that Hearing Challenged have when communicating. A show of hands at the September Forum proved that a large majority of Hillcrest Residents have hearing problems. This article will recap the Forum presentation by addressing how the rest of us can help the hearing challenged in interpersonal and group settings and how the Hearing Challenged can help themselves.

Here are helpful tips for those interacting with Hearing Challenged: look directly at the person; speak distinctly; slow down a little; don't raise your volume; don't drop your voice or swallow your words at sentence endings; rephrase; and put important messages in writing.

Here are helpful tips to improve communication in groups: reduce the size of groups; arrange chairs so that all can be seen; use reminder comments ("Speak loud enough so that everyone can hear."); pass a microphone around the group; summarize frequently; and provide written notes or minutes following the meeting. Selecting conversation spaces with good acoustics and good lighting and reducing background noise are also helpful.

The Hearing Challenged have responsibilities also: communicating their needs and explaining what helps them, being honest by never pretending to understand, and requesting rephrasing. They often compensate by nodding in assent, maintaining eye contact, talking over another because the speaker's voice is quiet, or turning their heads to their "good" ear. Compensation takes effort. During conversations Hearing Challenged scan faces, guess context, fill in words and ideas, and experience stress, especially if they are expected to respond.

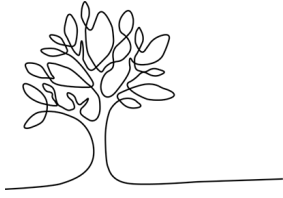
Fortunately, there are digital methods to help the Hearing Challenged. Two that have proved successful for Hillcrest residents follow:

Caption Call Phones are free phone sets, paid for by California, that replace a Hillcrest landline phone. A screen on the phone allows the user to read along in real time as the caller's words are displayed on the screen. The following phone number can be used for information about **Caption Call**: [1 877 557-2227](tel:18775572227). The Caption Call rep will come to your home, install it, and provide you with an explanatory booklet.

The Live Transcribe App can be downloaded on a cell phone and allows users to read multiple respondents' real time transcriptions during a meeting. The words of all speakers are differentiated when using the app. It has proven useful for small groups of 2-6 and is equally successful when used in the Hillcrest Board Room where 15 to 20 participate. The App can be obtained through the App Store. The basic version has an annual cost of \$79.99. Our Hillcrest IT team will help you with Caption Call and the Live Transcribe App.

Providing enhanced access for the Hearing Challenged is a caring gift that can be shared by all Hillcrest residents.

Associations & Committees



Social Activities Committee

Chair: Anita Chalmers

Secretary: Susan George

Treasurer: Pat Wyatt

OCTOBER SOCIAL FUN

Now that Fall is here with cooler days and evenings, you might want to get out a bit more. The Social Activities Committee invites you to consider:

Game Times, October 7th 6:30 – 8:00 p.m. and October 21st 6:30 - 8:00 p.m.

What are you doing Wednesday evenings? Come to the Café in the Meeting House to have a good time playing games while enjoying each other's company. The 1st Wednesday of each month (October 7th) we play Bunco, a dice game that makes sure you meet every person in the room! The 3rd Wednesday of each month (October 21st) we play Mexican Train Game using dominoes. Snacks are served. We're glad to teach you how to play!

Upcoming Excursion – Save the Date! December 17th !!!

The Newport Beach Boat Parade will put you in the Holiday Spirit! Our tour bus will leave the flagpole early afternoon and take you to an Early Dinner at a beautiful Newport Beach bay front restaurant. Then we will walk a short distance to our boat where we will step aboard and enter the awesome boat parade around the Harbor. Boats and homes are all decked out in holiday lighting with everyone showing love and excitement for the season. There's no better way to put you in the mood. Walker friendly.

This excursion is expected to sell out very quickly. Registration and \$125 fee is accepted between 11/1 – 11/10. Look in your November Happenings for the needed forms and flyer. Sign-up is a month early so mark your calendars so you don't miss out.

The September excursion to Corona del Mar where we visited Roger's Gardens and then picnicked at the Corona del Mar beach was so amazing. Roger's Gardens is just full of beautiful plants and other treasures and their Halloween decorations added lots of fun! Afterwards we spent some time at the beach. It seemed everyone had a great time!

We are planning 4 new Excursions for next year. They seem to be very popular and we appreciate your enthusiasm!

Remember that socializing is a very important contributor to our good health. If you have some good ideas and recommendations please let us know and we'll try to put it together. Even better, consider joining our Social Activities Committee when the annual Committee participation forms are passed out in a month or two. We can use your help, and think you'll find it very satisfying. What could be better than helping to make others happy?

A Reminder: 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

Travel Buddies

by Mary Burrows

Travel Buddies October 10th outing to the Natural History Museum

Our next outing will introduce the group to making a transfer from the A line to the E line. There is a short walk to the Museum of fewer than 200 steps.

General admission is \$14 for seniors, minus \$2 if you show your TAP card= \$12.

This price includes the dinosaur halls, the nature gardens, the gem and mineral hall, the visible vault (600 rare artifacts from the ancient Americas,) and Becoming Los Angeles (explore how people, place, and possibility helped create Los Angeles.) There is plenty to see with just the regular exhibits.

The current special exhibition is about orcas. The NHM website gives this summary of the exhibit: "A fin-tastic new exhibition at NHM Orcas: Our Shared Future invites you to explore the powerful connections between orcas, people, and the oceans we share. Through life-size orca replicas and dynamic installations, discover how these intelligent, family-centered animals live, communicate, and thrive. View captivating sculpture, masks, and prints by Indigenous artists of the Pacific Northwest Coast that honor the compelling relationships between orcas and Northwest Coast First Nations. Weaving together science and culture, the exhibition examines the complex lives of these fascinating animals."

Additional costs for specialty exhibits are

Orcas exhibit is \$15.

Butterfly Pavilion-- \$10

T. REX 3D Film at \$10.00

Oceans 3D: Our Blue Planet -- \$10

Dinosaur Encounters--\$10

Animals Alive!-- \$5



There are two cafes to pick up lunch. We will limit our participants to 10. We will carpool to the La Verne/Fairplex station; individual participants to arrange this among themselves. At the Museum, you will have about three hours to explore and have lunch. It is requested that you book by Tuesday, October 6th by calling **Mary Burrows** at ext. 4275 or sending an email to redhawkmb@verizon.

Creative Corner

THE HAUNTED HOUSE

By Sharon Wulfensmith

"Oooof. This thing is really heavy. Gimme me a hand, Sharon." My older brother, Roy 10, and I, only 9, pushed and shoved until we got the dusty old broken clothes dryer about ten inches away from the brick wall. Glad that the afternoon sun gave us some light, we saw that there was a hollow space behind, just big enough for each of us to squeeze through.

Our parents had told us many times to stay away from that abandoned big brick house on the corner of our street. They said it had been some sort of hospital, like a nursing facility. Well, that was like bait for us. How could we resist exploring an old boarded-up building that had been gutted by fire some years before? No harm in finding out what was inside.

We saw that the fire had damaged most everything. There were metal bed frames with tattered charred sheets still hanging down the sides. It looked like there were round tables here and there, some were broken up into pieces, and the doors from one room to the next hung precariously from old rusty hinges. The floor was all black from the fire, and as we carefully crept along some of the boards gave way, but luckily my brother and I didn't fall through.

"Let's go upstairs," said Roy.

"Sure, why not?"

The stairway had only been half destroyed, but the remains of stairs still protruded from the wall so we could hang onto the metal railing and climb up the stair stumps. Roy went first, and I followed. My heart was about to beat out of my chest, but I didn't dare admit to him how scared I was. On the second floor we emerged into what might have been a sitting room. Huge arm chairs and long sofas, all covered with white bed sheets. Not burned. Roy lifted a sheet and sat on a sofa.

"Nice," he said. "Care for a spot of tea?"

"Thank you, Sir," I replied, sitting next to him closely.

"I have an idea," Roy whispered. "Don't tell any of our neighborhood friends about this place. Promise?"

"Okay," I gave him a pinky-finger promise.

The next day, Roy invited his friend, Danny, to visit the *Haunted House*. From my place under one of the sheets on an over-stuffed chair, I could hear Roy explaining how he, *alone*, found this place, and that it was exciting to explore. As the boys got closer and closer, it was clear that Danny was quite scared. As he approached where I was hiding, I let out an ear-piercing shriek, and Danny screamed. As he fled, he managed to descend the stair stumps without breaking his neck and squeeze out through the hole in the outside wall.

Roy made sure that Danny was sworn to secrecy after that trauma, and he and Roy, one by one, brought more friends to the Haunted House, traumatizing each, before making them swear not to tell.

After about six kids in the neighborhood knew the secret of the house, we would go there to play. One day the police, trying to get in the main doors, arrived and yelled at us inside. One of the boys made a ruckus to distract the police and then all of the others squeezed out behind the clothes dryer and scurried in all directions. The police never caught any of us.

Creative Corner

<< HALLOWEEN >>

Children dressed
In costumes bright,
Excitedly cheerful
On a shivery night!

Will you be scared?
Neither will I !

Pumpkins orange
'neath an inky sky ,
With black cats poised
on a fence nearby.

Will you be scared ?
Neither will I !

Tales of witches,
perhaps some true,
Ghosts from graveyards
will appear anew . . .

Will you be scared ?
Well, maybe a little !!!

HAPPY HALLOWEEN !!

-- Cecilia Stephens



~~ AUTUMN THOUGHTS ~*~*

Let's see . . . We need

A time to put away the plow
And savor labor's fruits,
A time for certain chosen trees
To don their colored suits,
Longer nights after sunset's glow
And days a little cooler ...
All the earth will be content
And I will be its ruler ...
... thought Autumn.



-- -- Cecilia Stephens

-- + -- THRIFT STORE -- + --

A vast array of items
In every crowded nook.
Friends and neighbors come to buy
Or maybe just to "look".

There are things you hadn't wanted,
But now you've found a need --
Puzzles for your pleasure,
Or a gently-used book to read.

Furniture, crystal, kitchen things,
Shoes, or a card to send --
Look for something just for you
Or find one for a friend.

A Store full of treasures-in-waiting,
Clothes, lamps, pillows and dolls --
This is truly a shoppers' delight --
There is something special here for all !!

-- Cecilia Stephens

Creative Corner

Moods

Poets are in charge of moods;
Musicians create or change them.
Sour, dour, comic and lamenting
are kinds of temperament.
They are evanescent
and not to be trusted.
Even sad moods can be enjoyed.
Comedy entertains betimes,
while silliness disappoints.
Tragedy can be noble,
Sacrifice inspires.
Mere misery crushes spirits.
but happiness is a choice,
grief can be transcended,
Mood can be nasty or dark,
when not buoyant and elevating.
Thoughts can be dastardly,
sentiments kind!

Bob Doud// Nov. 17 / 2023

Happiness

It's something you make mostly
For somebody else. You get it
Not by seeking it, but as a
Side effect of living a life that
Has meaning and a good purpose.
Happiness is for givers and lovers,
Not for takers and misers.
It's not easily found by those
Who worry about it the most.
Of course, happiness means love
Means sharing, caring dearly,
For others near and far.
It comes into lives at times messy,
Magically wonderful, and complex,
And deliciously simple too.
My prayer is
That you will find it in one another
And, it is your prayer as well
Today—in this grace filled transition.

Bob Doud

Birthdays, Anniversaries, & Menus

October Birthdays

Janice Young	10/2
James Sano	10/2
Elaine Hughes	10/3
Roger Klinkhart	10/4
Larry Rhinehart	10/4
Judy Woodruff	10/5
Barbara Wells	10/7
Marja Williams	10/7
Carol Fishburn	10/9
Sharon Garrett	10/9
Margaret Huber	10/10
Jane Kwatcher	10/11
Marna Makau	10/11
Missy Walsh	10/12
Dan Lane	10/14
Ann Pratt	10/14
Elena Dungca	10/15
Lynn Richey	10/15
David Schneider	10/15
Adele Jaureguy	10/15
Susan George	10/16
Karen Lind	10/16
Elyse Mengle	10/16
Jerry Dixon	10/17
Robert Miller	10/17
Karen Stewart	10/17
Donald Waters	10/18
Paul Wood	10/19
Ann Doty	10/20
Karen Weed	10/20
Leila Hainline	10/22
Paul Held	10/23
Janine O'Connell	10/23
Harry Brull	10/24
Mary Ann Williams	10/25
Shirley Heckman	10/26
Judy Keedy	10/29

October Anniversaries

Kathy Beauchamp & Carol Fishburn	10/4
George Sehn & Fran Brunsell	10/11
William & Patricia Reed	10/11
Jay & Sandy Justus	10/14
Tim Brayton & Deb Waas	10/17

Dining Services Updates

Amber Mora, Director of Dining Services

We are excited to welcome Jeronimo Hemans to our team as our new Sous Chef! Jeronimo brings 10 years of culinary and hospitality experience, with much of his background coming from Modern Luxury Celebrity Cruise Line. Originally from Jamaica, Jeronimo is married and has two daughters. His wife also works in the hospitality industry, making hospitality a true part of their family. We are excited to have Jeronimo as part of the Hillcrest team!

We're Growing Our Leadership Team - We are currently hiring for an Assistant Director of Dining Services. This position will help support our Front-of-House operations, working closely with our Dining Room and catering teams to continue providing exceptional service and experiences to our residents.

Birthday & Anniversary Lunch

Wednesday, October 7th, Seating at 11:00 a.m.

Celebration begins at 12:00 p.m.

SOUP

LOBSTER BISQUE TOPPED WITH CRÈME FRAICHE

SALAD

WEDGE SALAD W/ CHOPPED BACON,
CHERRY TOMATO, RED ONION,
BLEU CHEESE CRUMBLES

MAIN

RED WINE BRAISED BEEF SHORT RIB
LEMON ARTICHOKE HALIBUT

ACCOMPANIMENTS

ROASTED ACORN SQUASH
ROASTED CARROTS
GRUYERE POMMES PUREE

DESSERT

RASPBERRY BIRTHDAY CAKE

Menus

Reservations at (909) 392-4140



Oktoberfest Buffet Menu

October 9th

4:30 p.m. - 6:30 p.m.

Residents- \$15 Guests-\$17

Starters

- Warm Bavarian pretzel bites
 - Beer-cheese dipping sauce
- Whole-grain mustard and sweet Bavarian mustard
- Cucumber-dill salad with red onion and sour cream dressing
- Mixed greens with apples, toasted walnuts, pickled onions and cider vinaigrette

Main Entrées

- Beer-braised bratwurst with caramelized onions
- Sauerbraten-style braised beef with rich onion gravy

Accompaniments

- Traditional warm German potato salad with bacon, onions and warm mustard vinaigrette
 - Braised red cabbage with apples
 - Traditional sauerkraut
 - Roasted seasonal vegetables

Dessert

- Warm apple strudel with vanilla sauce

Eat, Drink & Be Scary

BOO-FET!

October 30th 4:30 p.m. - 6:30 p.m.

Residents \$15 - Guests \$17

STARTERS

Wicked Little Mushrooms

Roasted mushroom caps filled with garlic, herbs, and Parmesan.

Devilishly Good Eggs

Classic deviled eggs with a sprinkle of paprika.

THE MAIN EVENT

Bat Wings

Chicken Wings

Mummy's Famous Meatloaf

Homestyle meatloaf dressed in savory tomato glaze.

Stuffed Jack-o'-Lantern Peppers

Roasted orange bell peppers filled with rice, black beans, diced tomatoes, topped with a savory tomato sauce, and melted cheese.

FRIGHTFULLY GOOD SIDES

Monster Mash

Roasted garlic mashed potatoes with brown gravy.

A Little Dark Magic

Charred Brussels sprouts with balsamic glaze and toasted hazelnuts.

Boo-tered Carrots

Tender carrots with a buttery brown sugar glaze.

Vampire-Proof Dinner Rolls

Warm rolls brushed with a little garlic butter.

NO TRICKS, JUST TREATS

Death by Chocolate

Dark chocolate cupcakes

Spiritual Care

October 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)

October 11th

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

November 1st

4:00 p.m. **A Service of Remembrance — All Saints' and All Souls' Day** (MSL) Come remember those we have loved and lost. Bring a picture, a few written words, or a name to post on our board of remembrances, and we will speak their names together. See the next page for more details.

Mondays

9:30 a.m. — **Waking Up: Mindfulness Session** (Chapel)
3:00 p.m. — **Book Group: *Beyond Anxiety***, by Martha Beck (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)
10:30 a.m. — **Ecumenical Communion Service** (Woods Activity Room)

October 7th

12:00 p.m. — **Birthday Lunch with Chaplain Jana** (Mountain View Dining Room) See page 20

October 14th

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

Chaplain Jana's Day Off
10:30 a.m. — **Lectio Divina** (Chapel)

Spiritual Care

A Great Cloud of Witnesses: All Saints' and All Souls' Day

As October ends and the light grows shorter, Christians around the world keep two ancient days of remembrance: All Saints' Day on November 1 and All Souls' Day on November 2. They sit side by side on the calendar and are often confused, but each carries its own meaning.

In the earliest centuries of the church, Christians gathered at the graves of martyrs to remember them. As the number of martyrs grew, a single feast for all of them took shape. Around 609, Pope Boniface IV rededicated the Pantheon in Rome to Mary and all the martyrs; in the eighth century, Pope Gregory III fixed November 1 for a chapel honoring all the saints, and in 837 the feast was extended to the whole Western church.

All Souls' is younger. Around 998, Abbot Odilo of the monastery at Cluny, in France, set November 2 aside to pray for all the faithful departed – not the famous saints, but everyone who had died in the faith. The custom gradually spread through Europe and was eventually adopted by the wider church.

The simplest way to characterize the difference between the two days is that All Saints' looks up, and All Souls' looks around. All Saints' celebrates the holy ones: the apostles and martyrs, the well-known saints, and the countless faithful whose names history never recorded. It is a day of thanksgiving for lives that showed what faith can look like. All Souls' remembers everyone else: parents and grandparents, spouses, friends, neighbors, the ordinary beloved dead. It is a quieter day, for prayer and for grief. Catholics pray for the souls of the departed; Anglicans, Lutherans, and many other Protestants keep it as a day of commemoration, often folding both days into the first Sunday of November, when the names of those who died in the past year are read aloud. In Mexican and Mexican-American communities, the same days are celebrated as Día de los Muertos, with altars, marigolds, and photographs of loved ones.

Why these days matter for Christians

At the heart of both days is the communion of saints: the belief that the living and the dead are bound in one community that death does not break. The Letter to the Hebrews calls those who have gone before us "so great a cloud of witnesses." These days remind us that we are not the first to walk this way, and we do not walk it alone.

Hillcrest will observe both days this year in two ways. In the Dining Room entrance, in collaboration with Chef Rick, we are building a Día de los Muertos altar, and residents are invited to bring memories to add to it (a copy of a photograph, a small keepsake, a name) starting on October 24th.

Then on Sunday, November 1, at 4:30 p.m. in the Maury Smeltzer Lounge, we will gather for a service of remembrance. Bring a picture, a few written words, or simply a name to post on our board of remembrances. If you are unable to attend, email Chaplain Jana (jmartin@livingathillcrest.org) the names you would like spoken aloud.

A Service of Remembrance:

All Saints' and All Souls' Day

Come remember those we have loved and lost. Bring a copy of a picture, a few written words, or a name to post on our board of remembrances, and we will speak their names aloud.

Sunday, November 1 • 4:00 p.m. • Maury Smeltzer Lounge

Can't attend? Email Chaplain Jana the names you'd like remembered aloud.

Día de los Muertos Ofrenda

In the Dining Room entrance, beginning October 24th, bring a copy of a photo, a written memory, or a keepsake to add to the altar. Email Chaplain Jana for more details.

(jmartin@livingathillcrest.org)



Proudly Presents

A new Exhibit by Artist June Berger

Open for Viewing, Monday, October 5

Salt and Light



Come see what happens when design, faith and fine art meet on canvas. Inspiration for June's work is the wisdom, promises and elegant language of Old and New Testament scripture. Show runs October 5 – December 29.

Meet the Artist Reception



Thursday, October 22nd at 6:30 PM – 8:00 PM

Enjoy wine and small bites while meeting the artist and exploring an exhibition designed to be beautiful, thought-provoking and inspiring.

**Gifts and products designed by June Berger are available in Hillcrest's Gift Store
Monday through Saturday, 11 am – 1:30 pm.**

Give the gift of art and inspiration this holiday season!

*All proceeds from the sales of June's art and gift items are being donated by the artist to
Hillcrest's Good Samaritan Fund and a small portion for the support of The Gallery at Hillcrest*



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
10/1	"Shared Journeys" Support Group	Chapel	Pg. 32^
10/1	Matinee: <i>The Intern</i>	MSL	Pg. 31
10/2	"Meet Joel Brouwer"	Café	Flyer**
10/2	New Resident Mixer	MH	Pg. 32*
10/3	"Dress a Girl" Project	Sewing RM	Pg. 32
10/5	Brain Fun: RGM Session	MH	Pg. 34^
10/5	Book Review with Peggy	WR	Pg. 33
10/6	Vaccination Clinic #1	MH	Pg. 33*
10/7	Birthday/Anniversary Lunch	MVDR	Pg. 20*
10/7	"Stress Management"	GWBR	Pg. 34
10/7	Bunco	Café	Pg. 15
10/8	"Heavenly Treasures" Pop-Up	MSL	Pg. 35
10/8	Matinee: <i>Book Club</i>	MSL	Pg. 31
10/9	Oktoberfest Block Party	Oakcrest	Pg. 35*
10/9	Dining Services Update	MSL	Pg. 35
10/9	Hillcrest Thespians Performances	MH	Pg. 36
10/12	Resident Forum	MH	Pg. 9
10/12	"Read Between the Wines"	WR	Pg. 36*
10/12	"Dare Mighty Things!"	MH	Pg. 36
10/13	Mandatory Resident Emergency Training	MH	Flyer
10/14	Medicare Drop-In Table	MH Lobby	Pg. 37
10/14	"Fall Recovery" Clinic	MH	Pg. 37
10/14	Hillcrest Teaching Kitchen	GWBR	Pg. 38*
10/14	LV City Council Candidate's Forum	MH	Pg. 38
10/15	The Great CA ShakeOut	Campus	Pg. 38
10/15	Matinee: <i>Willy Wonka & the Chocolate Factory</i> ...	MSL	Pg. 31
10/16	Hillcrest Artisan Fair	MH	Pg. 6
10/16	Drum Circle	Chapel	Pg. 39*
10/16	"Meet Joel Brouwer"	GWBR	Flyer**
10/17	Hillcrest Artisan Fair	MH	Pg. 6
10/19	"Medicare Insights: Part 1"	GWBR	Pg. 37
10/19	"Oral Histories Project" Kick-Off	MH	Pg. 39

(CONTINUED ON NEXT PAGE)

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

^The first of a series that meets more than once during the month; see associated page for details.

**Select Neighborhoods invited for this event; see associated page for details.

Resident Life & Wellness

MONTH-AT-A-GLANCE (CONTINUED)

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
10/20	1st Responders Appreciation Lunch	MH	Pg. 39
10/21	Wanderers Trip	Flagpole	Pg. 40*
10/21	"What Doctors Look For"	GWBR	Pg. 41
10/21	Mandatory Resident Emergency Training	MH	Flyer
10/21	Mexican Train	Café.....	Pg. 15
10/22	"Common Grounds" Social Gathering.....	PDR	Pg. 41
10/22	Matinee: <i>An American In Paris</i>	MSL.....	Pg. 31
10/22	Mandatory Resident Emergency Training (AL)	MSL.....	Flyer
10/22	Meet the Artist Gallery Reception	Gallery	Pg. 24
10/23	"The Hidden Power of Wellness in Theatre"	GWBR	Pg. 41
10/23	"Meet Joel Brouwer"	MSL.....	Flyer**
10/24	Fashion Show	MH	Pg. 4
10/26	Annual Health Fair.....	MH.....	Pg. 47
10/26	Community Acupuncture.....	MSL.....	Pg. 42
10/27	"Coffee with Keith"	Café.....	Pg. 42
10/27	Medicare Drop-In Table.....	MH Lobby.....	Pg. 37
10/27	"Hands-Only CPR"	GWBR	Pg. 43
10/27	Jewish Book Festival.....	MH.....	Pg. 43*
10/28	Out-to-Lunch Bunch	Flagpole	Pg. 40*
10/28	"Long-Term Care Insurance Jeopardy!"	GWBR	Pg. 43
10/29	Vaccination Clinic #2	MH.....	Pg. 33*
10/29	Walker/Scooter Repair	MSL.....	Pg. 44
10/29	Matinee: <i>Fountain of Youth</i>	MSL.....	Pg. 31
10/30	Spooky Social & Halloween Parade	MSL.....	Pg. 44
10/30	Halloween Concert.....	MH.....	Pg. 44
10/31	Bike Ride with Bob & Don	MH Lobby.....	Pg. 31

NOVEMBER

11/1	"Personal Gratitude Project"	N/A	Pg. 45*
11/2	Book Review with Anne	WR	Pg. 45
11/2	Hiking Interest Group	GWBR	Pg. 46
11/4	Dietitian Talk: "Savoring the Season..."	GWBR	Pg. 46
11/7	"Six-Word Memoir" Finale!	MH.....	Pg. 46*

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

^The first of a series that meets more than once during the month; see associated page for details.

**Select Neighborhoods invited for this event; see associated page for details.

Resident Life & Wellness

A PRESCRIPTION FOR A HEALTHIER BRAIN

By Dr. Ryan Harrison, Sr. Director of Wellness

When we think about protecting our brains as we age, it is tempting to look for one special food, supplement, medication, or mental exercise that might make the difference. But a growing body of research points in another direction: **Brain health appears to benefit most when several healthy habits work together.**



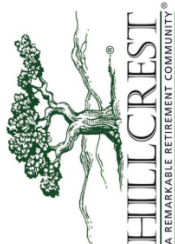
A major study called LatAm-FINGERS recently put that idea to the test. More than 1,000 adults ages 60 to 77 from 11 Latin American countries participated for two years. All were considered at increased risk for cognitive decline. Participants received guidance in several familiar areas: eating a brain-healthy diet, exercising, challenging the mind, staying socially connected, and managing cardiovascular risks such as high blood pressure. But there was an important difference. **One group received general advice and occasional meetings. The other received a much more structured program**, including supervised exercise, nutrition counseling, cognitive training, health monitoring, and regular group meetings.

Both groups improved on cognitive testing. But the people in the structured program improved about 55% faster each year than those receiving the more flexible approach. The greatest difference was seen in memory, with additional benefits in executive function and processing speed. That does not mean researchers have discovered a way to prevent dementia. The study lasted only two years and measured changes in cognitive performance, not whether participants eventually developed dementia. **Still, its message is encouraging, especially because the behaviors involved are things most of us can influence.**

Knowing what is good for us matters. Actually building those behaviors into our lives, with structure, support, and other people, may matter even more. So perhaps the best “brain exercise” is not one exercise at all. It is a pattern of living: **Move your body regularly, eat mostly whole plant foods, keep learning and trying new things, tend to your heart health, and stay connected to other people.**

And there may be something especially important in that last piece. Healthy aging does not have to be a solitary project. Walking with a friend, joining a class at the AFC, sharing a healthy MIND Diet meal, learning something new together, or simply showing up for one another can support several dimensions of wellbeing at once. Our brains, it seems, may thrive not on a single magic bullet, but on the accumulated power of consistent, connected, everyday choices.

(Adapted from: <https://www.thebraindocs.com/articles/latam-fingers-explained>)



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
	10:00am Sit & Be Fit	10:00am Sit & Be Fit	10:00am Sit & Be Fit	10:00am Sit & Be Fit	10:00am Sit & Be Fit	10:00am Sit & Be Fit
	2:00pm The Brainy Bunch	2:00pm Treat & Trivia*	2:00pm Dominoes or BINGO*	2:00pm Thursday Matinee	2:00pm Dice Games*	
4:00pm Vespers*	3:00pm Music Program	3:30pm Fun & Games	3:30pm Horse Racing	4:00pm Fun & Games**	3:30pm Activity Grab Bag**	3:30pm Board Games
* "Singspiration" every 2nd Sunday					* "Dining Services Update" followed by "Flavors & Friends" every 2nd Friday at 2:00 p.m.	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.
		* "Discover the Month" every 1st Tuesday at 2:00pm	* Resident Council every 2nd Wednesday at 2:00 p.m.	* Every 1st and 3rd Thursday of the month ** May be canceled due to the length of the weekly matinee	** "Creative Corner" at 2:00 p.m. every 4th Friday, followed by Dice Games.	

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.



AQUATIC AND FITNESS CENTER (AFC)

OCTOBER 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
Pool and Gym open.	8:30am Balance Training 3 9:30am Balance Training 2 10:00am Sit and Be Fit (MSL) 10:30am Balance Training 1	8:30am Chair Fitness 9:30am Specialty Series: Cardio Drumming 10:00am Sit and Be Fit (MSL) 10:30am Mat Pilates 2:00pm AquaFit: 45 mins (Pool)	8:30am Balance Training 3 9:30am Balance Training 2 10:00am Sit and Be Fit (MSL) 10:30am Balance Training 1	8:30am Chair Fitness 9:30am Chair Yoga 10:00am Sit and Be Fit (MSL) 10:30am AquaFit (Pool)	8:30am Balance Training 3 9:30am Balance Training 2 10:00am Sit and Be Fit (MSL) 10:30am Balance Training 1	9:30am Sit, Stand, Strength! 10:00am Sit and Be Fit (MSL) 1:00pm AquaFit: 45 mins (Pool) 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

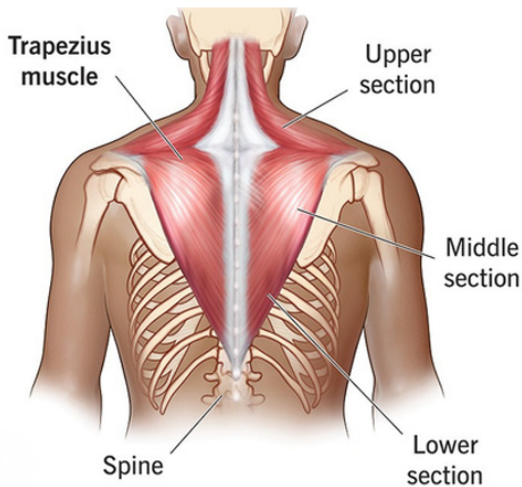
Please note that the daily schedule is subject to change, and be sure to consult your **Daily Agendas** for a confirmation of classes.



MEET YOUR MUSCLES

TRAPEZIUS

OCTOBER 2026



WHAT IS IT?

The *trapezius* are large muscles that attach to the spine, all the way from the base of the skull, across to the outside of the shoulder blades, and down to the middle of the back. They are so named because of the trapezoid shape they make (pictured here.) Commonly referred to as “traps” these muscles are split into upper traps, mid traps, and lower traps.

A common issue is overuse in the upper traps, which can cause neck and shoulder stiffness, pain, and even headaches. This can be addressed by stretching the upper traps, and strengthening the mid and lower traps.



STRENGTH

- Lie prone on a flat surface. Reach your arms over your head with your hands in a “thumbs up” position.
- Without lifting your head or arching your low back, raise your arms up from the shoulder joint. Think of the “thumbs up” reaching for the ceiling.
- Hold for 10 seconds. Rest, and repeat 5 times.

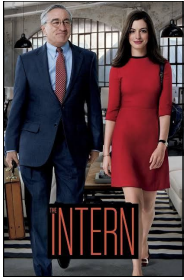
STRETCH

- Sit upright in a chair facing forward.
- Use your hand to gently bring the top of your head to one side. Think of bringing your shoulder down to your ear. Stretch your opposite side hand towards the floor.
- Hold for 30 seconds, and repeat on the other side.

Resident Life & Wellness

THURSDAY AFTERNOON MOVIE SERIES

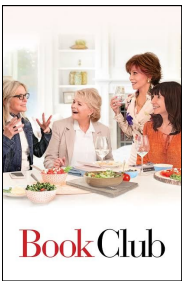
Matinee: 2:00 p.m. (MSL)



10/1: The Intern

(2015 / PG-13 / 2h 1m)

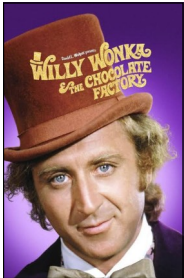
Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.



10/8: Book Club

(2018 / PG-13 / 1h 44m)

Four longtime friends find their lives unexpectedly shaken up when their monthly book club takes on a provocative new selection. Starring Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen, *Book Club* is a warm, funny romantic comedy about friendship, love, and rediscovering possibility at any age.



10/15: Willy Wonka & the Chocolate Factory

(1971 / PG / 1h 45m)

A sweet boy from a poor family dreams of finding one of five golden tickets hidden inside chocolate bar wrappers which will admit him to the eccentric and reclusive Willy Wonka's magical factory. One after another, tickets are discovered by ghastly children - but will the lad find the last remaining one and have all his dreams come true?



10/22: An American in Paris

(1951 / NR / 1h 55m)

Jerry Mulligan is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier. However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art.



10/29: Fountain of Youth

(2025 / PG-13 / 2h 5m)

Two estranged siblings partner on a global heist to find the mythological Fountain of Youth. They must use their knowledge of history to follow clues on an adventure that will change their lives and possibly lead to immortality.

Resident Life & Wellness

"SHARED JOURNEYS"

"Shared Journeys" is a support group that provides a comforting space for residents experiencing loss and significant life changes. Facilitated by the Social Work Department, the group meets bi-weekly and allows participants to share experiences, honor memories, and connect with others, with no commitment necessary. Feel free to drop in when you find it helpful.



Days: Thursdays, October 1, 15, & 29

Time: 10:30 - 11:30 a.m.

Location: The Chapel

NEW RESIDENT MIXER

New to Hillcrest? Come mix and mingle! Join our Community Navigator, **Alicia Aragon**, for a relaxed and friendly gathering designed especially for our newest residents. Meet others who are new to the community, get to know some of your neighbors, and start making connections and friendships along the way. Enjoy wine, beer, a featured mocktail, delicious desserts, and music. Whether you've been here a few days or a few months, we'd love to have you join us! Come raise a glass to new neighbors, new friendships, and your new home at Hillcrest!



Day: Friday, October 2

Time: 6:30 - 8:00 p.m.

Location: The Meeting House

RSVP: Contact Alicia (ext. 4022)

"DRESS A GIRL AROUND THE WORLD"

Join us in making a meaningful difference through Dress a Girl Around the World, a campaign dedicated to restoring dignity and hope to girls since 2006. On the date and time below, we invite you to the Sewing Room (next to the Citrus Parking Lot) to help prepare fabric and assemble sewing kits that will become dresses for girls in need around the world. No sewing skills are required, just a willingness to lend a hand. Come be part of something simple, tangible, and deeply impactful. For questions, contact Mary Burrows at ext. 4275.



Day: Saturday, October 3

Time: 9:00 - 11:00 a.m.

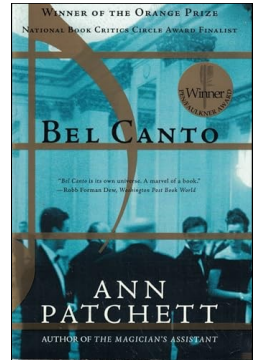
Location: The Sewing Room

RSVP: Mary Burrows (ext. 4275)

Resident Life & Wellness

BOOK REVIEW WITH PEGGY

Join resident **Peggy Redman** for a thoughtful and engaging review of *Bel Canto* by acclaimed author Ann Patchett. Set during an elegant birthday celebration that takes an unexpected turn, this award-winning novel brings together an unforgettable group of strangers whose lives become intertwined through music, love, and shared humanity. Whether you've read the book or are simply curious about it, come explore the characters, themes, and surprising connections that have made *Bel Canto* a modern favorite. Everyone is welcome!



Day: Monday, October 5

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

Location: The Welcome Room

VACCINATION CLINICS

Do you need to get up to date on your vaccinations? Hillcrest will host two vaccination clinics in the Meeting House this month, offering you a convenient way to receive the vaccines recommended for older adults. The vaccines that will be available include: **Updated COVID-19 vaccine**, **Seasonal flu vaccine**, and the **Pneumonia** and **RSV** vaccines. While reservations are not required, and walk-ins are welcome, appointments are recommended to help reduce your wait time. For an appointment with the first clinic, scan the QR code below with your smartphone or tablet to choose an available appointment time. For an appointment with the second clinic, call or visit the Meeting House Reception Desk to select a time slot. Whichever clinic you choose, be sure to bring your insurance card and identification (such as a CA driver's license) with you.



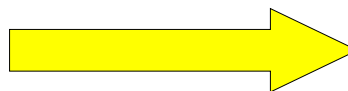
Vaccination Clinic #1

Day: Tuesday, October 6

Times: 9:30 a.m. - 12:30 p.m. & 2:00 - 5:00 p.m.

Location: The Meeting House

RSVP: Scan the QR code at right



Vaccination Clinic #2

Day: Thursday, October 29

Time: 9:00 - 11:00 a.m.

Location: The Meeting House

RSVP: Call the Reception Desk (ext. 0)

NOTE: The clinics are open to non-Kaiser Permanente residents. If you have Kaiser, you'll need to arrange for vaccination with your local Kaiser facility or personal physician.

Resident Life & Wellness

BRAIN BOOST SERIES: THE RONNIE GARDINER METHOD

Join **Jill Stowell & Michelle Vergara** for the next series of Ronnie Gardiner Method classes, a lively program that wakes up the brain through rhythm, movement, and music. 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. (Classes are \$12 each or \$60 for the whole 6-week series.)



Days: Mondays, October 5 - November 16 | (No class on 10/6)

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

Location: The Meeting House

STRESS MANAGEMENT

We're happy to welcome back **Elisa Fonseca** from the Los Angeles County Department of Mental Health for a class on "Stress Management." This informative presentation will explore what stress is, the different forms it can take, and how it can affect our daily lives and overall well-being. Elisa will also share practical tips and strategies for managing stress more effectively and improving quality of life.



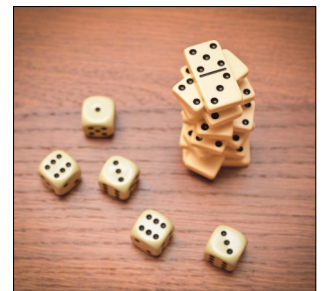
Days: Wednesday, October 7

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

Location: Galen Walker Board Room

GAMES IN THE CAFÉ: BUNCO & MEXICAN TRAIN!

Looking for a little midweek fun? Join the **Social Activities Committee** in the Café for two evenings of games, laughter, and friendly competition each month! We'll roll the dice with Bunco on the first Wednesday of the month and line up the dominoes for Mexican Train on the third Wednesday. Whether you're a seasoned player or have never played before, everyone is welcome. Come on down, pull up a chair, and join the fun!



Bunco: Wednesday, October 7

Mexican Train: Wednesday, October 21

Time: 6:30 - 8:00 p.m.

Location: The Café

Resident Life & Wellness

“HEAVENLY TREASURES” POP UP SHOP

Heavenly Treasures has been fighting poverty in 17 countries since 1998. Join us for a special “pop-up” shopping event featuring beautiful handmade crafts. Every purchase supports refugees, single mothers, widows, orphans, and women and children rescued from human trafficking. It’s a meaningful way to shop with purpose and make a real difference in the lives of those in need.



Day: Thursday, October 8

Time: 9:00 a.m. - Noon

Location: Maury Smeltzer Lounge

OCTOBERFEST BLOCK PARTY!

Say Prost! Hillcrest’s Marketing & Sales department invites you to enjoy an afternoon of Bavarian-inspired cuisine, including brats and pretzels, plus local craft beer, live music, lawn games and festive fall fun. Come for the pretzels, polka, pumpkin décor or all three — there’s something for everyone! Bring your appetite and a friend (or two)!



Day: Friday, October 9

Time: Noon - 2:00 p.m.

Location: Oakcrest Neighborhood (West Side)

RSVP: Call Sarah (ext. 4111)

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, October 9

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

Location: Maury Smeltzer Lounge

Resident Life & Wellness

HILLCREST THESPIANS: “GRANDPARENTING 101”

Whether you are a Grandparent or not, you’re sure to enjoy this one-act comedy “Grandparenting 101,” written and directed by Al Smith. Our stage grandparents have very different opinions on how to raise grandchildren. Their differences are resolved to a happy and satisfactory conclusion with the assistance of a retired elementary school teacher and an expert in childhood development. Come to one or both performances. You’re sure to enjoy the show!



Day: Friday, October 9

Matinee: 2:30 p.m.

Evening: 6:30 p.m.

Location: The Meeting House

“READ BETWEEN THE WINES”: LITERARY HANGOUT

Resident Life & Wellness and Marketing & Sales invite you to pour a glass, take a seat, and pick up where you left off. This next installment in our “Literary Hangout” event offers you the opportunity to bring whatever you’re currently reading and join in for a relaxed afternoon conversation. Inspired by the popular “Silent Book Club” format, you’ll spend time reading independently before gathering to chat about bestsellers, favorite authors and new recommendations. RSVP today!



Day: Monday, October 12

Time: 2:30 - 4:30 p.m.

Location: The Café

RSVP: Call Sarah (ext. 4111)

LA VERNE HISTORICAL SOCIETY: “DARE MIGHTY THINGS!”

The La Verne Historical Society is sponsoring a presentation by **Mr. David Lehman** at its fall meeting. Mr. Lehman, a Solar System Ambassador, worked at NASA’s Jet Propulsion Laboratory (JPL) in Pasadena for 40 years until his retirement in 2021. He was a Project Manager for many missions and is now a retired Navy Captain. His presentation, “Dare Mighty Things,” tells the history of the Jet Propulsion Laboratory. All are welcome!



Day: Monday, October 12

Time: 7:00 - 8:00 p.m.

Location: The Meeting House

Resident Life & Wellness

“MEDICARE INSIGHTS” & DROP-IN TABLE

Have questions about Medicare and what’s changing in 2027? We’re offering two ways to get the information you need. Attend the “Medicare Insights: Part 1” class, designed to help you better understand Medicare, your coverage, and important considerations when reviewing your options. (Part 2 will be held November 6th.) And, for more individualized questions, stop by



one of our Medicare Drop-In Table opportunities. **Tina Brownell** is a local, licensed insurance agent who can help you understand Medicare information that may apply to you. No appointment is necessary for the drop-in sessions. Come with your questions!

Medicare Insights: Part 1

Day: Monday, October 19

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

Location: Galen Walker Board Room

Drop-In Info Tables

Days: Wednesday, October 14

| Tuesday, October 27

Times: 9:00 a.m. – Noon

| 2:00 - 4:00 p.m.

Location: Meeting House Lobby

FALL RECOVERY WORKSHOP

Join Physical Therapy students from **Western University of Health Sciences** for a hands-on Fall Recovery Workshop designed to help you move with greater confidence. You’ll learn practical techniques for responding safely if you lose your balance, including ways to protect yourself during a fall and strategies for getting back up afterward. The students will guide you through simple, supportive demonstrations and give you opportunities to practice techniques at your own comfort level. Whether you’re active and independent or simply want a few more tools in your toolbox, this friendly, interactive clinic is a great way to build confidence and learn skills that can help you stay moving. Drop by any of the three different sessions (one each hour).

Fall Recovery Workshop



Day: Wednesday, October 14

Times: 1:00, 2:00, and 3:00 p.m.

Location: The Meeting House

Resident Life & Wellness

TEACHING KITCHEN AT HILLCREST

Join us in a “Teaching Kitchen” for a special culinary experience with our new Executive Chef, ***Chef Rick*** 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 there are a limited number of seats available.



Day: Wednesday, October 14

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

Location: Galen Walker Board Room

RSVP: Lorene Thomas (ext. 4396)

LA VERNE CITY COUNCIL CANDIDATE’S FORUM

Get to know the people seeking to represent our community at a La Verne City Council Candidates Forum co-sponsored by Hillcrest and La Verne’s CASI (Cultural Awareness and Social Inclusion) committee and moderated by Residents Association Chair, ***Rita Dixon***. Residents are invited to hear directly from District 1 candidates ***Steve Johnson*** and ***Thomas Allison*** and District 3 candidates ***Richard Bowen*** and ***Meshal “Kash” Kashifalghita***, as they discuss local issues and share their perspectives on the future of La Verne. ***Mayor Tim Hepburn***, who is running unopposed for reelection, will also join us. This is a great opportunity to become better acquainted with the candidates, learn more about the issues facing our city, and be an informed participant in the upcoming election.



Day: Wednesday, October 14

Time: 6:30 - 8:00 p.m.

Location: The Meeting House

“THE GREAT CA SHAKEOUT”

Join us for the ***Great California ShakeOut***, the statewide earthquake preparedness drill! This annual event is a chance to practice the simple but life-saving actions of “Drop, Cover, and Hold On” while learning how to be ready before, during, and after an earthquake. All Residential Living (and Residential Living with Services) residents are strongly encouraged to take part in this important safety exercise and help us ensure our community is prepared.



Day: Thursday, October 15

Time: 9:15 a.m.

Location: All Over Campus

Resident Life & Wellness

DRUM CIRCLE

Come make some noise with us! Join **Maria Quici** for a new Drum Circle opportunity: a fun, welcoming experience built around rhythm, movement, and connection. No musical experience is needed, and there's no need to worry about keeping a perfect beat. Just grab a drum or percussion instrument, follow along, and enjoy creating music together. Whether you're ready to find your rhythm or simply curious to try something new, come join the circle and see where the beat takes us! There are only 14 seats, so be sure to RSVP today!



Day: Friday, October 16

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

Location: The Chapel

RSVP: Call Jacquie (ext. 4352)

HILLCREST'S ORAL HISTORY PROJECT

Every life holds a story worth telling. Join us as we celebrate the launch of the Hillcrest Oral History Project, capturing the memories, experiences, and voices of the people who make our community so remarkable. We'll share highlights from several recently recorded resident interviews (given by Judy Kearns and Peggy Redman), enjoy refreshments, and spend some time together celebrating the stories that connect Hillcrest's past, present, and future. Come see some familiar faces on the screen and help us kick off this special project!



Day: Monday, October 19

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

Location: The Meeting House

FIRST RESPONDERS APPRECIATION LUNCH

Join us for a special First Responders Appreciation Lunch as we welcome members of our local police and fire departments, along with City leaders and officials, to Hillcrest. This is our opportunity to say "thank you" to the people who serve our community throughout the year and who have been especially supportive of Hillcrest during our recent power outages. Enjoy a delicious buffet lunch, visit with our guests, and help us show our appreciation for these important community partners. Residents may use their Dining Dollars, with no additional out-of-pocket cost. Come share a meal and a heartfelt Hillcrest thank-you!



Day: Tuesday, October 20

Time: 11:30 a.m. - 1:30 p.m.

Location: The Meeting House

Resident Life & Wellness

THIS MONTH'S EXCURSIONS

Wanderers Trip

Experience the enchanting essence of autumn and breathe in the crisp, clean mountain air on a scenic escape to **Riley's Farm** at Los Rios Rancho in Oak Glen. We will begin the day with an early lunch at the Hawk's Head Bakery, with a menu inspired by the comforts of early colonial America and a bakery that makes pastries from scratch. Then we can enjoy time at leisure apple picking, walking the beautiful grounds or exploring their bustling country store, where shelves are heavily laden with scratch-made jams, rich pumpkin butter, local honey, farm-made wine, fresh-pressed apple cider, mouthwatering baked apple pies, infused oils, and unique mountain keepsakes.



Day: Wednesday, October 21

Time: 9:30 a.m. - 4:00 p.m. (approximate)

Location: Meet at the Flagpole (by the Clinic)

Fee: Lunch out of pocket

Accessibility: Walker-Friendly

RSVP: Call Jacquie (ext. 4352) - Due by October 14

Out-to-Lunch Bunch

Gus's BBQ is a Southern-inspired barbecue restaurant known for its smoky, comforting flavors and a casual, welcoming atmosphere. The menu blends classic barbecue staples with hearty, comfort-food sides, making it a popular spot for both casual lunches and relaxed dinners. Gus's BBQ is designed for easy, satisfying bites in a friendly, country-inspired setting. Expect red-and-white checkered tablecloths, mismatched chairs, and a lively but conversational vibe.



Day: Wednesday, October 28

Time: 10:30 a.m. - 2:00 p.m. (approximate)

Location: Meet at the Flagpole (by the Clinic)

Fee: Out of pocket

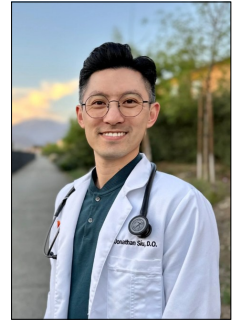
Accessibility: Walker-Friendly

RSVP: Call Jacquie (ext. 4352) - Due by October 26

Resident Life & Wellness

“WHAT DOCTORS LOOK FOR”

Have you ever wondered what your doctor is actually looking for during a routine office visit or annual physical? Join local physician, **Dr. Jonathan Siu, DO** of Forte Health Medical Clinic, for an informative look at the doctor’s side of the exam room. Learn what physicians notice during a visit, why they ask certain questions, what they’re assessing during a physical exam, and how all those seemingly routine pieces help create a bigger picture of your health. You’ll come away with a better understanding of what happens during a typical visit and how you can be a more informed, engaged partner in your own healthcare.



Day: Wednesday, October 21

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

Location: Galen Walker Board Room

“COMMON GROUNDS”

Looking for a friendly place to connect with others? Join us for Common Grounds, a welcoming monthly gathering hosted by the **Social Work Department**, where residents can enjoy coffee, tea, pastries, and meaningful conversation in a relaxed setting. There’s no agenda, no pressure to participate, and no commitment. Come when you can, stay as long as you’d like, and enjoy conversation at your own pace. Coffee is on us, and there’s always a place for you at the table!



Day: Thursday, October 22

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

Location: Private Dining Room

THE HIDDEN POWER OF WELLNESS IN THEATRE

Through research, storytelling, humor, and real-life examples, **Donna Marie Minano** from the Inland Valley Repertory Theatre will show how theatre goes far beyond entertainment, helping children find a safe “second space,” empowering individuals to be seen and heard, supporting older adults’ physical and mental well-being, reducing stress through laughter, and building empathy through shared live experiences. Come learn how theatre strengthens confidence, community, creativity, and emotional health, making it an essential and joyful part of a thriving life.



Day: Friday, October 23

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

Location: Galen Walker Board Room

Resident Life & Wellness

THE HEARTBEAT CLUB

Come listen to a group of dedicated middle and high school students — ***The Heartbeat Club*** — who share a passion for bringing music to the community, fundraising for charitable causes, and creating positive experiences. Their members play various instruments, including violins, violas, cellos, flutes, and clarinets, performing as solos, duets, trios, or ensembles.



Day: Saturday, October 24

Time: 3:00 - 4:00 p.m.

Location: Maury Smeltzer Lounge

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 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, October 26

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

Location: Maury Smeltzer Lounge

“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.



Day: Tuesday, October 27

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

Location: The Café

Resident Life & Wellness

“HANDS-ONLY CPR”

Could you help in the moments before emergency responders arrive? Join us for a “Hands-Only CPR” class brought to us by **Diana Acevedo, RN, BSN, PHN** of LA County Department of Public Health. You’ll learn a simple, potentially lifesaving skill that can make a difference when someone experiences sudden cardiac arrest. Through straightforward instruction and hands-on practice, you’ll learn when to use Hands-Only CPR, how to perform effective chest compressions, and what to do while help is on the way. No previous experience is needed. Come build your confidence and leave knowing you’re better prepared to help when it matters most.



Day: Tuesday, October 27

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

Location: Galen Walker Board Room

JEWISH BOOK FESTIVAL: AUTHOR ANNABELLE GURWITCH

Join us for a special Jewish Book Festival event featuring acclaimed humorist and author **Annabelle Gurwitch**, presenting her book *The End of My Life Is Killing Me*. With her trademark wit, Gurwitch takes on the decidedly unfunny subject of lung cancer, finding humor, humanity, and insight in the midst of the unexpected. Enjoy wine and cheese as part of the evening, with books available for purchase and an opportunity to have your copy signed by the author. RSVP required — see below!



Day: Tuesday, October 27

Time: 7:00 - 8:30 p.m.

Location: The Meeting House

Cost: \$25 per person

RSVP: Call (626) 445-0810 by 10/16 - Required!

LONG-TERM CARE INSURANCE JEOPARDY!

Join **ReAnne Beeton** of Amada Senior Care for “Long-Term Care Insurance Jeopardy,” a lively and interactive way to test what you know and learn a few things you probably don’t about long-term care insurance. We’ll turn policies, benefits, coverage, and common misconceptions into a friendly game of Jeopardy, with plenty of useful information along the way. Bring your questions, your competitive spirit, and your best game-show instincts. No buzzer required!



Day: Wednesday, October 28

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

Location: Galen Walker Board Room

Resident Life & Wellness

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, October 29

Time: 10:00 a.m. - Noon

Location: Maury Smeltzer Lounge



SPOOKY SOCIAL & HALLOWEEN PARADE

Calling all ghosts, witches, vampires and mummies! Come, clowns and fairies and dragons and cowboys! Spooky or silly, slip on your favorite costume and join other Hillcrest residents and associates at our annual "Spooky Social" in the Maury Smeltzer Lounge at 9:30 a.m. We'll have delicious treats (without the tricks!) and spend time enjoying each other's company and creativity. Then, we'll parade around campus, including stops at both Southwoods Lodge and Woods Health Services, to share the fun campus-wide. Plan to come and celebrate the Halloween spirit!



Day: Friday, October 30

Social: 9:30 a.m.

Parade: 10:30 a.m.

Location: Maury Smeltzer Lounge

HALLOWEEN CONCERT

All are invited to a special Halloween concert presented by resident **Marna Makau** and students from the Claremont Community School of Music. Marna's piano students, together with the Hillcrest Keyboard Players, will share a spooky and delightful seasonal program on Friday, October 30th at 6:30 p.m. in the Meeting House. Enjoy an intergenerational celebration of music featuring children in costumes and some of our very own talented residents. It's sure to be a festive and fun evening!



Day: Friday, October 30

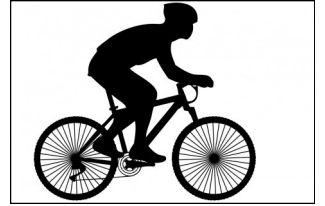
Time: 6:30 - 7:30 p.m.

Location: The Meeting House

Resident Life & Wellness

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, October 31st. The ride will begin outside the Meeting House Lobby and will take you to Molly's in Upland for breakfast, and then back to Hillcrest. Come along for good exercise and even better company!



Day: Saturday, October 31

Time: 7:00 a.m. Departure

Location: Outside the Meeting House Lobby

Next Month!

PERSONAL GRATITUDE PROJECT

Join Sr. Director of Wellness, **Ryan Harrison**, for our annual Personal Gratitude Project (PGP). Participants will receive a daily email starting November 1st and continuing through Thanksgiving. These emails will contain a quote, a journal prompt, and an affirmation, all intended to help us exercise and strengthen our "gratitude muscles." It only takes about 3-5 minutes a day, but might just make a world of difference in your life. Email Ryan today to get your name on the list.



Day: Every day November 1 - 26

Time: At Your Convenience!

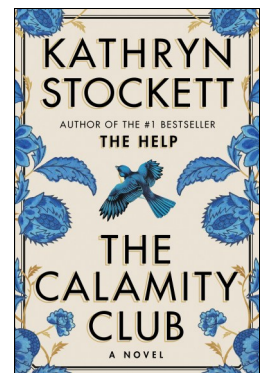
Location: Wherever You Are!

RSVP: Email Ryan (RHarrison@LivingAtHillcrest.org)

Next Month!

BOOK REVIEW WITH ANNE

Join resident **Anne Hogan** for a thoughtful and engaging review of *The Calamity Club* by author Kathryn Stockett. Her latest novel, this one is set in Oxford, Mississippi in 1933. It's a time of struggle, despair, and extreme poverty. Three women face this challenging time with resilience, creativity, and sheer luck. Risking everything, they form an unlikely sisterhood and do whatever is necessary to survive. The "Calamity Club" will not be thwarted by hypocrisy, power, or the word "No!" Come see if you'd like to say "Yes" to this book!



Day: Monday, November 2

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

Location: The Welcome Room

Resident Life & Wellness

Next Month!

HIKING INTEREST GROUP

Do you enjoy hiking and spending time outdoors? Are you comfortable walking three miles or more and interested in exploring some of the great trails our area has to offer? Let's get together! We'll talk about our interests, favorite kinds of hikes, and the possibility of forming a Hillcrest Hiking Group that could meet regularly for hikes and outdoor adventures. This first gathering is simply a chance to connect, share ideas, and see where the trail might lead us! Questions? Contact resident **Jane Kwatcher** at Jane.Kwatcher@gmail.com.



Day: Monday, November 2

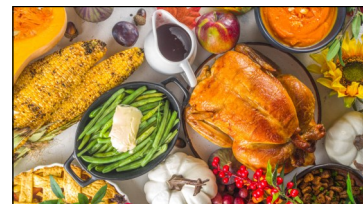
Time: 4:00 - 5:00 p.m.

Location: Galen Walker Board Room

Next Month!

"SAVORING THE SEASON: MEANINGFUL MOMENTS AT THE TABLE"

The holidays bring favorite foods, festive gatherings, and plenty of opportunities to indulge! Join our dietitian, **Angelica del Rosario**, as she explores simple strategies for navigating social eating, tuning into your body's hunger cues, and letting go of the "all-or-nothing" mindset around comfort foods. Come learn how to enjoy the foods you love while still feeling good about the choices you make.



Day: Wednesday, November 4

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

Location: The Welcome Room

Save the Date!

"SIX-WORD MEMOIR" FINALE!

Six-word storytelling has already become a favorite event at Hillcrest. Now, the person who started it all is taking the lead! Resident Life & Wellness and Marketing & Sales are thrilled to welcome **Larry Smith**, creator of Six-Word Memoirs, to a special event just for Hillcrest! Larry will share how the idea grew into a storytelling phenomenon and some of the unforgettable memoirs he's collected along the way. RSVP today to be sure you have a seat for this amazing event!



Day: Friday, November 6

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

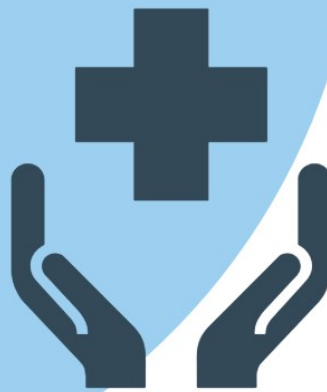
Location: The Meeting House

RSVP: Call Sarah (ext. 4111)



Hillcrest HEALTH FAIR

Monday,
October 26, 2027
The Meeting House
1:00 - 4:30 p.m.



USC School
of Pharmacy

Western University Nursing & Physical Therapy students, **Kaiser Permanente** medical students, and **USC Pharmacy** students will be at Hillcrest for YOU! Receive free screenings, a fall risk assessment, personalized prescription medication guidance, and a health summary! All attendees will be entered into a raffle!

Please wear comfortable shoes and bring a medication list if possible.
No RSVP needed!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4	5	6	7	8	9
	11	12	13	14	15	16
	18	19	20	21	22	23
	25	26	27	28	29	30
						31
						Simchat Torah Begins Halloween

www.LivingAtHillcrest.org

Hillcrest 2705 Mountain View Dr. La Verne, CA 91750