



HILLCREST HAPPENINGS

VOLUME 62 NO. 9

HILLCREST COMMUNITY NEWSLETTER

SEPTEMBER 2026

"September is the other January."

~ Gretchen Rubin



Announcements

Table of Contents

Announcementspg. 2-7	Creative Cornerpg. 19
Clinic Specialists.....3	Birthdays/Anniversariespg. 20
Bookworms.....3	Dining Services Announcementspg. 20
In Memoriam.....3	Menuspg. 21
“Did You Know?”4	Artspg. 22
Hillcrest Keyboard Players.....4	Spiritual Carepg. 23-25
Occupancy Snapshot4	Resident Life & Wellnesspg. 26-44
Gift Shop5	Month-at-a-Glance.....26
Annual Audit Presentation Notice.....5	Assisted Living Activity Calendar27
Hillcrest Public WiFi.....6	AFC Schedule.....28
Associate Spotlight7	“Meet Your Muscles”.....29
Hillcrest CERT.....8	Director of Wellness Article.....30
Administrative Newspg. 9	Southwoods Article.....31
Philanthropy Update, Thrift Store.....9	Thurs. Afternoon Movies.....32
Associations & Committees pg. 10-18	RLW Activities.....33-43
Residents Association Update10	Blank Calendar pg. 44
CUB Committee.....11	
Landscape Committee.....12	
Library.....13-14	
Book Reviews.....14-15	
Social Activities Committee16-17	
Travel Buddies.....18	

ATTENTION:

Submission Deadline for Next Edition

Monday, September 21

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

⇒ Sept. 11, Dec. 11

Christensen Hearing

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

No Appt. Necessary—First come, first served

⇒ Sept. 17, Oct. 15, Nov. 19, Dec. 17

Hearing Life

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

No appointment necessary.

⇒ Sep. 8, Oct. 13, Nov. 10, Dec. 8

Dr. Thomas Wise, Audiologist

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

⇒ Sep. 1, Oct. 6, Nov. 3, Dec 1

Wanda Eurasquin, Hearing Specialist

(2:30—5:30 p.m.)

⇒ Sep. 23, Oct. 28, Nov. 25, Dec. 23

Dr. Brian Alva, Optometrist

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

⇒ Sep. 30, Nov. 25

DATES TO REMEMBER—SEPTEMBER 2026

SEPT 3 – BOWLING LEAGUE DAY

SEPT 6 – READ A BOOK DAY

SEPT 7 – LABOR DAY

SEPT 12 – ROSH HASHANAH

SEPT 17 – CONSTITUTION AND CITIZENSHIP DAY

SEPT 19 – TALK LIKE A PIRATE DAY

SEPT 21 – YOM KIPPUR

SEPT 22 – AUTUMNAL EQUINOX

CENTENARIANS DAY

SEPT 25 – QUESADILLA DAY

SEPT 28 – GOOD NEIGHBOR DAY

BOOKWORMS

THE HANDMAIDEN

by Freida McFadden

Saturday, September 12, at 1:30 p.m.

Galen Walker Board Room



IN MEMORIAM



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

Joe Schechter

8/3/2026

Rick Thielo

8/12/2026

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

⇒ Well, trash is going to be my main subject today and the last time I address it. It seems WM doesn't know the rules either. I called and talked to a woman who when I asked, "What about the clear hard plastic clamshells", said, "TRASH, all clear plastic is TRASH". I have since talked to two other people who also called and were told that anything with a triangle and number is to be recycled as long as there is no food on it. So ??? I was also told that pizza boxes and paper napkins with any food on them go in the green bins. Citrus rinds go in the green bins. Trash from your bathroom is trash-black bins. No plastic bags (not even the compostable ones from the grocery store) can go in the green bins because they get caught in the tracks. I understand that what goes in the recycling bins must be clean. So, I'm putting this to sleep now.

⇒ The Library committee wants you to know, a few donated 2026-2027 calendars are available in the library. They are placed in the box next to the exit door. Help yourself. If you have any new calendars that you do not need, you are invited to leave them in the box for someone else.



Occupancy Snapshot

(as of 8/24/2026)

	Homes	Occupied		Reserved	
Residential Campus	180	173	96.1%	6	99.4%
Village Suites	10	9	90.0%	1	100.0%
Pinecrest	20	19	95.0%	1	100.0%
Maple Court	26	25	96.2%	0	96.2%
Birch Court	34	30	88.2%	1	91.2%
Cedar Court	14	12	85.7%	0	85.7%
SouthWoods Lodge	24	23	95.8%	1	100.0%

*Numbers may reflect internal transfers

Total RCFE **308** **291** **94.5%** **10** **97.7%**

Woods Health Services **59** **40** **67.8%**

Attention Educators

California Retired Teachers Association (CalRTA) would like to invite you to our next meeting here in the **Meeting House** on **September 9 at 11 a.m.** A brief business meeting is followed by lunch, then our program. We are excited to have Henrietta "Henri" Mascorro come and share her Native American Heritage. She will share her culture through artifacts, music and dance. The menu is California chicken salad which includes chicken, olives, tomato, cucumber, and avocado with balsamic vinaigrette dressing. The vegetarian option is the same, but without chicken. Dessert is Key lime pie. Cost \$25. Dining Dollars may be used. Call or text Pat Foy 909-973-7860 by Sept 3.

— Carole Lyles, Health Chairman

You're Invited!

The Hillcrest Keyboard Players

is a group of residents who currently play a piano/keyboard, used to, or want to



learn. It is a unique experience, similar to playing in a small orchestra, but more fun. No previous experience is required, only a desire to enjoy playing with others. Mobility is not an issue, and a person can play with only one finger if necessary. **Making music with others has been found to contribute to wellness unlike almost any other activity.** No performance is required, although most members find it is not stressful, unlike playing solo. We meet in the Citrus Room in Citrus Park on Fridays from 10:30 a.m. till noon. Keyboards are available to borrow and practice on at home. Come check us out!

Inquiries: Marna Makau phone: (909) 392-4256 email: mmakau1@mac.com

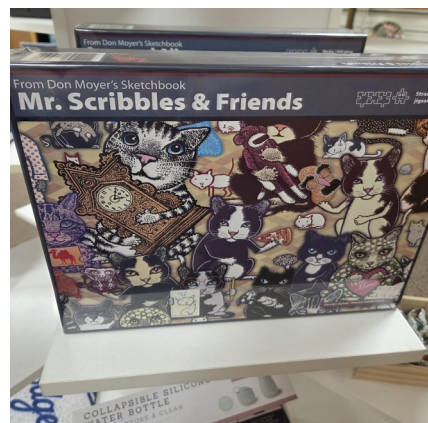
Announcements

Juanita's Gift Shop at Hillcrest

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



The start of a new month gives you the chance to buy something new from Juanita's Gift Shop at Hillcrest! A Puzzle perhaps? Or a new coaster to decorate your table? What about something that is 50% off the marked price? Come investigate and find that special something for your someone special!!



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, September 14
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.

Hillcrest's Craft Fair

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

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

(See inserted flyer for additional information)

Resident Wi-Fi Access

We understand that the "Hillcrest-Guest" password can be difficult to remember. Please know that the password is intentionally complex for security purposes. The password is displayed throughout campus for the convenience of guests and visitors who require temporary access to Hillcrest's Wi-Fi which automatically disconnects after 8 hours.



If you are a resident, we have a private Wi-Fi network for your convenience. Because it is a secure network, the password is not posted publicly. If you would like to connect to your private resident network in our public areas, please contact the IT team. They would be happy to help you get set up.

A Neighborly Invitation: Food Boxes for Pomona Schools

For more than twenty years, New Life Christian Church in Pomona has operated a food bank that now serves over 800 families each week across the Greater Pomona Valley.



This Fall, they are expanding their work in a new direction: delivering food boxes directly to schools in Pomona, so that children and families can receive groceries right where they already are.

New Life has approached Hillcrest with an invitation. Would Hillcresters be interested in assembling food boxes here on our own campus each week? The boxes would then be delivered by New Life volunteers to local schools. It's meaningful, hands-on work that can be done seated at a table, in good company, right here at home — and it would place Hillcrest in direct partnership with one of our area's most established hunger-relief ministries.

Before we commit to anything, I'd like to know whether this kind of collaboration interests you. If you can picture yourself packing boxes alongside your neighbors — or if you simply want to learn more — please contact Chaplain Jana at extension 4354. You can also read about New Life's food bank at www.newlifepomona.com/foodbank.

One in four families in Los Angeles County experiences food insecurity. This is a chance to meet that need without leaving campus — a few hands, a few hours, a real difference.

Announcements

ASSOCIATE SPOTLIGHT: Savannah Elias

By Sharon Wulfensmith

Encouragement. Incentive. Drive. Inspiration. Passion. All of us know what these words have in common: MOTIVATION. That's the driving force inside you that compels you to keep on keeping on. And the push from others to encourage you not to quit. And the emotional spark of inspiration and passion that lights a fire under you to *go for it*.

As Savannah Elias grew up, she was easily motivated to be physically active. Something inside of her gave her the drive to run, play and play hard. Her favorite was swimming. Until... yes, that word *until*. Fourteen years old, swimming backstroke in an unfamiliar pool, she misjudged where to do a flip-turn and smacked her head on the pool wall. A serious concussion. Missed 9th grade for six months, and had consequential symptoms for ten months. She says, "One thing I learned, is to be grateful for what I have. My health. Number one."



As a 10th grader recuperating from a serious injury, she got involved with weight training. "I fell in love with it," she says. On top of that, she became a lifeguard for seven years. During the Pandemic gyms were closed, so she continued to stay fit with strength training using exercise bands.

After high school she was off to UCLA to major in sociology and public affairs. Graduating in 2023, she felt the inspiration to delve more deeply into fitness. She joined a year-long program called *Fitwell*, taught by UCLA personal trainers. Becoming a trainer herself, she taught fitness classes and swimming to all ages. She says, "Older adults are the most rewarding people to teach because they are eager and self-motivated." She knew that they could prevent injury and attain better self-esteem and energy by being active.

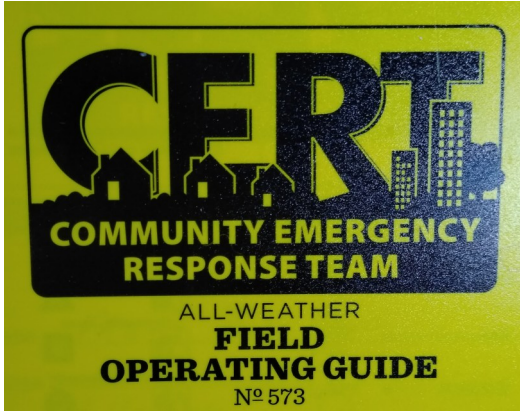
Savannah definitely walks her talk. She does what she loves as a Fitness Instructor at Hillcrest. "The residents here are respectful and inspire me every day," she says. For example, JD, a resident, 95, does full push-ups from a chair, is strong, has great form, and gives his Balance 3 classmates the incentive to work hard too.

In her free time, she enjoys painting with watercolor and acrylics, creates crafts, earrings, necklaces, and cooks healthy recipes. She likes to read murder mysteries and Japanese fantasy fiction, and play Pokémon.

You definitely will get motivated to stay in shape working with Savannah!

Announcements

Hillcrest C.E.R.T. -- Being Prepared for Natural Disasters



Most residents are aware of the existence of CERT (Community Emergency Response Team) here at Hillcrest. As an individual resident, would you like to be better prepared for any emergencies that might occur, whether it is an earthquake, a fire, or some other natural disaster? CERT is making available to every resident and associate the main resource that is used for preparation to handle disasters. The program is free and open to anyone who would like to take any or all of the units on their electronic device. Below you will find the information for logging in and starting the instructional units. Hillcrest CERT believes that the more of our residents and associates are knowledgeable with

this information, the better for Hillcrest and the community.

The CERT online course registration instructions follow. This material has been prepared by the University of Utah School of Medicine. If you decide to complete the entire program, you will be able to print a certificate of completion. We recommend using Google Chrome or Safari.

Follow the steps to login to the University School of Medicine -- CERT

1. In your search engine, type in "University of Utah Medical School --CERT"
2. Scroll down to Online Courses.
3. At Hybrid CERT, click on "English" as your language
4. You should now be at Course Catalog Online Training-- CERT 3.0
5. Scroll down to Register, click on "New User"
6. Provide the information requested (make a note of the password you create as you will need it each time you check-in)
7. Note: Enter Hillcrest Retirement Community for "Your Company/Organization". Click on "Other Not Listed" for your CERT/Organization
8. Click on "Create"-- (red box on lower left side of screen.)
9. You should now be enrolled in the program. (You may ignore where they ask "Donate.")
10. In the future, when you want to go back online, you will click on "Existing User". On future visits you can avoid steps 1 to 3 by typing into your browser: cert.hazready.com; then scroll down to "Login to your account"

At the September Forum, we will be giving an overview of what CERT is and what we do. We will have a table in the back of the room with further information. We encourage anyone curious about the group to ask current members, who will be clearly identifiable by their green vests. If you have any immediate questions, please reach out to **Karen Stewart**, **Tim Brayton**, or **Mary Burrows**. And, naturally, if you decide to become actively involved with the group after looking at the educational materials, we would love to have you join us.

Administrative News

Philanthropy Update

Scott Snider, Director of Philanthropy

Hillcrest Thrift Store Makes the La Verne Daily News

We are excited to share some wonderful news with our community: the Hillcrest Thrift Store has made the La Verne Daily News!

<https://www.lavernedaily.org/secondhand-treasures-lasting-connections/>

This recognition is a special moment for everyone who has helped make the Hillcrest Thrift Store more than just a place to shop. It is a reflection of the incredible support, generosity, and community spirit that surrounds our store.

At the Hillcrest Thrift Store, every donated item has the opportunity to find a new home. From vintage treasures and household goods to clothing and unique finds, our shelves are filled with items that carry stories from the past while becoming part of someone's future.

But the real treasure is the community behind the store.

Our volunteers, donors, shoppers, and supporters have helped create a welcoming place where neighbors can meet, connect, and make a difference. Every donation, purchase, volunteer hour, and word of encouragement contributes to the work they do and helps strengthen our community.

Being featured in the La Verne Daily News allows us to celebrate that community spirit and share our story with an even wider audience. We are grateful for the recognition and, most importantly, grateful to everyone who has helped Hillcrest Thrift Store become a valued part of the community.

We invite our residents to stop by **on Tuesday, September 1st, anytime between 11:00 a.m. and 2:00 p.m.** for a relaxed Open House at the Hillcrest Thrift Store. Enjoy tea and cookies, browse our shelves for one-of-a-kind treasures, and get a head start on your Christmas shopping.

It's also a wonderful opportunity to meet our Thrift Store volunteers, learn more about what they do, and see whether volunteering might be a meaningful way for you to get involved.

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 – September 2026

By Rita Dixon, Chair



September is here, and we are looking forward to the Forum on September 14, 2026. We will have music, donut holes, coffee from 9:30 to 10. The program starts at 10 a.m. and we hope to see you all there.

Putting together a Forum involves quite a few people who volunteer to assist. The musical playlist is put together by Zooey Ross; name tags are provided and handed out by Judy Kearns: the donuts are picked up by

Barbara Barton or Jennifer Dawson; Lorene Thomas sets up the room and provides the coffee service; Anthony Guzman develops the PowerPoint presentation with slides of his own, as well as those provided by each of the speakers; Erin Jackson and Arvin Baluyut, along with Anthony, put the show together. Thanks also to the Wellness Committee members who collect batteries, medications, etc.

In this edition of the Happenings, an Administrative Policy called “Policy on Outdoor Environments and Décor” is included. This is new and just approved in late August by the Facilities Committee and the Residents Association Executive Committee. It was developed by Hillcrest administration and me. Please read it. This document covers landscape and vegetation, fences and walkways, exterior décor, signs and flags and holiday and other decorations. All these areas and standards are pertinent to the exteriors of each of our homes, and implementation will start in September. If you have questions, please let me know.

We are looking at the R.A. Bylaws again, to make them more consistent with the California Department of Social Services, Continuing Care Contract Statutes. We have a subcommittee looking at the document to update it to meet our current standards. Later, we will bring the changes back to you and ask for approval. (Exciting stuff!)

We are also looking at the format of the “Meet and Greet” sessions which have been held the past few years. We are looking at streamlining the process a little but still giving individual neighborhoods a chance to respond with their input. Stay tuned.

Associations & Committees

Building Connection, Unity & Belonging Together

By Ryan Harrison, Co-Chair of the CUB Committee

Have you ever noticed a moment at Hillcrest that made you think, *This is what community looks like*? Those are the moments that inspire the work of the Connection, Unity, & Belonging (CUB) Committee.



A subcommittee of the Ethics & Health Services Committee, CUB brings together residents and associates from across campus and all levels of care. Our purpose is to help foster a culture where every resident, associate, volunteer, and guest feels welcomed, valued, included, and connected.

We do this by paying attention to both the physical spaces we share and the everyday interactions that shape life at Hillcrest. Sometimes that means recommending improvements to our environment or practices. Just as importantly, it means recognizing and celebrating the people and experiences that already strengthen our sense of community.

This month, we'd like to recognize two wonderful examples of CUB in action.

First, we celebrate our **Social Activities Committee**, whose recent "Old Time Sock Hop" brought residents from Residential and Assisted Living together to socialize, dance, and enjoy a fun flashback to the 1950s. Events like this help break down barriers and reduce stigma, reminding us that no matter where we live on campus, we are all part of the same Hillcrest community.

We're also celebrating the recent **UnityFest**, presented by the Resident Life & Wellness and Marketing & Sales departments. This colorful gathering truly embodied CUB, bringing people from Hillcrest and the surrounding community together to celebrate both our uniqueness and the common ties that connect us. With more than a dozen community organizations sharing resources, a live DJ, and a fantastic BBQ lunch, UnityFest was Hillcrest waving its flag of welcome to all!

As the CUB Committee continues its work, we'll be looking for more moments like these. If you witness an act of kindness, inclusion, or community that deserves recognition, we'd love to hear about it. After all, connection, unity, and belonging are created one welcoming moment at a time.

Associations & Committees

Landscape Committee

By Vaughan Inman

Plant of the Month: Tall Oregon Grape

Tall Oregon Grape (*Mahonia aquifolium*) is a broadleaf evergreen shrub native to western North America, including Southern California, and is especially associated with the Pacific Northwest where it's the Oregon state flower. It brings year-round structure to gardens with glossy, holly-like foliage, then brightens early Spring with clusters of golden-yellow flowers. By late Summer, those blooms give way to dusty blue berries that resemble small grapes and provide seasonal food for birds and other wildlife.

Its foliage consists of leathery green leaves with sharp, holly-like leaflets; new growth may emerge bronze-red, and winter foliage can take on burgundy or purple tones. Bright yellow flower clusters appear in early Spring, offering welcome color when many shrubs are still dormant. Blue-black berries develop in summer and are attractive to birds; they are tart and traditionally used for preserves.

The Tall Oregon Grape grows as an upright to spreading shrub, reaching 3 to 8 feet tall. Although it tolerates full sun in more northern climes, in our area it does best in partial or full shade. It tolerates a variety of soils. Once established it requires little additional water and is drought tolerant. Its spiny foliage makes it a good choice for informal barriers or low-maintenance hedges.



Associations & Committees



Help Us Help You! by Roger Westman

Wait—Is There a Waitlist?

Someone recently asked a member of the Library Team, “The book I want is checked out. Can I put my name on a waitlist for that book?”

While we do not maintain a formal waitlist, if there is ever a specific book you would like to check-out, and someone else has beat you to it, please let a member of the team know. We will place a notation on the book’s check-out card, so once it is returned, we will set it aside and call you! In the meantime, there are more than 3,000 other titles ready for you!

First/Last Names

Speaking of check-out cards, you may have read in last month’s *Happenings* that some readers borrow books from our library without actually checking them out—they leave the library with both the book and the check-out card! It is extremely important that you do not do this! Every book that leaves the library shelf must be properly checked out, so we can keep track of where it is! And it is such a simple process!

Simply remove the card from the pocket inside the front cover of the book. At the check-out podium, pencils are available for you to add your name to the card and place it in the box.

Please note, it is very important that you include both your **first** (or initial) and **last name** on the card! Just your first name is not enough—our data base cannot search by first names. If you write only your first name and the circulation volunteer does not know your last name, they have a problem. When only a last name is provided, and there are multiple patrons with that last name, again, they have a problem. *Please* provide both **first** (or initial) and **last name** each time you check-out a book!

On a side note: it is very helpful if we can actually *read* your name! Please print or write legibly. Thank you!

Dog-Ears (Not Canine-Related)

From Wikipedia: “The term ‘dog-eared’ dates back to at least the 17th century, drawing a comparison between the folded corners of a page and the floppy ears of a domestic dog. Today, ‘dog-earing’ remains a common practice: folding down the corner of a book page to save your place. While some readers view the folded corners as a cozy, personal touch, purists and paper conservators warn that it causes permanent creases and can eventually damage or weaken the paper.”

(Continued on next page 14)

Associations & Committees

(Hillcrest Library continued from page 13)

A Hillcrest patron recently checked out a book and found that many pages had dog-eared pages. Please do not do this! We are trying to keep every book in the Hillcrest collection as fresh and new-looking as possible, for as long as possible!

There is a cup near the check-out podium filled with complimentary book marks. Please take one if you need one! Using these will help extend the shelf-life of our books!

We have also found many of the books in our collection have stains (coffee? water?) and warped pages. Here again, please help us keep our books looking fresh for as long as possible!

Resident Portal

At one of Hillcrest's periodic Resident Portal training sessions, participants learned that our Library's catalog is available online. You have the ability to search our catalog to see if we have a particular book in our collection, *and* whether or not the book is currently available or if it is checked out! On the portal you will also find a link to an instruction sheet showing you how to easily conduct a search. We invite you to take advantage of this feature from the comfort of your home!

Book Reviews

By Julie Kurtz

Welcome to some current and soon-to-be current jewels of reading pleasure in our fine Hillcrest Library, where good reads are revered and the Library Committee volunteers are passionate about BOOKS!

With September now upon us, our weather feels a bit tentative: still hot from the full blast of Summer, but with a hint of air that is beginning to feel Autumn-ish! Who knows? This is being written in the middle of the full heated blast of August, so as we read this, we are hopefully feeling some change, with cool breezes in the evening. Our schools are back in business. But I digress! Here are some worthy choices to ponder as you look for a great read in this beautiful, sunflower month of September:

***Maybe You Should Talk to Someone.** Lori Gottlieb. NF. RP. Author and psychotherapist Gottlieb brings us her memoirs, from counseling former patients and from her own experience as a "person-with-a-therapist".

These narratives are moving, poignant, humorous, riveting and eye-opening. Four of her clients share their lives and complicated situations, then Gottlieb goes through a traumatic break-up and realizes she needs to "talk to someone" herself. She searches for the therapist who she thinks can help her, sharing her thoughts and doubts along the way, all the time seeing her four clients and sharing with us her thoughts and concerns about them. Her memoir is informative, uplifting, authentic, and tender. I enjoyed it tremendously. Among many plaudits for this work is this, from The Economist, "Gottlieb has done something important. She tells her story as if she were speaking to a roomful of adults, who can be trusted not to faint at the news", and this from the Library Journal: "A wonderful gem of wit,

(Continued on next page...)

Associations & Committees

(Book Reviews continued from previous page)

honesty, advice and commentary..” This work is coming soon to a very fine Library very, very near you!



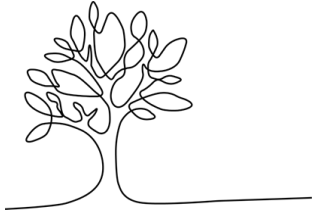
2. **The Correspondent**. Virginia Evans. F. RP & LP. Utterly delicious! A joy to read. Sybil writes letters to everyone: her friends, her service people, her favorite authors, ones who have not helped her as she thought they should, ones who have helped her and with whom she begins a fond relationship; sending out all, save one, that is never sent. These letters are witness to her determination and straight-forwardness. She does not mince words, but kindly expresses her concerns or joys. These letters are witness to her life and the bonds that reflect her inner empathetic essence. A truly satisfying and wonderful read! Many awards and prizes. Lots of smiles and “feel goods” for this one.

3. ***Northwest Angle**. William Kent Krueger. F. RP. Krueger, author of Ordinary Grace and This Tender Land, among many others, brings us another intriguing read. In the northwest corner of Minnesota, on the morning of July 4, 1999, “something phenomenal occurred with this storm system...something monstrous”. “I have always known that such a storm would play a part in one of my stories. This is the story.” Thus ends Krueger’s author’s note to his readers, introducing the context for this suspenseful mystery/adventure, with characters “worthy of our emotional involvement”. It’s a beautifully written thriller ...”transformed into a tale of selfless love, redemption and hope, without losing an iota of the suspense promised at its inception.” “Catch-your-breath suspense throughout.” Booklist. Great recommendations! Can’t wait to read it. (A friend shared it with me just yesterday.) Krueger writes many splendid works. Our Library has most of them. You can’t go wrong! Coming soon to a very fine Library very, very near you!

4. ***Lovely One**. Ketanji Brown Jackson. NF. A superbly written memoir by our newest U.S. Supreme Court Judge; her family history, her early education, her college years, meeting “the man of my dreams” and the complexities that entailed, learning who she was and how she became what she had always wanted to be: a U.S. Supreme Court Judge. We follow Ketanji’s path of determination and perseverance to well-deserved leadership and devoted relationships. Truly heartwarming, intelligent, and an A + read, for sure! Coming soon to a very fine Library very, very near you!

*Give these a month to be processed properly. Thank you for your kind donations of good-condition books. They are greatly appreciated!

Associations & Committees



Social Activities Committee

Chair: Anita Chalmers

Assistant Chair: Lynn Richey

Secretary: Susan George

Treasurer: Pat Wyatt

SEPTEMBER SOCIAL FUN

Looking for something to do and someone to do it with? The Social Activities Committee invites you to join us and enjoy yourself. Consider (and sign up for) the following:

Thursday, September 24th, 8:30 a.m. – 3:00 p.m. (Meet at the flagpole at 8:15.)

Would you like a day at the Beach? Our next charter bus excursion will be a ***Southern California Beach Day!*** Join our adventure to Corona del Mar where we will visit Roger's Gardens for a leisurely visit and then head to a close-by beach, with grass, ocean breeze, and a picnic.

Roger's Gardens is unique and amazing. They decorate for holidays so expect some fun and spooky Halloween scenes scattered throughout the multiple specialty areas, including amazing flowers and pumpkins, garden décor, patio furniture if you want to rest, orchid shops, and a tempting large Gift Shop. Plenty of benches, and all very walkable. We'll stay for about 1 ½ hours.

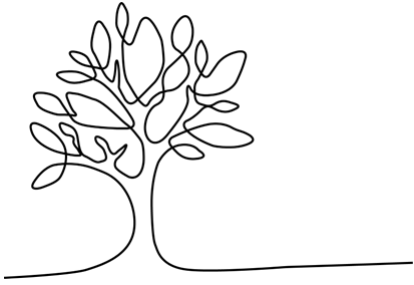
Then on to the neighboring beach to enjoy the sound of waves, watch the bikes go past on the bike path, dunk your feet in the ocean, and have a picnic. The bus will drop us off at a grassy area so we will have easy access – no long trudges through the sand!

These excursions fill up fast. To sign up, the flyer with application is in this month's Happenings. Fill out the second attached form to choose your box lunch entre and your choice of a folding chair or bring your own beach chair. Sign up between 9/1 – 9/10 by placing your forms and your \$30 check/cash in the envelope provided and place it in the Associates Lockbox in the Lobby or Dining Room. The cost of your box lunch is included.

Hope you can join us! Meet at the flagpole at 8:15 a.m.

(Continued on next page)

Associations & Committees



Social Activities Committee (continued from previous page)

Game Times, September 2nd 6:30 – 8:00 p.m. and September 16th 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 (September 2nd) we play Bunco, a dice game that makes sure you meet every person in the room! The 3rd Wednesday of each month (September 16th) we play Mexican Train Game using dominoes. Snacks are served. We're glad to teach you how to play!

Sports on the Big Screen TV, Sunday, September 13th at 11:00 a.m.

Are you a tennis fan in search of kindred spirits? Come to the U.S. Open Watch Party in the Meeting House Café, Sunday, 9/13 at 11:00 a.m. to see the exciting men's singles finals.

Sunday's Watch Party has no host so bring drinks or snacks to share. Be there or be square!

Old Time Campfire Event coming soon!

Remember the fun of gathering around a campfire and listening to great stories while eating those tasty S'Mores? Watch your October Happenings for the details! You can count on a Saturday evening filled with memories and camaraderie.

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 Trip to Union Station

by Mary Burrows

We had a lovely group on the Travel Buddies' first outing, Tuesday, August 18. We enjoyed an educational presentation provided by Roger Westman, followed by lunch.

We have another trip planned for September 18 to the Armory Art Gallery with lunch. For information, please email **Mary Burrows** at redhawkmb@verizon.net or call 4275. The Armory outing is limited to 15 people with currently four registered for the outing. Registration closes one week before the trip. We will be carpooling for this and all future outings to the Metro Station.



We welcome new residents to Hillcrest who may have moved in recently. We are a group, not sponsored or covered by Hillcrest-- just a group of neighbors who want to learn about the system and enjoy the flexibility of travel without using a car and saving at a senior discount rate. Using the Senior Tap card through Metro allows for trips at an average of 35 cents. Travel Buddies is intended to introduce Hillcrest residents to the Metro system and encourage familiarity, comfort, and usage of the system. We welcome individuals to ask for help on procuring Senior Tap Cards, how to arrange personal trips, or join our Travel Buddies group. Using Metro protects the environment, encourages autonomy of travel, fosters companionship, and helps plan for that day when we each give up the keys to our cars.

Thank you to our first group, left to right: **Roger Westman, Kathy Beauchamp, Carol Fishburn, Kim Westman, CloJean Fortney, Marica Edmondson, Mary Burrows, Marna Makau, Gloria Duckett, and Elena Dungca.**

Let's get moving.....

Creative Corner

~*~ AUTUMN REVERIE ~*~

What can we say about Autumn ?
Playful? Mild? Flamboyant? Pensive?
Perhaps all of the above? Yes . . .
Summer is slowly releasing its grip
And Winter could be behind the next cloud.
Nature is slowly turning the pages,
As shorter days recede into traces of solitude.

-- -- Cecilia Stephens

>>> AN ORDINARY DAY <<<

An operation restores the gift of sight,
A millions-mile star sends us light,
A parent is grieving, a child is in need,
Miles of wheat for next year's seed ---
Just an ordinary day.

Butchers and bakers are up before dawn,
A rose is plucked -- it's bud-ness gone,
Rivers are fed from thousands of streams,
Creative men live other men's dreams ---
Just an ordinary day.

Butterflies help the flowers to grow,
The stars go round with planets in tow,
Angels are born and demons die,
Shiny new buildings reach for the sky ---
Just an ordinary day.

Mountains rumble and the surf rolls on,
Children play on a neighborhood lawn,
Winter, Springtime, heat, then frost,
Some memories linger while others are lost - -
Just an ordinary day?

Thank you, God, for the extraordinary ways
You have planned to enrich
our "ordinary" days !

-- -- Cecilia Stephens

e.e.

What goings on and comings in
most people do without a don't
I act and make with greater feel
eerily touched by like a such.
There's no belief without a doubt
and no descent bereft of up;
there's no relief without a strain
and painlessness can be a grief.
No safety suits nor guarantees
in any size that fits the breeze.
The wind is naked, makes me cough,
aloft I float before I fall.
An acrobat we makes of me,
besneezed upon a high trapeze,
fail and falter, seem to tease
the crowd; it shouts, I know it's real,
no prefit skit, but they don't care:
with reeling head and acrofeare,
dizzy dare and trip recoup;
this victory mine, resisting share.

—Bob Doud, as in Prism, Spring 1983,
retyped Aug. 31, 2021

Birthdays & Anniversaries

September Birthdays

Kathy Olsen	9/3
Paul Stewart	9/5
Chuck Pratt	9/7
Judy Shoff	9/7
Marsha White	9/7
Winnie Robertson	9/8
Maggie Porter	9/14
Lorna Bjorklund	9/15
Edna Duke	9/15
Jacki Gingrich	9/15
Dan Funderburk	9/16
Sharon Hampshire	9/16
Margie McEnery	9/16
Lydia Dorje	9/17
Jim Meriwether	9/17
Melinda Jones	9/19
Kathlene Puthuff	9/20
Marjorie Reisinger	9/21
Rosemarie Sabounchian	9/21
Jan Smithen	9/23
Judy Kearns	9/25
Nancy Brandt	9/26
Dorothy Somers	9/26
Sheila Watson	9/27
Jarvis Justus	9/28
Mary Kay Ogden	9/29
Ruth Kurtz	9/29

September Anniversaries

Paula Fredrick & Marcus Leh	9/1
Don & Sheila Watson	9/4
Ron & Carol Faus	9/6
Nancy & Roger Klinkhart	9/9
Jane & Steve Carmichael	9/30

Dining Services Announcements

Amber Mora, Dining Services Director

We are trying something new this month in Dining Services! We are excited to introduce our first End-of-the-Month Buffet, which will take place on the last day of every month. Each month will feature a fun and unique theme. This will bring something new and exciting to our community while also helping manage the high volume of reservations that occurs on the last day of the month. We will not have an End-of-the-Month Buffet in November or December, as the holidays fall close to the end of the month. We will resume this fun monthly tradition at the end of January. For September, our theme will be "Breakfast at Dinner!" (Menu on page 21) This was a request brought up by some of you during our Dining Updates meeting, and we are excited to make it happen. This will be an all-inclusive buffet for \$15 for residents and \$17 plus tax for guests. Please join us for a fun evening filled with some of your favorite breakfast foods served dinner-style. We hope this becomes something everyone looks forward to each month!

We are also **excited to welcome our new Chef, Rick, to our community.** Please continue to help us welcome him as he gets settled into Hillcrest, gets to know our residents, and becomes familiar with our Dining Services team. We are excited to have him here and look forward to all that he will bring to our community!

Join us to celebrate **Labor Day** with a **lunchtime BBQ** in the Dining Room from 11:00 a.m.–1:30 p.m. in the Dining Room (Menu on page 21). This is an all inclusive buffet for \$15 for residents and \$17 plus tax for guests.

Make reservations with the Dining Room Host at ext. 4300. *Please note: **The Dining Room will be closed for dinner on September 7.***

Menus

Reservations at (909) 392-4140

Birthday & Anniversary Lunch

Wednesday, September 2, Seating at 11:00 a.m.

Celebration begins at 12:00 p.m.

Starters

Creamy Roasted Butternut Squash Soup
Mixed Greens with Apples, Dried Cranberries & Cider
Vinaigrette

Entrees

Herb Roasted Chicken Breast with Mushroom Pan
Sauce

Baked Mahi Mahi with Citrus Herb Butter

Accompaniments

Garlic Parmesan Mashed Potatoes
Green Bean Almondine
Roasted Seasonal Vegetables

Dessert

Chocolate Ganache Cake

End of the Month Buffet

Wednesday, September 30, 5 p.m.

Breakfast for Dinner

Starters

Ambrosia Salad
Fresh Fruit

Entrees

Country Fried Steak
Carved Ham
Spinach & Cheddar Quiche

Accompaniments

Potato O'Brien
Yellow Squash & Zucchini
Roasted Rainbow Carrots
Candied Maple Bacon

Dessert

Baked Raspberry French Toast Casserole
*Mimosa Cart \$5

Labor Day BBQ

September 7, 11 a.m.—1:30 p.m.

Starters

Assorted Fruit Bar
Potato Salad
Arugula, Feta and Watermelon Salad

Entrees

Hot dogs
Burgers
Assorted Toppings

Accompaniments

Corn on the Cob
Grilled Vegetables
Macaroni and Cheese

Dessert

Peach Cobbler

September Center Stage

Friday, September 18, 5 p.m.

Salad

Mediterranean Spanish chopped salad - Baby greens, heirloom tomatoes, cucumber, roasted peppers, olives, Manchego cheese and sherry vinaigrette.

Entrees

Herb-Roasted Chicken with Romesco Sauce
Tender roasted chicken with a refined roasted red pepper, almond and garlic sauce.

Roasted Salmon with Sherry-Dijon Cream
Sauce

Accompaniments

Arroz Amarillo (Yellow rice with onion, bell pepper, peas, and tomatoes)
Smoked Paprika Roasted Cauliflower
Garlic Roasted Green Beans with Toasted Almonds

Dessert

Almond Cake with Fresh Berries and vanilla
bean cream



LAST DAYS TO EXPERIENCE

Talking Textiles

SHOW CLOSING MONDAY, SEPT. 28TH

This is a Unique Intergenerational Legacy Created in Textiles

Inspired by Artist & Instructor, **Gary V. Lett**

In conjunction with The African American Museum of Beginnings

Looking like paintings, on closer inspection, one sees that instead of oil paint or water colors, each portrait is achieved with scraps of material either pasted or sewn together to create the image of a loved one or a famous person who has influenced the artist. Pomona Valley elders and youth came together over the course of a year and under the



guidance and skill of artist, Gary Lett, have created a powerful visual narrative that speaks volumes.

This exhibit is available for viewing daily, 8:30 a.m. to 4:30 p.m.



COMING TO THE GALLERY IN OCTOBER

June Berger, Artist & Graphic Designer

<https://www.junebergerart.com>

"My paintings are meant to be encouraging reminders of God's love. And, of course, they are also designed to be beautiful all by themselves. I hope you enjoy." June also creates gifts and products featuring her art---throw pillow, zip pouches, greeting cards, coffee mugs, tote bags ---that will be

available in Juanita's Gift Shop, October 5th.

Give a Meaningful Gift

A gift to the Gallery at Hillcrest will support future exhibitions and encourage, promote and provide access to visual art in our community for both artists and patrons.

Celebrate the Jewish High Holidays at Hillcrest

A season of sweetness, reflection, and shelter

Rosh Hashanah Dinner

Wednesday, September 9 • 5:00 p.m.

Maury Smeltzer Lounge

Welcome the Jewish New Year 5787 with a festive dinner featuring apples, honey, and the tastes of the season.

CHOOSE YOUR ENTRÉE

Brisket

Roasted Chicken

Roasted Eggplant Rolls with
Herbed Cheese & Drizzled Honey

Dinner also includes: matzo ball soup, green salad with mango, kasha varnishkes, broccoli, tzimmes, and honey cake for dessert.

Red and white wine served

\$23 residents • \$26 guests

**RSVP with your entrée choice to
Lorene**

ext. 4396 • lthomas@livingathillcrest.org

Sukkot Dinner

Thursday, October 1 • 5:00 p.m.

In the Sukkah on the Shuffleboard

Gather for the festival of booths — the season of joy — with a harvest dinner beneath the open sky.

CHOOSE YOUR ENTRÉE

Stuffed Bell Peppers

& Grape Leaves

Roasted Chicken

Vegetarian Option

Dinner also includes: kreplach soup, apple and fig salad, Jerusalem kugel, green beans, roasted carrots, and apple tart with vanilla ice cream for dessert.

Red and white wine served

\$23 residents • \$26 guests

**RSVP with your entrée choice to
Lorene**

ext. 4396 • lthomas@livingathillcrest.org

Dine in the Sukkah

September 25 – October 2

The sukkah will be up and open to all residents. You're welcome to reserve it for a dinner of your own beneath the open sky.

To reserve, contact Yesenia • ext. 4140

All residents are warmly welcome.

Spiritual Care

September Schedule of Services and Programs

Sundays

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)

September 13th

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.

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)

2:00 p.m. – **Ecumenical Communion Service** (Woods Activity Room)

September 2nd

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

September 9th

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

5:00 p.m. – **Rosh Hashanah Dinner** (MSL) See page 23

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 Season of Sweetness and Shelter

For Jewish people around the world, Autumn opens the most sacred stretch of the year. Rosh Hashanah (which literally means "head of the year") welcomes the Jewish year 5787 with the sound of the shofar, the ram's horn whose call is meant to wake the soul. It is a celebration, but a reflective one: a time to make an honest evaluation of the year behind us, to mend what can be mended, and to begin again. The table tells the story of the holiday's hopes – apples dipped in honey for a sweet year, and challah baked in a round loaf rather than a braid, a shape with no beginning and no end. Friends greet one another with *L'shanah tovah* – "for a good year." Here at Hillcrest, we will welcome the new year together with a festive Rosh Hashanah dinner on Wednesday, September 9.

What follows are the Days of Awe: ten days many consider the most searching of the year. Tradition holds that during this time the Book of Life lies open. It is a season for seeking out those we have wronged and asking their forgiveness directly; a task no prayer can accomplish on our behalf. The Days of Awe close with Yom Kippur, the Day of Atonement, kept in fasting and prayer from sundown to sundown. It is the most solemn day on the Jewish calendar and also, in its way, the most hopeful: a day given entirely to the conviction that people can change, and that mercy meets us when we try. At its end, one long note of the shofar sounds, and the fast is broken in the company of others.

Five days later the mood turns to joy, and Sukkot arrives, the festival of booths. Sukkot is a harvest festival and its customs are wonderfully tangible: branches of palm, myrtle, and willow gathered with a fragrant citron and waved in every direction, a reminder that blessing comes from all sides. Here at Hillcrest we will build our sukkah out on the shuffleboard and take meals within it, remembering the generations who lived in temporary dwellings in the wilderness. A sukkah is fragile on purpose. It is a yearly practice in gratitude, in trusting that shelter comes to us in many forms and above all in hospitality, for a sukkah is meant to be filled with guests. In that spirit, all residents are invited to our Sukkot dinner in the sukkah on Thursday, October 1, and the sukkah will be open September 25 through October 2 for residents who wish to reserve it for a dinner of their own.

Details and RSVP information for holiday events can be found on page 23 in this issue.

All are warmly welcome.

Book Group

Beyond Anxiety: Curiosity, Creativity, and Finding Your Life's Purpose.

By Martha Beck

This month, the book group will only meet on September 14th. All are welcome—whether you'd like to read along closely or simply come to listen and talk together.

Date: September 14th

Time: 3:00 p.m.

Location: Hillcrest Chapel

Waking Up: Mindfulness Group

Monday–Thursday our group gathers in the Chapel for a guided meditation drawn from a variety of apps—including Waking Up with Sam Harris, Insight Timer, and others—each offering a slightly different approach, so the practice stays fresh and there's room to find what speaks to you.

Days: Monday - Thursday

Time: 9:30 a.m.–10:00 p.m.

Where: Hillcrest Chapel

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
9/1	Hillcrest Thespians Casting Call.....	MH.....	Pg. 33
9/2	Hillcrest Farmers Market & Block Party	AFC Pkg Lot	Pg. 34
9/2	Birthday/Anniversary Lunch	MVDR	Pg. 21*
9/2	Dietitian Talk: "Protect Your Power"	GWBR	Pg. 33
9/2	Hillcrest Singers First Rehearsal	Chapel.....	Pg. 34^
9/2	Bunco.....	Café	Pg. 17
9/3	Matinee: <i>27 Dresses</i>	MSL.....	Pg. 32
9/7	Book Review with Roger	WR.....	Pg. 34
9/8	"Coffee with Keith"	Café	Pg. 35
9/8	"A Matter of Balance"	AFC	Pg. 35*^
9/9	"Good Sleep for Emotional Wellbeing"	GWBR	Pg. 35
9/9	Rosh Hashanah Gathering	MSL.....	Pg. 23
9/10	Matinee: <i>The King and I</i>	MSL.....	Pg. 32
9/11	Dining Services Update.....	MSL.....	Pg. 37
9/14	Resident Forum.....	MH.....	Pg. 10
9/14	Brain Boost: Ronnie Gardiner Method Class	MH.....	Pg. 43^
9/16	Wanderer's Trip	Flagpole	Pg. 36*
9/16	Mexican Train Night	Café	Pg. 17
9/17	"Shared Journeys"	Chapel.....	Pg. 38*
9/17	"The Blue Zones"	MH.....	Pg. 38*
9/17	Matinee: <i>The Fantasticks</i>	MSL.....	Pg. 32
9/17	"High Blood Pressure"	GWBR	Pg. 38
9/18	Travel Buddies Excursion by Metro.....	Flagpole	Pg. 39*
9/18	Picture Party with La Verne Historical Society.....	Café	Pg. 39
9/19	Center Stage: <i>Ecos de España</i>	MH.....	Pg. 37
9/21	Centenarian Celebration	MH.....	Pg. 40*
9/22	"Coffee with Keith"	Café	Pg. 35
9/23	Out-to-Lunch Bunch	Flagpole	Pg. 36*
9/23	Real Talk: "Loneliness in a Sea of People"	GWBR	Pg. 40
9/24	Re-Orientation: "Trash, Recycling, & eWaste"	GWBR	Pg. 41
9/24	Matinee: <i>The Great Gatsby</i>	MSL.....	Pg. 32
9/25	The Social Spread	Café	Pg. 41
9/28	Community Acupuncture	MSL.....	Pg. 41
9/28	"T-Coil & Auracast Demo"	MH.....	Pg. 42
9/30	6-Word Memoirs (Part III)	MH.....	Pg. 42*

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

^The first of a repeating opportunity, event, or gathering; see associate page for details.



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	9:30am Stories with Sharon*	10:00am Sit & Be Fit	10:00am Sit & Be Fit
	2:00pm The Brainy Bunch	2:00pm Treat & Trivia*	2:00pm Dominoes or BINGO*	10:00am Sit & Be Fit	2:00pm Dice Games*	
4:00pm Vespers*	3:00pm Music Program	3:30pm Fun & Games	3:30pm Horse Racing	2:00pm Thursday Matinee	3:30pm Activity Grab Bag**	3:30pm Board Games
* "Singspiration" every 2nd Sunday				4:00pm Fun & Games**		
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	* "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.
				** 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)

SEPTEMBER 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**

 **New Class!**

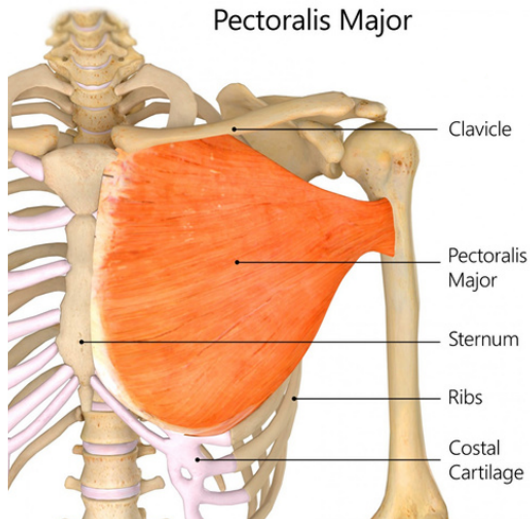
Please note that the daily schedule is subject to change, and be sure to consult your **Daily Agendas** for a confirmation of classes.



MEET YOUR MUSCLES

PECTORALIS MAJOR

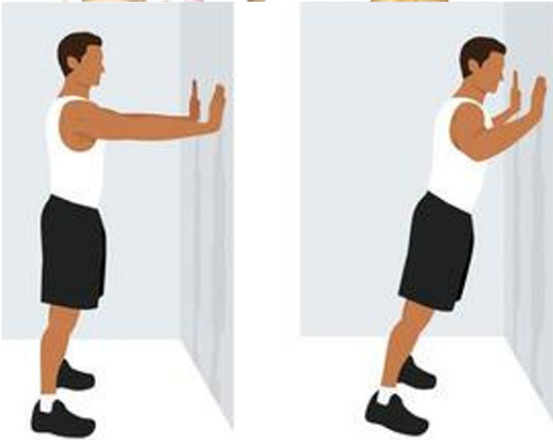
SEPTEMBER 2026



WHAT IS IT?

Your chest is made of two muscles, the *pectoralis major* and *pectoralis minor*. The *pectoralis major* is a large muscle that makes up a significant portion of the chest. It stems from the sternum, and extends to the upper arm bone (*humerus*).

The *pectoralis major* is responsible for many important ranges of motion including horizontal adduction, internal rotation, and shoulder adduction. These movements are found in everyday activities such as pushing open a door, fastening clothing items, and bringing your arms down by your side.



STRENGTH

- Start by facing a sturdy wall or counter, feet pointing forward.
- Keep your hands in line with your shoulders as you bring them up and place them on the wall.
- Bend the elbows to bring your torso as close to the wall as possible.
- Push the wall away with control, and repeat for about 10-12 repetitions.
- Aim to do more sets as you get stronger.

STRETCH

- Sit in a chair to start, feet flat on the floor and arms down by your side.
- Keeping the arms down, start to reach them back behind you.
- While moving the arms back, make sure to keep your posture stable by not letting your back arch. Think of putting your shoulder blades in your back pocket.
- Hold for 30 seconds, and then repeat.

Resident Life & Wellness

FEEDING THE BRAIN: FOOD OR SUPPLEMENTS?

By Dr. Ryan Harrison, Sr. Director of Wellness

Every year, billions of dollars are spent on supplements promising sharper memory, better focus, and protection against cognitive decline. For many older adults, the desire is understandable. We all want to protect the memories, experiences, and relationships that make life meaningful. **But when it comes to brain health, the most powerful tools may not come in a bottle.**



Over the past two decades, researchers have invested hundreds of billions of dollars exploring treatments for dementia. While important discoveries have been made, **there is still no simple pill that prevents or reverses cognitive decline.** This has led many people to turn toward supplements marketed as “brain boosters,” including products like Prevagen.

Prevagen’s main ingredient is a protein originally derived from jellyfish. The company has promoted it as a scientifically supported way to improve memory. However, independent reviews of the research have raised significant concerns. The company’s primary clinical trial did not demonstrate meaningful improvements in memory, learning, or recall compared with placebo. Federal regulators and consumer advocacy groups have also challenged the strength of the company’s advertising claims.

The larger lesson is not simply about one product. It is about where we choose to invest our time, money, and energy. When it comes to brain health, decades of research point toward something far less flashy but far more promising: lifestyle.

One of the strongest examples is **the MIND Diet, a way of eating developed specifically to support brain health.** The MIND Diet combines elements of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, emphasizing foods associated with healthier aging. Rather than focusing on a single “magic” ingredient, the MIND Diet encourages a pattern of eating rich in leafy green vegetables, berries, nuts, whole grains, beans, olive oil, and fish. It also recommends limiting foods associated with poorer health outcomes, such as excessive sweets, fried foods, and highly processed foods.

Research suggests that **following the MIND Diet is associated with slower cognitive decline and a lower risk of developing Alzheimer’s disease.** Unlike many supplements, it does not rely on one isolated compound. Instead, it nourishes the entire body, supporting heart health, blood vessel function, inflammation regulation, and the brain itself.

The best investment in memory may not be a capsule promising a quick fix. It may be the daily choices we make at the table, in the kitchen, and throughout our lives. A healthy brain is built one meal at a time.

(Adapted from: <https://nutritionfacts.org/video/does-prevagen-really-work/>)

Resident Life & Wellness

NEW SIGNS POINT TO FUN

By Kris Whyte, Lead Life Enrichment Coordinator

Did you know that Southwoods Lodge, Woods and Cedar Court residents often gather together to enjoy a variety of life enrichment opportunities? Maybe you've wondered exactly where one might find their activity space? Well, with the newly installed room signs, it's easier than ever to navigate to the fun! The signs displaying, "Welcome Activity Room" are located at the corners of the Woods' 40s and Cedar Court Hallways. **Leah Abalos** (Life Enrichment Coordinator) and **Misty Solis** (Life Enrichment Assistant) gesture toward newly installed "Activity Room" signs at right.



The JAVA Music program (pictured left) provides a weekly opportunity for residents of Woods, Cedar Court and Southwoods Lodge to connect and be heard. The name comes from "java" (as in coffee,) and evokes a warm feeling of the familiar coffee klatch social where everyone is welcome!

Residents **Bob Sassaman** and **Anne Hogan** (pictured right) volunteer to help residents of Woods, Southwoods, and Cedar Court paint containers, plant and water these succulents in preparation for the Hillcrest Craft Fair in October.



And Southwoods Lodge residents **Ed Redfern** and **Dorothy Somers** enjoy a word game in the cafe guided by **Karen Lind** (pictured left) who has newly joined the ranks of the volunteer team. Volunteers assist with a variety of games and activities with residents of Southwoods, Woods and Cedar Court.

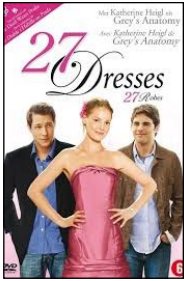


Residents and their visitors are always welcome! If you're interested in joining an activity or two to lend a hand with crafts, games, conversation, let's chat! I can be reached at (909) 392- 4015 or by e-mail at KWhyte@LivingatHillcrest.org.

Resident Life & Wellness

THURSDAY AFTERNOON MOVIE SERIES

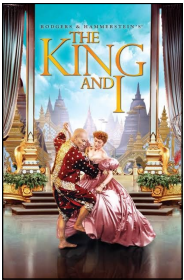
Matinee: 2:00 p.m. (MSL)



9/3: 27 Dresses (2008 / PG-13 / 1h 51m)

Perennial bridesmaid Jane always puts the needs of others before her own, making her the go-to gal whenever someone needs help with wedding plans. So when Jane's younger sister Tess snags the man Jane secretly loves, Jane finds herself questioning her role as a wedding junkie for the first time in her life. Meanwhile, a handsome reporter sees Jane's unusual story as his ticket off the

bridal beat.



9/10: The King and I (1956 / PG / 2h 13m)

In this film adaptation of the Rodgers & Hammerstein musical, widowed Welsh mother Anna Leonowens (Deborah Kerr) becomes a governess and English tutor to the wives and many children of the stubborn King Mongkut of Siam (Yul Brynner). Anna and the king have a clash of personalities as she works to teach the royal family about the English language, customs and etiquette, and rushes to

prepare a party for a group of European diplomats who must change their opinions about the king.



9/17: The Fantasticks (1995 / PG / 1h 49m)

Audiences will have a chance to truly remember - or for the first time discover one of the most popular musical love stories of our time: "The Fantasticks," which for 40 years has been taking theater-goers on a grand comic adventure of first romance. "The Fantasticks" is America's longest-running theatrical production, but its screen incarnation has been long awaited.



9/24: The Great Gatsby (2013 / PG-13 / 2h 22m)

Midwest native Nick Carraway (Tobey Maguire) arrives in 1922 New York in search of the American dream. Nick, a would-be writer, moves in next-door to millionaire Jay Gatsby (Leonardo DiCaprio) and across the bay from his cousin Daisy (Carey Mulligan) and her philandering husband, Tom (Joel Edgerton). Thus, Nick becomes drawn into the captivating world of the wealthy and -- as he bears witness to their illusions and deceits -- pens a tale of impossible love, dreams, and tragedy.

Resident Life & Wellness

New Class!

SPECIALTY SERIES: "CARDIO DRUMMING"

Cardio Drumming is a high-energy, low-impact way to get your body moving. Follow along with the instructor while drumming to the beat of oldies, pop, and rock & roll. This is a toe-tapping class designed to elevate your heart rate through movement and music. This 30-minute class is entirely seated, so it is suitable for all fitness levels. Reservations are not required, but the class is capped at 10 participants.



Days: Tuesdays, September 1 - October 27

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

Location: AFC Studio

HILLCREST THESPIANS CASTING CALL!

Have you ever dreamed of being on stage, or do you simply enjoy reading stories aloud? The Hillcrest Thespians invite you to audition for our upcoming Readers Theatre production, "Grandparenting 101," the eighth comedic and heartfelt play written and directed by Al Smith. No memorization or acting experience is required. Thespians productions are a fun, low-pressure way to make friends, share laughs, and bring stories to life together. Scripts will be available at the end of August from Letha Ressler (ext. 4331) or Fran Brunsell (ext. 2561). Performances are scheduled for Friday, October 9th at 2:30 & 6:30 p.m. Come join the cast and be part of the fun!



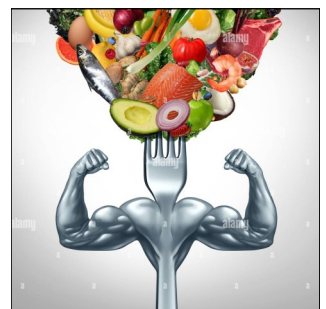
Day: Tuesday, September 1

Time: 2:00 - 3:30 p.m.

Location: The Meeting House

"PROTECT YOUR POWER: EATING TO MAINTAIN STRENGTH"

Strong muscles help you stay active, independent, and doing the things you love. Join Hillcrest's Dietitian, **Angelica Del Rosario, RD**, to discover simple nutrition strategies that can help you maintain strength and protect your power as you age. Learn how small changes to your daily eating habits can make a big difference in your health and vitality.



Day: Wednesday, September 2

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

Location: Galen Walker Board Room

Resident Life & Wellness

JOIN THE HILLCREST SINGERS!

Do you love to sing and make music with others? Join the Hillcrest Singers! Directed by resident Deb Waas, the choir rehearses weekly and performs two concerts each year. Whether you're an experienced singer or simply enjoy singing, you'll find friendship, laughter, and the joy of making music together, along with the many benefits choral singing offers for overall well-being. Our new season begins in September. Come sing with us!



Days: Wednesdays, starting September 2

Time: 3:30 - 4:15 p.m.

Location: The Chapel

FARMER'S MARKET

Fresh. Local. Handmade. Hillcrest's Marketing and Resident Life & Wellness departments invite you to a special Hillcrest Farmer's Market celebrating local growers and makers. Spend the morning browsing locally harvested honey, freshly baked breads, handcrafted candles, artisan soaps, and other unique creations while connecting with neighbors and friends. Come stroll, shop, and discover the flavors and talents of our region while supporting the local producers who help make our community vibrant.



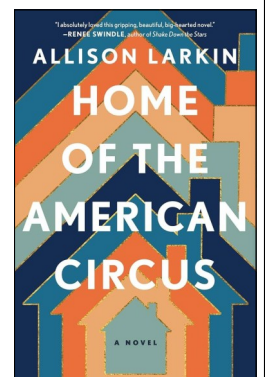
Day: Wednesday, September 2

Time: 9:30 a.m. - 1:30 p.m.

Location: AFC Parking Lot

BOOK REVIEW WITH ROGER

Step right up for an engaging book review with Roger Westman as he explores *Home of the American Circus* by Allison Larkin. Despite the book's title, it has nothing to do with a circus! This is a moving story that follows Freya Arnalds, a thirty-year-old bartender who returns to her hometown of Somers, New York (the town that lays claim to be the birthplace of the circus!) and discovers her teenage niece is secretly living in her inherited, run-down family home.



Day: Monday, September 7

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

Location: Welcome Room

Resident Life & Wellness

“COFFEE WITH KEITH”

Join **Keith Kasin**, our *Chief Operating Officer*, for his next “Coffee with Keith” session. These sessions are 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. These sessions are meant to be welcoming and flexible, so don’t worry if you need to arrive a little late or step out early.



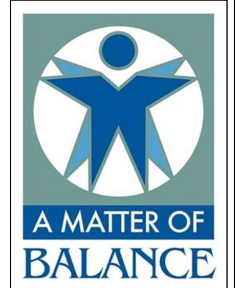
Days: Tuesdays, September 8 & 22

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

Location: The Café

“A MATTER OF BALANCE”

Stay active, confident, and independent with the next “A Matter of Balance” series. This evidence-based program, led by our own AFC staff, is designed for older adults who want to improve balance, increase activity, and build confidence in everyday movement. Through engaging discussions, group activities, and gentle exercises, you will learn practical strategies to reduce fall risks, strengthen balance and flexibility, identify environmental hazards, and overcome concerns about falling. If you’re concerned about your balance, this supportive series can help you keep moving forward. Space is limited, so register today.



Days: Tuesdays, September 8 - October 27

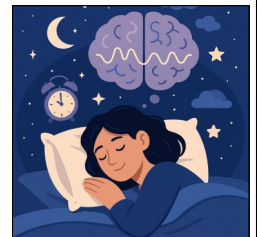
Time: 2:00 - 4:00 p.m.

Location: The AFC Studio

RSVP: Call the AFC Front Desk (ext. 4029) - Required!

“GOOD SLEEP FOR EMOTIONAL WELLBEING”

Sleep plays a vital role in how we think, feel, and connect with others. Join **Elisa Fonseca**, from the LA County Department of Mental Health, for this informative class exploring the relationship between quality sleep and emotional wellbeing. Learn practical strategies for improving sleep habits, managing nighttime challenges, and creating routines that support better rest, improved mood, and greater overall wellness.



Day: Wednesday, September 9

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

Location: Galen Walker Board Room

Resident Life & Wellness

THIS MONTH'S EXCURSIONS

Wanderers Trip

Come help us celebrate Hispanic Heritage Month with a 1-hour tour of the **Cheech Marin Museum** in Riverside, CA. The Cheech is home to the unparalleled Cheech Marin Collection of Chicano Art. It is a space for continued exhibition, scholarship and dialogue of Chicano art's deep roots in the Chicano Movement of the 1960s and 1970s to its contemporary and evolving response to current social conditions and global artistic movements. We will end the day with a quick stop at a local Michoacana for a scoop of delicious and refreshing Mexican ice cream to cool us down before our drive home.



Day: Wednesday, September 16

Time: 11:45 a.m. - 4:00 p.m. (approximate)

Location: Meet at the Flagpole (by the Clinic)

Fee: \$15 (Tour) + Ice Cream (Out of Pocket)

Accessibility: Walker-Friendly

RSVP: Call Jacquie (ext. 4352) - Due by September 9

Out-to-Lunch Bunch

Ontario Mills, **Rainforest Café** invites you to escape the everyday and dive into a thrilling safari for the senses in the heart of the Inland Empire. Our jungle-inspired menu is packed with crowd-pleasing favorites and tropical treats you're sure to go WILD for, ending your adventure with our legendary, out-of-this-world VOLCANO® dessert. Explore a vibrant rainforest



atmosphere complete with cascading waterfalls, tropical rainstorms, trumpeting elephants, and playful gorillas all under one roof. It's more than a meal; it's a fun, family-friendly adventure

Day: Wednesday, September 23

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

Location: Meet at the Flagpole (by the Clinic)

Fee: Out of pocket

Accessibility: Walker-Friendly

RSVP: Call Jacquie (ext. 4352) - Due by September 16

Resident Life & Wellness

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, September 11

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

Location: Maury Smeltzer Lounge

~ THE CENTER STAGE ~

Celebrate National Hispanic Heritage Month with a special Center Stage performance featuring ***Ecos de España***, an unforgettable journey through the music and dance of Spain. Experience the passion and artistry of flamenco dancer Susana Elena and classical guitarist Pietro Ruscigno as they bring the rhythms, melodies, and traditions of Spanish culture to life through captivating dance, castanets, swirling shawls, flamenco footwork, and the timeless sound of the Spanish guitar.

Before the show, enjoy a Spanish-inspired dinner in the Mountain View Dining Room, followed by a pre-show **“Sipping Social”** 30 minutes before the performance featuring a complimentary glass of beer or wine. After the show, continue the celebration and **“Linger in the Lobby,”** where you can enjoy themed bites and connect with friends.



Come celebrate the rich cultural heritage, artistry, and spirit of Spain through an evening of music, movement, and community.

Day: Friday, September 18

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

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

Linger in the Lobby: 7:30 p.m.

Location: The Meeting House

Resident Life & Wellness

SHARED JOURNEYS: “HONORING MEMORIES, FINDING HOPE”

Loss and significant life changes can bring many emotions, and connecting with others who understand can be comforting. “Honoring Memories, Finding Hope” is part of our Shared Journeys support group series, offering residents a supportive space to share experiences, honor memories, connect with others, and find hope. Facilitated by the **Social Work Department**, this is an ongoing group (meeting every other week) with no commitment required. You are welcome to drop in whenever you feel the group would be helpful.



Day: Thursday, September 17

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

Location: The Chapel

RSVP: Call Nicole (ext. 4037) or Ashley (ext. 4148)

“THE BLUE ZONES”

Have you heard of Blue Zones? These global regions are home to the world’s longest-living and healthiest people. We’re hosting an event about how to create your own Blue Zone. Hear from an educational speaker, enjoy a healthy lunch and leave with practical ideas for making better choices. RSVP required.



Day: Thursday, September 17

Time: Noon - 2:00 p.m.

Location: The Meeting House

RSVP: Call Sarah (ext. 4111)

“HIGH BLOOD PRESSURE 101”

Understanding your blood pressure is an important part of maintaining lifelong health and wellbeing. Join us for this class, brought to us by **Celeste Shih** of LA County’s Public Health Speakers Bureau, to learn what blood pressure numbers mean, why managing hypertension matters, and how everyday choices can support heart health. This informative class will explore lifestyle strategies, medication basics, and practical steps you can take to better understand and manage your blood pressure with confidence.



Day: Thursday, September 17

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

Location: Galen Walker Board Room

Resident Life & Wellness

“TRAVEL BUDDIES” EXCURSION: THE ARMORY CENTER FOR THE ARTS

Hop aboard the Metro Rail A Line for a fun and unique half-day adventure to the Armory Center for the Arts in Pasadena! This trip offers residents who are new to Metro Rail an opportunity to experience public transportation while enjoying a visit to this nonprofit visual arts organization featuring contemporary exhibitions that inspire creativity, conversation, and connection.



After arriving at the Memorial Park Station, participants will take a short walk to the Armory Center to explore the current exhibition, followed by lunch on your own at Nostalgia Café. The trip includes approximately 0.7 miles of walking, with no stairs required and an elevator available at the station.

Space is limited to 12 participants. RSVP and a signed Waiver and Consent form are required by Tuesday, 9/8, to confirm your participation. Participants will need a Metro TAP Card with funds loaded for travel. Participants will carpool to and from the La Verne Metro station.

Day: Friday, September 18

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

Location: The Flagpole

RSVP: Call Mary Burrows (ext. 4275) - Required!

“PICTURE PARTY” WITH LVHS

Attention History Detectives! Bring your memories to the Cafe for a “Picture Party” on Friday, September 18th, from 2:30 - 4:30 p.m. The **La Verne Historical Society** has a trove of photographs in its archives that need identification. Come look through photographs of people, places, and events from La Verne’s past and help us put together a complete picture of our history. No RSVP required.



Day: Friday, September 18

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

Location: The Café

Resident Life & Wellness

“THE CENTENARIAN CELEBRATION”

Join Marketing & Resident Life & Wellness for a very special celebration honoring Hillcrest’s remarkable centenarians and the incredible journeys that have brought them to this milestone. This heartwarming event will celebrate the lives, stories, memories, and wisdom of our residents who have reached 100 years and beyond. Come gather with family, friends, and neighbors as we recognize their accomplishments, share in their experiences, and celebrate the generations of laughter, love, resilience, and inspiration they represent.



Day: Monday, September 21

Time: 3:30 - 5:00 p.m.

Location: The Meeting House

RSVP: Call Sarah (ext. 4111)

REAL TALK: “LONELINESS IN A SEA OF PEOPLE”

Join **Dr. Ryan Harrison** for the next “Real Talk” presentation as we explore one of the most common yet often misunderstood human experiences: loneliness. Even when surrounded by friends, family, and community, it’s possible to feel disconnected and unseen. In this conversation, we’ll explore why loneliness happens, how it affects our emotional and physical wellbeing, and what we can do to create deeper connections and a greater sense of belonging. We’ll discover together that meaningful connection is not just something we hope to find, but something we can intentionally create.



Day: Wednesday, September 23

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, September 24

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

Location: Private Dining Room

Resident Life & Wellness

REORIENTATION: TRASH, RECYCLING & EWASTE

Join us for our next “reorientation” session, covering some of the aspects of life at Hillcrest that you need to know how to navigate. This month, we invite you to a refresher class all about how trash, recycling, and e-waste are handled at Hillcrest. We’ll hear from our Maintenance Manager, **Raul Garcia**, about the proper ways to manage waste here in our community.



Day: Thursday, September 24

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

Location: Galen Walker Board Room

“THE SOCIAL SPREAD”

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



Day: Friday, September 25

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

Location: The Café

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

Cost: \$20/person

COMMUNITY ACUPUNCTURE

All are invited to this monthly “Community Acupuncture” event, provided by Hillcrest’s Acupuncturist, **Cho Reepolrujee, LAc.** This is an opportunity to come and experience acupuncture 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, September 28

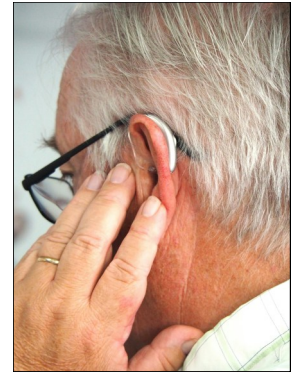
Time: 10:00 - 11:00 a.m.

Location: Maury Smeltzer Lounge

Resident Life & Wellness

ACCESSIBILITY: T-COIL & AURACAST DEMO

Did you know your hearing aids may include features that can make it easier to hear presentations, performances, and conversations? Join **Carmen Morris**, a hearing specialist from Christensen Hearing for an informative session on using T-coil and Auracast technology. You'll learn how these sound modes work, when to use them, and how they can enhance your listening experience at Hillcrest and beyond. Whether you're new to these features or simply want a refresher, this session will help you get the most from your hearing aids.



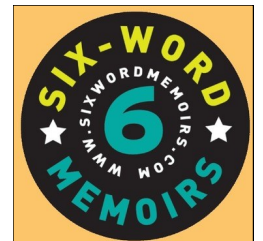
Day: Monday, September 28

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

Location: The Meeting House

"SIX-WORD MEMOIRS: PART III"

Miss the last two "Six-Word Memoirs" event, or enjoyed it so much you'd like to do it again? Well, here's another opportunity to capture a piece of your life, personality, wisdom, or humor in just six words. Inspired by the popular storytelling movement, this fun and meaningful experience invites you to share stories, hear others' perspectives, and discover how much meaning can fit into a few carefully chosen words. No writing experience is needed, but an RSVP is!



Day: Wednesday, September 30

Time: 10:00 a.m. - Noon

Location: The Meeting House

RSVP: Call Sara Trujillo (ext. 4111)

Next Month!

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

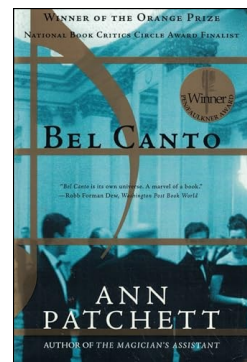
RSVP: Contact Alicia (ext. 4022)

Resident Life & Wellness

Next Month!

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

Note the Dates

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. No class on Labor Day.)



Days: Mondays, September 14; October 5 - November 16

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

Location: The Meeting House

Next Month!

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: The Meeting House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Labor Day	15	16	17	18 Rosh Hashanah Begins	19
20 Grandparents Day	21	22	23	24	25 Sukkot Begins	26 Oktoberfest Begins
27 Yom Kippur Begins	28	29 Autumn Begins	30	 September 2026		

www.LivingAtHillcrest.org

Hillcrest 2705 Mountain View Dr. La Verne, CA 91750