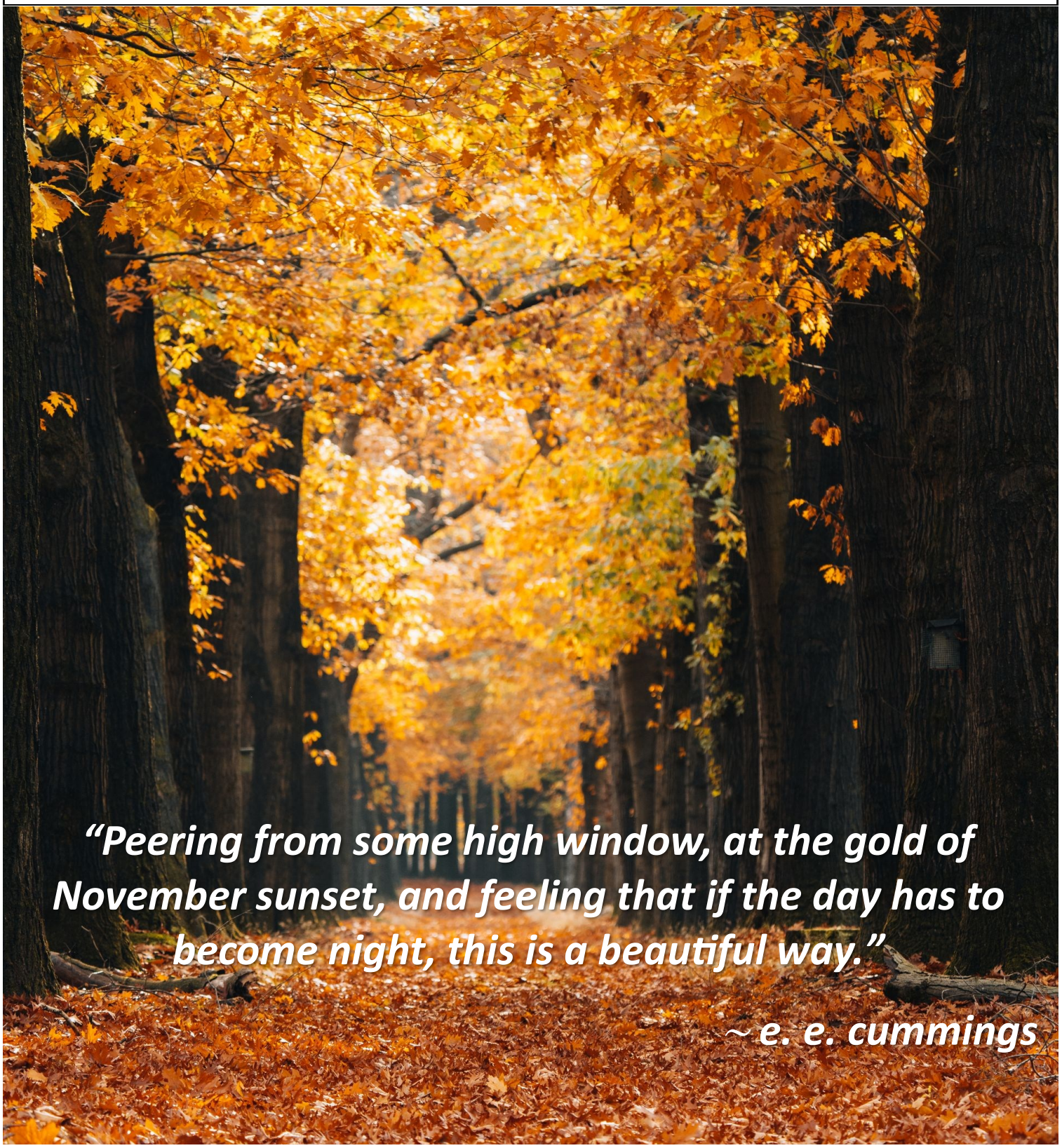
HILLCREST®
A REMARKABLE RETIREMENT COMMUNITY®

HILLCREST HAPPENINGS

VOLUME 62 NO. 11 HILLCREST COMMUNITY NEWSLETTER NOVEMBER 2026



Announcements

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ATTENTION:

Submission Deadline for Next Edition

Monday, November 16

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.)

⇒ Nov. 2, Nov. 16

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

⇒ Nov. 19, Dec. 17

Hearing Life

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

No appointment necessary.

⇒ Nov. 10, Dec. 8

Dr. Thomas Wise, Audiologist

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

⇒ Nov. 3, Dec 1

Wanda Eurasquin, Hearing Specialist

(2:30—5:30 p.m.)

⇒ Nov. 25, Dec. 23

Dr. Brian Alva, Optometrist

** Please schedule appt. through Front Desk **

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

⇒ Nov. 25

Podiatry Clinic with Dr. O'Connell

Dates: Saturday, December 12, 2026
& Saturday, February 13, 2027
Time: 8:00 a.m. – 10:30 a.m. (Approx.)
Details: Drop-in clinic, served on a first-come, first-served basis.

Residents must call prior to the clinic date to register so we can estimate headcounts, and then sign in upon arrival.

Dates to Remember—November 2026

NOV 1—DAYLIGHT SAVING TIME ENDS

NOV 3 – SANDWICH DAY

NOV 8 – S.T.E.M./S.T.E.A.M. DAY

NOV 11 – VETERANS DAY

NOV 12 – CHICKEN SOUP FOR THE SOUL DAY

NOV 18 – MICKEY MOUSE BIRTHDAY (1938)

NOV 22 - FRIENDSGIVING

NOV 26 – THANKSGIVING DAY

NOV 27 – BUY NOTHING DAY / BLACK FRIDAY

Bookworms

Hotel on the Corner of Bitter and Sweet

by Jamie Ford

Saturday, November 14, 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 resident who has passed away.

Grace Giaimo ***10/14/2026***

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

⇒ The Dining Room has a new machine! We can now order a variety of drinks from the Coffee Menu; including cappuccino, cafe latte, espresso and many more. They can be ordered in the Dining Room or by phone or computer.

⇒ It is now possible to order the small salad of the day or a side salad as one of your sides when ordering an entree.

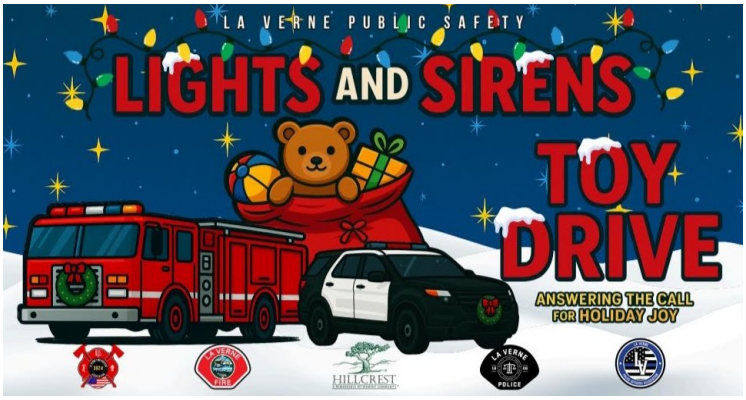
⇒ Beginning November 1st sorbet will be an addition to our dessert choices.

⇒ As a reminder, there are some sides that are always available that are not listed.

They are :

fruit bowl; jell-o; applesauce;
French fries; sweet potato fries;
bacon; cookies; hot chocolate;
banana; dry cereal

Lights and Sirens Toy Drive



We will be collecting toys and gift cards November 16 to December 15. A bin for toy collection will be in the lobby of the Meeting House. Gift cards will be collected at the Reception Desk. At the November Forum we will have a sign-up sheet for sorting toys and will be escorting organizations to the basement to pull their selections. If you have any questions, please call Mary Burrows at ext. 4275 or email at redhawkmb@verizon.net.

Dress a Girl

By Mary Burrows

Please remember to return completed dresses as well as any unfinished kits you may have by November 18 to Mary Burrows, ext. 4275, or Kim Westman, ext. 4079. The team would like to thank all the Hillcrest residents who donated to the fund for processing dresses. We actually received enough money to help St. Paul Episcopal Church with shipping costs.





Announcements

Juanita's Gift Shop

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

Time to be Thankful!

Juanita's Gift Shop is thankful to all who shop in the Gift Shop. All your purchases benefit the Hillcrest Benevolent Fund. New items are always arriving. Currently the work of artist June Berger is featured. Come check out the wide variety of specialty items available!!











A New Tax Benefit for Charitable Giving

By Scott Snider, Director of Philanthropy

As we approach the giving season, I wanted to share a new federal tax deduction created by the One Big Beautiful Bill Act that makes charitable giving more tax-friendly for many Americans.

Beginning with the 2026 tax year, taxpayers who take the standard deduction may deduct up to **$1,000 in cash donations to qualifying public charities per year, or $2,000 for married couples filing jointly.** Until now, most taxpayers who didn't itemize could not claim a deduction for charitable gifts. This means your generosity may provide a tax benefit even if you don't itemize deductions.

A few things to keep in mind: the deduction applies to cash gifts only, and contributions to donor-advised funds and certain private foundations don't qualify.

Please consult your tax advisor for guidance on how this deduction may affect your individual circumstances.

Announcements

Resident Forum

Monday, November 9

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.

See's CANDIES®

See's Candy order forms are in the Happenings this month. Deadline is Saturday, November 14th. You will be saving $3 per box based on store prices.

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%		

ASSOCIATES APPRECIATION FUND

November 30 is the deadline to contribute to the 2026 Associates Appreciation Fund. Let's help make the holidays joyful for Hillcrest's Associates by remembering everyone who serves us. The large thermometer in the Main Lobby shows the fund's current progress.

- Contributions may be made by cash or check and placed in the locked boxes in the Main Lobby and Dining Room.
- Envelopes are available by each lock box
- Make checks payable to Hillcrest and note "Appreciation Fund" on the memo line.
- Contributions are requested by November 30, 2026

Associates will receive their checks at a luncheon celebration in the Meeting House on Wednesday, December 16th. All residents are invited and encouraged to attend.



DAYLIGHT SAVING TIME ENDS

Set your clocks back an hour

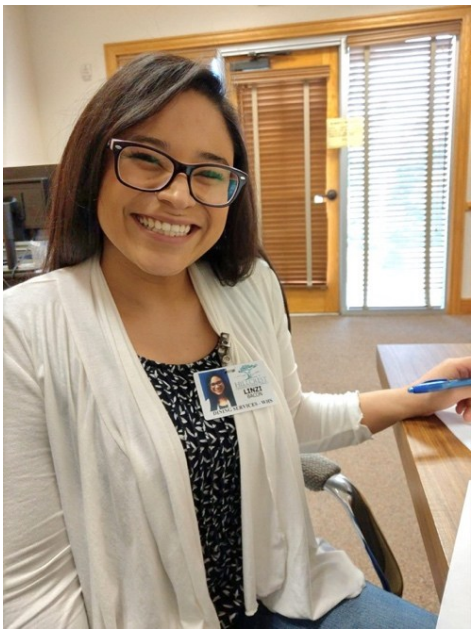
Announcements

ASSOCIATE SPOTLIGHT: Linzi Bacon

By Sharon Wulfensmith

The small seven-year-old introduced herself, saying “Good afternoon. I am your server today,” as she distributed the colorful hand-made lunch menus to each guest seated on the back patio. The man ordered two hot dogs and the woman ordered a hamburger. “Thank you, I’ll make sure you get French fries too.” She told the cook what to prepare.

The man was Linzi’s grandpa. The woman, her grandma. The cook was Linzi’s mom, of course.



As Linzi told this story, she said, “Little did I know that I was actually practicing for the job I have now!” Linzi has been a server in our Dining Room for almost two years. In 2016 she started working at Hillcrest as a volunteer at Woods Nursing Services, assisting with resident activities. In 2017 she got a paid job in the kitchen preparing food trays for residents with specific dietary needs. She would ask herself, “If this resident were my grandmother or grandfather, how would I treat them?”

Even though Linzi’s grandparents, Barbara and Fletcher Bacon, lived in Rhode Island, her mother made sure she had regular two-week visits with them several times a year. Barbara, now alone at 93, lives in assisted living.

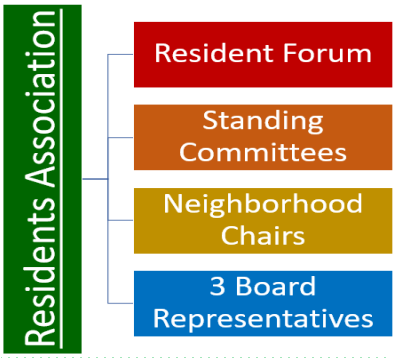
Linzi enjoys connecting on a personal level with residents. She remembers a Birch Court resident who always sat alone at dinner, reading books on an iPad. Little by little, Linzi encouraged the lady to socialize, and, sure enough, that resident made friends and still sits with them, the four calling themselves the *Golden Girls*!

Linzi and her mother live in La Verne, and have several talking parrots. They foster cats, and sometimes dogs to be rehomed through the Humane Society.

Linzi enjoys photography and going to Laguna Beach, her favorite.

She is an easy person to talk with. Go ahead!

Associations & Committees



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

By Rita Dixon, Chair

Hello, everyone,



Our next Forum is November 9 at 10 a.m. Come at 9:30 for donut holes and coffee. We will have music to set the mood. At this Forum, we will hear from the chairs of the Residents Association Committees. The chairs will be telling you what their committee did this year. The Resident Association Committees are the Facilities Committee with Chair, Jim Sinnema; Social Activities with Chair, Anita Chalmers; Wellness Committee with Chair, Nancy Sassaman; Dining Committee with Chair, Catherine Battaglia; Library Committee with Chair, Roger Westman. There are two other committees, Neighborhood Chairs with Nancy Klinkhart, and the Nominating Committee with Margie McEnery. We will not hear from Nancy Klinkhart at this Forum, but Margie will be introducing the slate of nominees for the Residents Association Executive Committee chairs. The slate is:

Rita Dixon – Chair
Judy Kearns – Vice Chair
Carol Beekman – Secretary
Don Samuels – Treasurer
Chuck Pratt – Assistant Treasurer

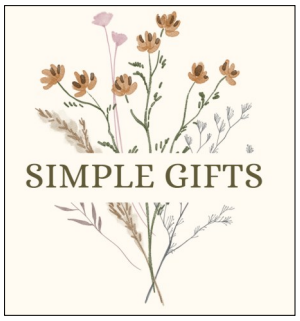
You, the residents, will vote on this slate at this meeting and Margie McEnery will preside over the installation. We will say goodbye to Joe Cahill, Assistant Treasurer, and thank him for his year of service.

In this November edition of the Happenings, you will find a sign-up sheet for Committees, which will start up again in January 2027. We hope that the information given you by the Chairs will entice you to sign up and join us in 2027. The question asked is what impact the committees have and do these committees matter? They most definitely do. For example, the Library Committee keeps the Library running – without the dedicated members, there would be no checkout, no inventory, no new books. The Wellness Committee is committed to providing wellness activities, recycling information and collection, and other wellness classes and programs. More information on this at the Forum. Please show your interest in the committees by filling out the form between November 1 and November 30 and turning it in at the Front Desk.

This will be the last Forum until January 2027. Happy Holidays to all from the Residents Association Executive Committee.

"Simple Gifts": Small Acts, Meaningful Connections

By Dr. Ryan Harrison, Co-Chair of the CUB Committee



Sometimes it doesn't take much to make someone's day a little easier or brighter. Maybe you could use some help wrapping a few birthday presents. Perhaps you'd enjoy having someone join you for a game of Scrabble. Maybe you need a little stationery, some help putting photographs into frames, or someone willing to accompany you on a small outing. None of these things is particularly big. But the connection created when one person says, "I can help with that," can be.

That's the idea behind *Simple Gifts*, a new seasonal initiative from Hillcrest's **C**onnection, **U**nity, & **B**elonging (CUB) Committee, coming in January.

Simple Gifts will create an easy way for residents to ask for — and give — small, one-time acts of help, kindness, or companionship. It's not intended for ongoing assistance, caregiving, professional services, or needs already addressed by Hillcrest services. The emphasis is right there in the name: simple.

Here's how it will work: Beginning in January, a mobile *Simple Gifts* board will travel to locations throughout campus and each level of care. The board will be stocked with request cards and pens. If there's a small, specific, one-time gift you could use, simply complete a card with your request and contact information and pin it to the board. If you see a request on the board that you'd be happy to fulfill, take the card and replace it with an "A Simple Gift is on the way!" card. Then contact the resident and make it happen.

There's no paperwork, reporting, or follow-up with CUB. *Simple Gifts* will operate on trust: If you take a request, we simply ask that you follow through. The board will continue traveling throughout January and February, giving residents across Hillcrest opportunities to make requests, fulfill them, or both. And remember: You don't have to choose between giving and receiving. You might post a *Simple Gift* request one day and fulfill someone else's the next.

At its heart, *Simple Gifts* isn't really about stationery, wrapped presents, or Scrabble games. It's about noticing one another and discovering how little it sometimes takes to say, "You matter to me. I'm glad we're neighbors."

Watch for *Simple Gifts* beginning in January!

Landscape Committee

By Vaughan Inman

Plant of the Month: Hummingbird Sage

Hummingbird Sage, *Salvia spathacea*, is found naturally along California's west coast from San Francisco to San Diego. It grows best in full to part shade and does well under trees. It is often used as ground cover. Although it prefers sandy soil it is reportedly tolerant of clay. It spreads rhizomes. It blooms in winter and may continue blooming through summer. An evergreen, it may require some water (max: 2 twice/month) in summer to ensure it remains green.

For a yard in La Verne, hummingbird sage works especially well on the north or east side of the house, beneath trees, or in areas receiving morning sun and afternoon shade. It spreads into a lush groundcover and produces striking magenta flower spikes that attract hummingbirds. (https://www.gardenia.net/plant/salvia-spathacea, https://www.thepollinatorpatchgarden.com/plants/hummingbird-sage)



"The Living Library"

By Dr. Ryan Harrison, Co-Chair of the Wellness Committee

Books tell stories. People live them.

Every person has a story. Some are funny, some are touching, and some are so extraordinary that you might wonder whether they could possibly be true. And here at Hillcrest, we're surrounded by people whose lives are filled with stories just waiting to be told. Beginning in January 2027, Hillcrest's Wellness Committee will introduce "The Living Library," a new monthly gathering designed to celebrate the experiences, adventures, memories, and life lessons that make each of us who we are.

Here's how it will work: Each month, we'll gather in the Maury Smeltzer Lounge around a different theme. We'll begin with a featured story to help get the conversation started. Then we'll pass the microphone and invite others to share their own stories on that theme. There will be refreshments, plenty of laughter, and perhaps a few moments that tug at the heartstrings.

The Wellness Committee is sponsoring "The Living Library" with a simple goal: to help us get to know one another a little better. Hillcrest is a wonderful community, but it's also a large one. We live in different neighborhoods and different levels of care, and our daily routines don't always bring us together. Yet wherever we live on campus, we share something important: a lifetime of experiences that have shaped who we are.

And that's where the magic of storytelling comes in. A story about a childhood adventure, an unexpected friendship, or a moment of courage can remind us how much we have in common. Sometimes all it takes is hearing someone's story to see that person in an entirely new light.

No speeches. No pressure. You don't need to be a gifted storyteller, and you certainly don't have to share anything at all. Come to listen, come to laugh, or come with a memory you'd love to share.

"The Living Library" will be open to everyone in our Hillcrest community, regardless of where you live on campus. Watch for more details in December's *Hillcrest Happenings*. Our first chapter opens in January, and we hope you'll be part of the story!

December Book Review

Two book reviews for the price of one! Freida McFadden's ***The Devil Wears Scrubs*** and ***The Devil You Know*** will be reviewed on Monday, December 7th at 2:00 p.m. in the Welcome Room. McFadden's early medical-comedy books are <u>not</u> the psychological thrillers she is known for today! The first *Devil* book introduces Dr. Jane McGill, a brand-new medical intern, starting her first month at County Hospital. She faces sleepless nights, difficult patients, a mysteriously charming surgeon, and her harsh senior resident. The sequel, which picks up several years after the first book, finds Jane finally living what seems to be the perfect life: a stable job at a VA hospital, a loving husband, and a cute preschooler. Her peaceful routine, however, is upended when other characters from the first book reappear!

Come along and learn how these two books may have laid the ground work for the thrillers that followed!

Fall Book Sale

The Library Committee held its annual Fall Book Sale in October, in conjunction with the Arts & Crafts Fair. The Library Team is happy to report that we enjoyed a successful sale! We took in more than $400 from the sale of about 260 books over the three days. After making a donation to Hillcrest's Benevolent Fund, the Committee will use these funds to purchase new books.

Additionally, we collected nearly $200 in donations. In many cases, these were "keep the change" transactions; others, stand-alone donations. All monies received as donations are put toward book purchases.

What do we do with unsold books? Many of those that are in good condition are saved and may make a re-appearance in a future sale. Others will be used to refresh the collections in one of our "satellite" libraries at Birch Court, Cedar Court, Pinecrest, and Woods. Remaining books are donated forward to the Claremont Book Forum.

Thank you to all who shopped for and purchased books, and a special thanks to those generous donations that came our way! The new book shopping and buying process is already underway!

Good Reads for November

By Julie Kurtz

"The falling leaves drift by my window, the Autumn leaves of red and gold". What a great time to read a good book! Here are some tomes that were randomly chosen as I perused our very fine Hillcrest Library shelves.

For "A genuinely moving and life-affirming novel that's a true joy to read" (Celeste Ng) try this new book, **Mercury Pictures Presents,** by Anthony Marra. On the eve of the United State's entry into WWII, film studio, Mercury Pictures, becomes the center of work for European emigres in the film industry. Co-producer Maria Lagana endeavors to hold the studio and the bit players out of bankruptcy, yet the shadow of her father's past comes back to haunt all she has worked for. From the New York Times, "A gorgeous book…sublime". On NPR, *The Guardian*, and Booklist "One of the Best Books of the Year." Ann Pachett, "A great literary read." F.

For "a moving and luminous novel", try this new work from author Ann Pachett, **Whistler.** From the Boston Globe: Her "new novel is a rare phenomenon in contemporary fiction: a novel both majestic and intimate, original and masterful in its structure, crystalline in its prose, revelatory in its insights, utterly devastating yet ultimately uplifting in its emotional impact. . . . I think it is her best novel yet." —The Boston Globe. "**Whistler** is a story about two adults looking back over the choices they made, and the choices that were made for them. It's a story about bravery, memory, the often small moments that define our lives. Beautiful in its simplicity, it is ultimately about how love endures, and how the feeling of being known by one other person, even for a short period of time, can change everything." Brand new…I'm eager to read it!.F. LP.

For help finding strength to face each day, try this non-fiction book by Jimmy Carter, **Sources of Strength, Meditations on Scripture for a Living Faith.** In this volume, former President Carter shares 52 inspiring lessons from his hometown church adult Sunday school classes. These lessons offer themes of blessings and challenges, loss, grief and healing, and the transforming power of love in our lives. "A daily pickup for prayer and gratitude."

For insight, depth of character, priceless wisdom, wicked humor, try this non-fiction biography, **Mark Twain, A Life,** by Ron Powers. Powers, a Pulitzer Prize-winning and Emmy Award-winning writer and critic, has studied and written about Mark Twain for many years, and has Twain emerging as a devoted friend, husband and father, and a wide-eyed observer of the American life, culture and people. From documentary film maker Ken Burns, "Finally we have scholarship and writing worthy of the man.

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(Continued from page 13)

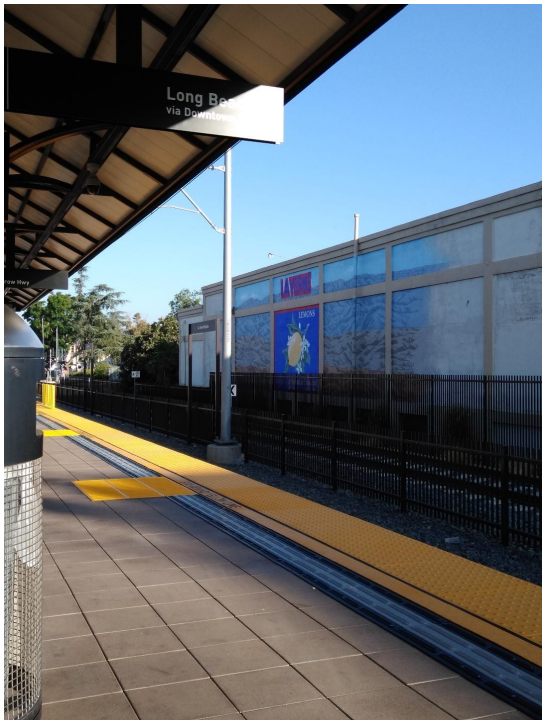
(Twain.) Power's prose is…elegant and gets to the center of Twain's life, tragedy, humor and outrage." Author Russell Banks writes, "Powers…has written more than a biography, he's written history. Personified and exemplified by Mark Twain, American democracy, with all its virtues and foibles, took its dominance upon the world's stage, and Powers has dramatized that emergence brilliantly." New to our library. NF.

Remember that, as well as wonderful books, we have an array of interesting magazines for your reading pleasure. For example, many issues of *National Geographic* are available on the shelf facing the Cafe, bringing the world and its many cultures, flora and fauna, to our homes. No need to check them out. Please take and enjoy. A treat!

Thank you for signing out on the card inside the front page of the book you are checking out. Please place the card in the check out box on the podium cabinet. Also, we continue to be grateful for your donations of books in good condition. If you have a specific author or title to recommend, please fill out the note on the Library table. Thanks!

Travel Buddies

By Mary Burrows



November's outing will be Thursday, November 12 to Chinatown. December's outing will be Saturday, December 5 to Grand Central Market. Details as to departure and return times will be announced to those who sign up. We will be accepting RSVP's for both outings starting on November 2.

Call Mary Burrows at ext. 4275 or email redhawkmb@verizon.net. We must still limit each outing to only 10 people.

November 12 to Chinatown

December 5 to Grand Central Market

Transportation Committee: From Feedback to Action

By Dr. Ryan Harrison, Transportation Committee Member



The Transportation Committee has spent the past several months listening, studying, and planning. Most recently, we took the results of our resident transportation survey and asked a very practical question: *What can we improve now, and what will require additional resources in next year's budget?* The good news is that several meaningful improvements can begin this year.

Based on resident feedback and the committee's review of our current transportation program, we are working toward:

- Expanding service hours, beginning earlier in the day and eventually running later.
- Adding a second driver, increasing our overall transportation capacity.
- Providing dedicated on-campus transportation, so residents needing rides around Hillcrest do not have to compete with off-campus transportation needs.
- Expanding our medical transport service area to include Baldwin Park, Fontana, and Ontario.
- Restarting weekly outings for Southwoods Lodge residents once the additional driver is in place.
- Accepting long-term reservations, particularly for residents with recurring medical appointments.
- Establishing scheduled trips to common local destinations, such as grocery stores, Target, CVS, etc.
- Tracking every transportation request we cannot accommodate, including why it was denied. This will help us identify unmet needs and make better decisions going forward.

Some of the improvements residents have asked for will require additional funding and resources. As part of next fiscal year's budget, the committee will advocate for:

- A larger overall transportation budget.
- A third driver to further expand capacity.
- A new, more comfortable vehicle used primarily for medical transportation.
- Moving from the current 48-hour reservation requirement toward a 24-hour reservation model, with some flexibility depending on driver and vehicle availability.

These priorities did not come out of thin air. They grew directly from the feedback you provided through our transportation survey and from the committee's continuing examination of how transportation currently operates. There is still plenty of work ahead, but we have moved firmly from gathering information to taking action. We'll continue keeping you informed as this year's improvements are implemented and plans for next year take shape.

Creative Corner

>>> THANKFUL <<<

Tree branches that spread overhead
Cover vast expanses of land - -
Clean air for growing populations
Increase the steady demand.

Far to the lonely North and South
Ice caps on earth's farthest rims
Are melting faster than predicted,
Making future outlooks grim.

From mammals and creatures of the sea
To humans, hatchlings and birds - - -
We are all in future danger.
Remedies will take more than words.

Our planet will not be friendly
If forests burn and oceans rise - -
Awareness should encourage action
To maintain our earth and its blue skies.

In our bounty we give humble thanks
For this glorious world of our birth,
And thank all of those who help protect
And preserve this home we call Earth.

-- -- Cecilia Stephens

~*~* GIVING THANKS *~*~

For bees in the trees,
Gumdrops and dreams - -
For fun in the sun,
Songbirds and streams - -
We give You thanks, O Lord.

For Mars in the stars,
Mountains with snow - -
For noses in roses
And places to go - -
We give You thanks, O Lord.

For rain on the plains,
For each girl and boy -- -
For houses and spouses
And hearts filled with joy,
We give You thanks, O Lord.

For the wonder of thunder,
And music so sweet - -
For sands on the strands
And laughter replete,
We give You thanks, O Lord.

For bowers of flowers,
And grace from above - -
For layers of prayers
That sing of Your Love,
We give You thanks, O Lord.

A poet I'm not - -
For all I forgot - -
I give You thanks, O Lord

- - Cecilia Stephens

Creative Corner

THE DANCE OF LIFE TOGETHER

If marriage were only a wedding
Or if a wedding were only a dance
Then brevity would be the rule of life.
But life is blessed by endurance
And lived by sticking it out.
Another person will help define who each
Of us really is, and time will tell what
We mean in solitary moments.
Dance is only a metaphor for what
Will last for many nights, Joy
Is yet to be defined, with many wings
To spread, much more than feathers,
More to eat than bread. By our love we
Will define both marriage and wedding,
Others will be watching. We create
The miracle of being at one, create it
Once again and see it in other couples too.

Bob Doud

November Sky

A month of midnights, early dusks
Books to ponder, nights reading,
Rappings I hear again, sharp sounds,
Soft but sure on my chamber door.
Eerie atmosphere with chilly tone;
A family of ravens, same size, all three, black
Feathers, tapering toward their tails.
Corvids, two adults, one chick.
They prey on rival birds and eggs. Weak and weary,
me, over tomes pertinent to my late-time mood.
Suddenly the tapping came, a scratch
Upon the heavy door, I shook and trembled,
Remembered lines of an autumn poem.
Birds and verses for the season. This
Winter of chilly lines I scan! One bird
Stared down hard and fixed me tight.
Would I ever leave that season or that room?
His answer rocked me: Nevermore!

Bob Doud Oct. 2026

Birthdays, Anniversaries, & Menus

November Birthdays

Robert Neher	11/1
Mary Lane	11/2
Hazel Schneider	11/2
Yvonne Belcher	11/3
Lucille Dennis	11/3
Catherine Adams	11/3
Myra Epstein	11/5
Anne Hogan	11/5
Rebecca Xenos	11/5
Michael Odanaka	11/8
Marcus Leh	11/11
Oliver Varnes	11/12
Tim Brayton	11/13
Howard Hollander	11/13
Terry Meyer	11/14
Linda Lane	11/16
Richard Hart	11/17
Terryl Bollinger	11/18
Susan Curtis	11/18
Joseph Hanawalt	11/18
Ruthann Kurz	11/19
Rosemary Dresdow	11/23
Robert Dyer	11/23
Kay Held	11/23
Sheldon Halpern	11/24
Dale Stanley	11/28

November Anniversaries

Paul Wood & Karen Vance	11/1
Tom & Elaine Reed	11/4
David & Hazel Schneider	11/5
Dale & Judy Keedy	11/22

Dining Services Updates

Amber Mora, Director of Dining Services

We hope everyone is enjoying our new coffee program! We're excited to introduce a few seasonal favorites and share what's happening in Dining Services this November.

Pumpkin Spice Is Here!
Just in time for fall, pumpkin spice will be available throughout November in both regular and sugar-free options. You can turn any of your favorite coffee drinks into pumpkin spice! Ask your server for more information.

Thanksgiving Reservations
Thanksgiving is right around the corner! Reservations will open on **November 5th**. We kindly ask that you make your reservations in advance so our team can plan accordingly and ensure a wonderful holiday dining experience for everyone.

Veterans Day Lunch – November 11th
We will be hosting our Veterans Day lunch in the **Meeting House on November 11th from 11 a.m. - 1:30 p.m.** Please note that all lunch service will take place in the Meeting House that day. If you prefer takeout or delivery, you may continue placing your orders through the usual process.

A Sweet New Addition: Sorbet!
Starting this month, we're adding sorbet to our Dining Room offerings! Flavors and availability may vary, so please ask your server about the options available.

Menus

Birthday & Anniversary Lunch

Wednesday, November 4, Seating at 11:00 a.m.

Celebration begins at 12:00 p.m.

SOUP

BUTTERNUT SQUASH

SALAD

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

MAIN

BEEF MEDALLIONS WITH MADEIRA MUSHROOM SAUCE

HERB CRUSTED HADDOCK FILET

ACCOMPANIMENTS

WILD MUSHROOM RICE PILAF

ROASTED GARLIC POTATOES

ROASTED SEASONAL VEGETABLE MELANGE

DESSERT

YELLOW CAKE WITH CHOCOLATE FROSTING

Veteran's Day Lunch

Wednesday, Nov. 11, Seating at 11 a.m.

Free for Veterans

$10 Residents $12 Guests

The Mess Hall Salad Bar

Classic Garden Salad

(Crisp romaine, iceberg lettuce, tomatoes, cucumbers, shredded carrots served w/ ranch or bleu cheese dressing)

Old-Fashioned Creamy Coleslaw

Warm Buttermilk Biscuits (Served with whipped butter)

Main Rations — American Comfort Classics

Sergeant's Homestyle Meatloaf

(Traditional beef meatloaf with onions, herbs and savory tomato gravy)

General's Herb-Roasted Chicken

(Oven-roasted chicken with garlic, rosemary, thyme and natural pan gravy)

The Mess Hall Fixings

Creamy Mashed Potatoes & brown gravy

Southern-Style Green Beans

(Slow simmered with smoked bacon and sweet onions)

Buttered Sweet Corn

(Golden sweet corn finished with butter and parsley)

Sweet Victory Desserts

Apple pie

Cherry pie

Thanksgiving Menu

$15 Residents $17 Guests

11 am - 1:30 pm, Thursday, Nov. 26

Carved Holiday Entrées

Rosemary & Sage-Roasted Turkey Breast

Slow-roasted turkey breast seasoned with fresh rosemary, sage, thyme, and garlic.

Served with rich turkey pan gravy.

Brown Sugar & Dijon-Glazed Ham

Oven-roasted ham finished with honey, brown sugar, and whole-grain Dijon glaze.

Sole Almondine

(Seared sole finished with toasted almonds, brown butter, and lemon)

Holiday Accompaniments

Roasted Garlic Buttermilk Mashed Potatoes —

Yukon Gold potatoes whipped with roasted garlic, butter, and buttermilk.

Traditional Sage & Herb Stuffing —

Artisan bread, sautéed celery, onions, fresh sage, thyme, and savory stock.

Sweet Potato Casserole —

Cinnamon and brown sugar-roasted sweet potatoes with toasted pecan crumble.

Homestyle Green Bean Casserole —

Tender green beans in a scratch-made creamy mushroom sauce, topped with crispy fried onions.

Maple-Roasted Autumn Vegetables —

Roasted carrots, butternut squash, and Brussels sprouts with maple-thyme glaze.

Seasonal Salad

Autumn Harvest Salad —

Mixed greens, crisp apples, dried cranberries, feta cheese, candied walnuts, and apple cider vinaigrette.

Sauces & Condiments

Traditional turkey gravy and cranberry sauce.

Thanksgiving Dessert Station

Classic Pumpkin Pie —

Cinnamon whipped cream.

Dutch Apple Crumb Pie —

Vanilla crème anglaise.

Spiritual Care

November 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)

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, or a name to post on our altar of remembrances, and we will speak their names together.

November 8th

4:00 p.m. — **Singspiration** (Chapel) We'll sing traditional Thanksgiving hymns and reflect on gratitude as a vital spiritual practice. As always, we'll enjoy the musical talents of Dr. Matthew Swartz.

Mondays

9:30 a.m. — **Waking Up: Mindfulness Session** (Chapel)
3:00 p.m. — **Book Group:** ***The Second Mountain,*** David Brooks (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)

November 4th

12:00 p.m. — **Birthday Lunch with Chaplain Jana** (Mountain View Dining Room) See page 19

November 11th

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

Spiritual Care

Giving Thanks: A Spiritual Practice Across Traditions

November turns our attention toward gratitude, and nearly every wisdom tradition practices gratitude as a part of their faith tradition

In Judaism, the day begins with a short prayer, *Modeh Ani*, a prayer of thanksgiving is said upon waking, before your feet touch the floor. Before anything else happens, before the news or the to-do list, there is thanks for another morning.

Many Christians gather weekly around a table for Eucharist, a Greek word that means "thanksgiving." At the heart of the meal is gratitude for Jesus' sacrifice for us. The prayer that opens it, the *Sursum Corda*, is among the oldest in Christian worship, and it says plainly that it is right to give God our thanks and praise. For Christians, thanksgiving is simply the right response to God.

Muslims say *Alhamdulillah*, "praise belongs to God," dozens of times a day — after a meal, after a sneeze, after good news and sometimes after bad. Gratitude becomes a habit woven into ordinary life.

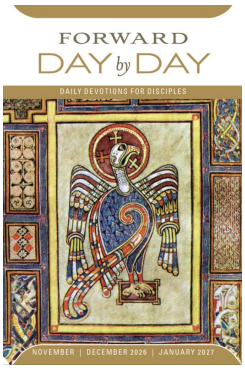
Buddhists practice gratitude by noticing. A single bowl of rice carries the work of farmers, the rain, the soil, and the sun. Nothing we receive comes to us alone.

And in the Church of the Brethren, Hillcrest's founding tradition, the Love Feast pairs thanksgiving with service: washing one another's feet, sharing a simple meal, remembering that gratitude and care for one another belong together.

Here is what these traditions share: gratitude is less a feeling than it is a practice. It is something we do, even when, and especially when we don't feel it yet. This month, I invite you to try one small practice of your own: a word of thanks on waking, a pause before a meal, a moment to notice what reached your table and who brought it there.

Forward Day by Day

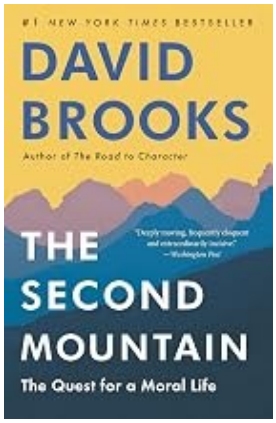
The New *Forward Day by Day* for November, December, 2026, and January, 2027 are now available. You can find copies in regular and large print at the front desk or in the chapel.



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

New Book Group: The Second Mountain

A new book group begins Monday, November 9, at 3:00 p.m. in the Chapel. We'll be reading *The Second Mountain* by David Brooks. Brooks writes about two mountains in a life: the first is about building a career and a reputation; the second is about what gives life meaning once those are behind us: relationships, commitment, and service to others.



No reading is required before the first meeting. On November 9 we'll set our schedule together and begin reading as a group. After that, we'll meet weekly on Mondays at 3:00 p.m. in the Chapel, with breaks for the holidays.

"Salt and Light"



"I am June Berger, graphic designer and branding professional turned full-time artist. My designer / branding roots make me want each painting to mean something and communicate an idea ... what's the point if they don't, right!!?? My Christian roots make me want to illustrate what I know of God as He is revealed in Old Testament and New Testament scriptures. The artist in me wants to create something beautiful and interesting ... abstract enough that you can see what you want to see and draw your own conclusions. It's a great triad! I hope you find my work beautiful, interesting and at times funny, entertaining and inspirational ... it is meant to be all of those things."

"JOY"



"The Cheerful Giver"



The Gallery is open 7 days a week from 8:30 a.m. to 4:30 p.m

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 portion for the support of The Gallery at Hillcrest.

Show runs October 5 – December 29

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
11/1	All Saints / All Souls Day	MSL	Pg. 20
11/2	Book Review with Anne	WR	Pg. 30
11/2	Brain Fun: RGM Session	MH	Pg. 30^
11/2	Hiking Interest Group	GWBR	Pg. 30
11/4	Birthday/Anniversary Lunch	MVDR	Pg. 19*
11/4	"Savoring the Season" Dietitian Talk	GWBR	Pg. 31
11/4	Bunco	Café	Pg. 31
11/5	Matinee: *While You Were Sleeping*	MSL	Pg. 29
11/5	"TrueHearing USA"	GWBR	Pg. 31
11/6	Six-Word Memoir Finale!	MH	Pg. 32*
11/6	"Medicare Insights" (Part 2)	GWBR	Pg. 32
11/6	Campfire with Peggy & Linda	MH	Pg. 32
11/9	Afghan Display	Lobby	Pg. 33
11/9	Resident Forum	MH	Pg. 8
11/9	"Emotional Intelligence"	GWBR	Pg. 33
11/10	"Coffee with Keith"	Café	Pg. 33
11/10	"Supporting Loved Ones Together"	PC2	Pg. 34
11/11	Veterans Day Lunch	MH	Pg. 34
11/11	"The OYO Gym: Your Feedback in Action"	AFC	Pg. 34
11/12	"Finding Hope through Grief"	Chapel	Pg. 35
11/12	Matinee: *Year of the Dog*	MSL	Pg. 29
11/13	Long-Term Care Insurance Review	GWBR	Pg. 35*
11/13	Medicare Drop-In Table	Lobby	Pg. 35
11/13	Dining Services Update	MSL	Pg. 36
11/13	The Center Stage: *Janet Klein & Her Parlor Boys*	MH	Pg. 36
11/16	"Is Sensory Decline Inevitable in Seniors?"	GWBR	Pg. 36
11/17	"The MIND Diet"	MH	Pg. 37
11/18	Medicare Drop in Table	Lobby	Pg. 35
11/18	Wanderers Trip	Flagpole	Pg. 38*
11/18	Mexican Train	Café	Pg. 31
11/19	"Common Grounds"	MSL	Pg. 37
11/19	The Centenarian Celebration	MH	Pg. 37
11/19	"Government Debt & Deficit"	GWBR	Pg. 39

*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.

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
11/19	Matinee: *Holiday Inn*	MSL	Pg. 29
11/20	Shredding Day	AFC Pkg Lot	Pg. 39
11/20	Drum Circle	Chapel	Pg. 39
11/20	The Social Spread	PDR	Pg. 40*
11/23	Community Acupuncture	MSL	Pg. 40
11/24	"Coffee with Keith"	Café	Pg. 33
11/24	"Gobble & Gather Friendsgiving"	MH	Pg. 40*
11/24	"Where the Smoke Settles" (Play)	MH	Pg. 41
11/25	Out-to-Lunch Bunch	Flagpole	Pg. 38*
11/25	"How We Rise Against Hunger"	GWBR	Pg. 41
11/26	Thanksgiving Buffet Lunch	MVDR	Pg. 43*
11/30	"Safe at Home" Workshops	MH	Pg. 41

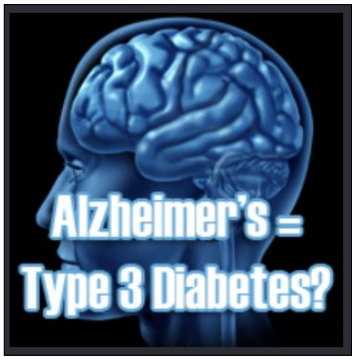
*RSVP required for this event; see associated page for details.

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



Is Alzheimer's Really "Type 3" Diabetes?

By Dr. Ryan Harrison, Sr. Director of Engagement, Outreach, & Wellness



You may have heard Alzheimer's disease referred to as "Type 3 diabetes." While that isn't an official medical diagnosis, the phrase points to an important and growing area of research: **the connection between metabolic health, insulin resistance, and the health of our brains**.

Most of us think of insulin in relation to blood sugar. After we eat, insulin helps move glucose from the bloodstream into our cells, where it can be used for energy. But **insulin also plays an important role in the brain**, supporting brain cells, communication between neurons, and processes involved in learning and memory.

Researchers have found that insulin signaling can become impaired in the brains of people with Alzheimer's disease. **When brain cells become less responsive to insulin, they may have more difficulty using glucose efficiently**. Because the brain requires a tremendous amount of energy to function, disruptions in its energy supply may contribute to inflammation, oxidative stress, and changes associated with cognitive decline.

This does not mean that diabetes causes Alzheimer's disease, or that everyone with diabetes will develop dementia. Alzheimer's is a complex disease influenced by age, genetics, cardiovascular health, lifestyle, and many other factors. However, Type 2 diabetes and insulin resistance are associated with an increased risk of cognitive decline and dementia, making metabolic health one important piece of the brain-health puzzle.

The encouraging part is that many of the habits that support metabolic health also support brain health. Regular physical activity, eating a plant-forward diet (like the MIND Diet) rich in vegetables, whole grains, legumes, nuts, seeds, and other minimally processed foods, getting adequate sleep, managing blood pressure and cholesterol, maintaining social connections, and keeping the mind engaged all contribute to overall health and may help reduce dementia risk.

Perhaps the most useful message behind the "Type 3 diabetes" idea is a simple one: The brain is not separate from the rest of the body. **What supports the health of our heart, blood vessels, and metabolism often supports our brain as well**. And that gives us another good reason to make healthy choices today, with an eye toward protecting the brain we hope to carry with us for years to come.

(Articled adapted from: https://www.thebraindocs.com/articles/alzheimers-type-3-diabetes)

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 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	* "Dining Services Update" followed by "Flavors & Friends" every 2nd Friday at 2:00 p.m. ** "Creative Corner" at 2:00 p.m. every 4th Friday, followed by Dice 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.

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

Resident Life & Wellness

AQUATIC AND FITNESS CENTER (AFC)

NOVEMBER 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: Dance Fitness 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.

Resident Life & Wellness

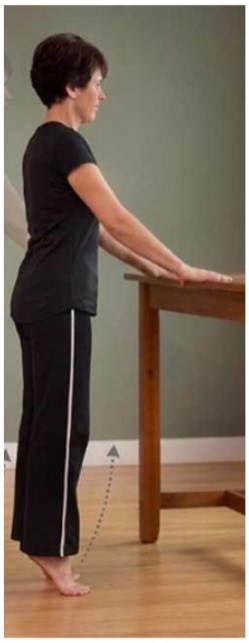
AQUATIC & FITNESS CENTER

MEET YOUR MUSCLES

GASTROCNEMIUS

NOVEMBER 2026



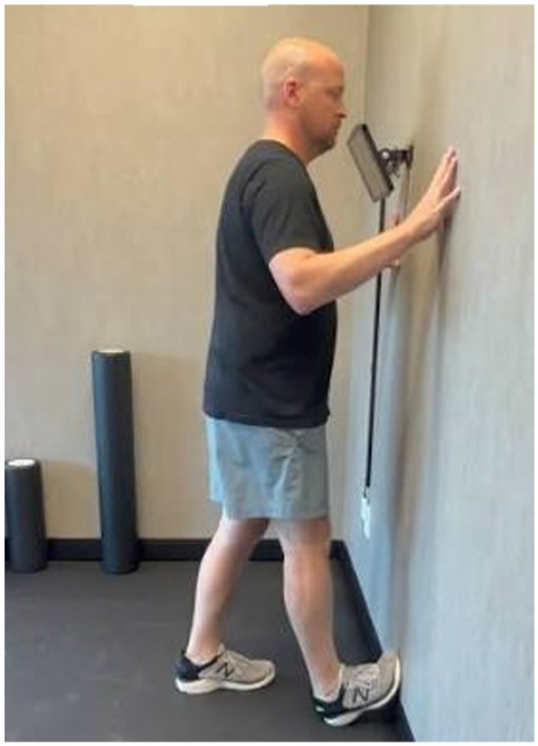


WHAT IS IT?

Of the two main muscles that make up your calf, the *gastrocnemius* is the larger, more prominent muscle that you can see and feel along the back of your lower leg.

The gastrocnemius is primarily responsible for **plantar flexion**, which means pointing your toes downward and lifting your heel off the ground. This movement is important for walking, climbing stairs, and even reaching for something up high.

This muscle also helps stabilize the ankle while we stand and move. Strong calf muscles can help us maintain stability, support our balance, and move confidently with each step.



STRENGTH

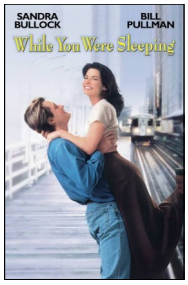
- Stand behind a sturdy chair or table for support, with feet hip-width apart.
- Lift your heels slowly, rising onto the balls of your feet.
- Lower your heels with control and repeat for 8 - 10 repetitions

STRETCH

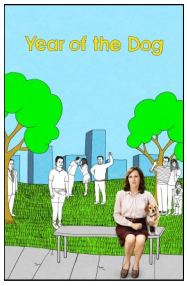
- Place your toes and the ball of one foot against a wall or stair, keeping your heel on the floor. Step your other foot back for support.
- Lean your body toward the wall until you feel a stretch along the back of your calf.
- Hold the stretch for 20–30 seconds, switch sides and repeat.

Thursday Afternoon Movie Series

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



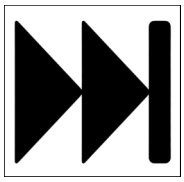
11/5: While You Were Sleeping (1995 / PG / 1h 43m)
Lonely transit worker Lucy Eleanor Moderatz (Sandra Bullock) pulls her longtime crush, Peter (Peter Gallagher), from the path of an oncoming train. At the hospital, doctors report that he's in a coma, and a misplaced comment from Lucy causes Peter's family to assume that she is his fiancée. When Lucy doesn't correct them, they take her into their home and confidence. Things get even more complicated when she finds herself falling for Peter's sheepish brother, Jack (Bill Pullman).



11/12: Year of the Dog (2007 / PG-13 / 1h 38m)
After her beloved beagle dies unexpectedly, an office worker named Peggy (Molly Shannon) looks for ways to fill the void in her life. Bringing in treats for her co-workers and fussing over other people's children fails to work, and when an ill-advised love affair with a gun fanatic (John C. Reilly) dies on the vine, she "goes to the dogs" in more ways than one.



11/19: Holiday Inn (1942 / NR / 1h 40m)
In this Irving Berlin musical, Jim (Bing Crosby) and Lila are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with the dancer in the act, Ted (Fred Astaire), Jim leaves town with a broken heart. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking -- and falling for -- Linda (Marjorie Reynolds). But when Ted shows up at the place after being dumped by Lila, he too sets his sights on beautiful Linda.

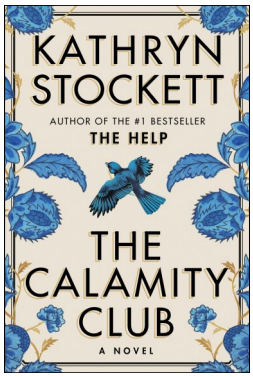


11/26: Thanksgiving Day — No Film



Resident Life & Wellness

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

Brain Boost Series: The Ronnie Gardiner Method



Join ***Jill Stowell & Michelle Vergara*** for this month's 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, November 2, 9, & 16
Time: 2:00 - 3:00 p.m.
Location: The Meeting House

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

Resident Life & Wellness

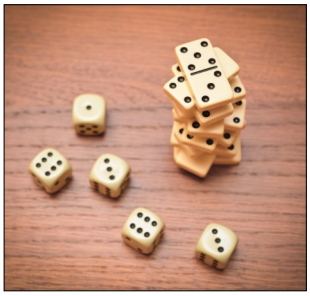
"Savoring the Season: Meaningful Moments at the Table"



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: 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, November 4
Mexican Train: Wednesday, November 18
Time: 6:30 - 8:00 p.m.
Location: The Café

"TruHearing USA"

Join our SCAN Embrace representative, ***Cynthia Ventura***, and local Audiologist, ***Dr. Thomas Wise***, for an informative presentation about TruHearing, a nationwide program that helps make quality hearing care and hearing aids more accessible and affordable. Learn how the program works, explore the different hearing aid options available, and discover how TruHearing connects individuals with qualified hearing care professionals. Whether you're experiencing changes in your hearing, considering hearing aids, or simply curious about your options, this session will provide helpful information and an opportunity to ask questions. All residents are welcome to attend, regardless of whether they are enrolled in SCAN Embrace.

Days: Thursday, November 5
Time: 2:00 - 3:00 p.m.
Location: Galen Walker Board Room

Resident Life & Wellness

"Six-Word Memoir" Finale!



Six-word memoir storytelling has already become a favorite event at Hillcrest. Now, the person who started it all is taking the lead! Marketing & Sales and Resident Life & Wellness 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 story-sharing 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)

"Medicare Insights (Part 2)"



Local licensed insurance agent, ***Tina Brownell*** is back this month to share more about changes coming to Medicare in 2027. During this second session, she'll cover: whether your current plan covers all the benefits you're entitled to, changes to prescription medication costs, what the annual enrollment period means to you, and much more. Bring all your questions!

Days: Friday, November 6
Time: 2:00 - 3:00 p.m.
Location: Galen Walker Board Room

"Campfire with Peggy & Linda"



Who says you have to go outdoors to enjoy a good old-fashioned campfire? Join residents ***Peggy Redman & Linda Hart*** for a cozy indoor campfire gathering filled with songs, stories, laughter, and, of course, s'mores! Come share a favorite campfire memory, sing along to familiar tunes, or simply sit back and enjoy the warmth of good company. No tents, sleeping bags, or bug spray required. Just bring yourself and a little campfire spirit!

Days: Friday, November 6
Time: 6:30 - 7:30 p.m.
Location: The Meeting House

Resident Life & Wellness

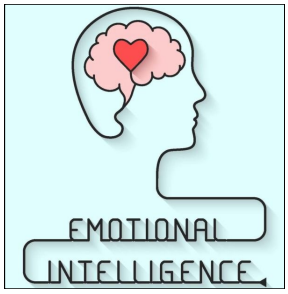
Hillcrest Annual Afghan Display



Come see some beautiful, handmade afghans crafted by some of our talented residents! Drop by and appreciate their creativity as we celebrate the artistry and dedication that have gone into each unique piece, which will all be donated to the Veteran's Hospital and Cross Roads. We look forward to seeing you there and celebrating the warmth and talent of this community of knitters and crocheters!

Day: Monday, November 9
Time: 9:00 a.m. - 3:00 p.m.
Location: The Meeting House Lobby

"Emotional Intelligence"



Join ***Elisa Fonseca*** from the Los Angeles County Department of Mental Health for this class on "Emotional Intelligence." You'll learn what it is as well as how it impacts your daily functioning in the context of interpersonal relationships. You'll also learn tips for improving your emotional intelligence in order to optimize your quality of life.

Days: Monday, November 9
Time: 2:00 - 3:00 p.m.
Location: Galen Walker Board Room

"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: Tuesdays, November 10 & 24
Time: 10:00 - 11:00 a.m.
Location: The Café

"Supporting Loved Ones Together"

Caring for a loved one through health concerns or increasing care needs can be challenging. Whether you're caring for a spouse, family member, or friend, you're welcome! "Supporting Loved Ones Together" is a supportive group where residents can find connection, encouragement, and a chance to share experiences with people who understand. To learn more or sign up, please contact one of our Social Workers, Nicole (ext. 4037) or Ashley (ext. 4148).

Days: Tuesdays, November 10 & 24
Time: 2:00 - 3:00 p.m.
Location: Pinecrest 2nd Floor

Veterans Day Lunch



Join us for a special Veterans Day Lunch as we come together to honor and thank the men and women who have served in our nation's armed forces. We'll enjoy a delicious meal, good company, and an opportunity to express our gratitude to the veterans in our community. In addition to eating for free, each veteran in attendance will also receive a small gift as a token of our appreciation. Residents may use their Dining Dollars for this luncheon. We hope you'll join us for this meaningful occasion of remembrance, gratitude, and community. See the menu on page 19.

Days: Wednesday, November 11
Time: 11:30 a.m. - 1:30 p.m.
Location: The Meeting House
Cost: Free for Veterans! Otherwise: $10/resident, $12/guest

The OYO Gym: Your Feedback in Action



Some of you shared your thoughts and experiences with the OYO Gym, (formerly the DoubleFlex), a unique piece of handheld exercise equipment, and now it's time to see what we've learned! Join us for a special presentation by ***Eliza Muniz***, a research assistant from Cal Poly Pomona, who has been collaborating with Hillcrest to explore the OYO Gym as an innovative piece of fitness equipment with exciting potential for older adults. She'll share what we've learned from your experiences, discuss how your feedback has helped shape the research, and explore what might come next. As the first older adult community to investigate this novel technology, we're excited to see what's coming next!

Days: Wednesday, November 11
Time: 2:00 - 3:00 p.m.
Location: The AFC Studio

Resident Life & Wellness

"Finding Hope Through Grief"

"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: Thursday, November 12
Time: 10:30 - 11:30 a.m.
Location: The Chapel

Long-Term Care Insurance Review Sessions



If you have a long-term care insurance policy and would like a better understanding of its benefits, ***ReAnne Beeton*** of Amada Senior Care will be available for individual appointments with residents. During these one-on-one conversations, ReAnne can review your policy with you, explain what benefits may be available, and answer any questions you might have. Whether you've recently purchased your policy or have had it for many years, this is an opportunity to revisit the details of your coverage. Six appointments are available between 8:00 a.m. and 1:30 p.m. Please call Jacquie (ext. 4352) to schedule a time, and bring a copy of your policy with you.

Day: Friday, November 13
Times: 8:00 a.m. - 2:30 p.m. (By Appointment)
Location: Galen Walker Board Room
RSVP: Contact Jacquie (ext. 4352)

Medicare Drop-In Table



Have questions about Medicare and what's changing in 2027? You can bring your individualized questions to 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!

Days: Friday, November 13	|	Wednesday, November 18
Times: 2:00 – 4:00 p.m.	|	9:00 a.m. - Noon
Location: Meeting House Lobby	|	Meeting House Lobby

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, November 13
Time: 2:00 - 2:45 p.m.
Location: Maury Smeltzer Lounge

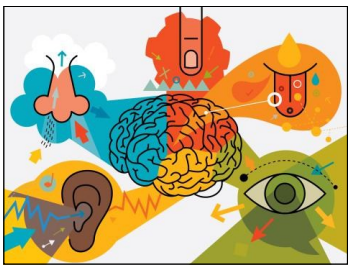
~ The Center Stage ~



Step back in time for a delightful evening of music and nostalgia as the Center Stage welcomes ***Janet Klein and Her Parlor Boys***! Known for their charming performances of vintage jazz, ragtime, and popular songs from the 1910s, '20s, and '30s, this lively ensemble brings the wit, warmth, and irresistible rhythms of a bygone era to life. Come early for our "Sipping Social," beginning 30 minutes before the concert, where you can enjoy a beer or glass of wine, and stay afterward to "Linger in the Lobby," where we'll gather in the Meeting House Lobby for light refreshments, conversation, and good company. It's an evening of wonderful music and warm fellowship you won't want to miss!

Day: Friday, November 13
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

"Is Sensory Decline Inevitable in Seniors?"

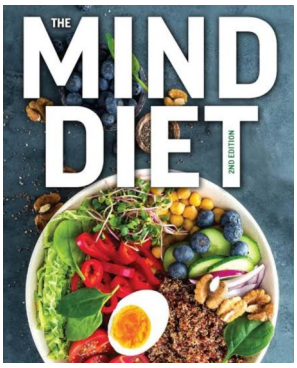


As we age, changes in our vision, hearing, taste, smell, and touch can affect how we experience the world around us. But are these changes simply an unavoidable part of growing older? Join ***Dr. Christopher Kassar*** for an engaging presentation exploring how our senses change with age, what contributes to those changes, and what we can do to help preserve sensory health and function. Bring your curiosity and your questions!

Day: Monday, November 16
Time: 2:00 - 3:00 p.m.
Location: Galen Walker Board Room

Resident Life & Wellness

"The MIND Diet"



Are you new (or relatively new) to Hillcrest? Have you heard about the MIND Diet and want to know more about it and why we offer it here at Hillcrest? Or maybe you've been here for a while and just want a refresher? Join ***Dr. Ryan Harrison***, our Wellness Director, for a presentation exploring this popular, powerful way of eating. No RSVP required.

Day: Tuesday, November 17
Time: 2:00 - 3:00 p.m.
Location: The Meeting House

New Time & Place!

"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, November 19
Time: 9:00 - 10:00 a.m.
Location: Maury Smeltzer Lounge

"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: Thursday, November 19
Time: 10:00 - 11:30 a.m.
Location: The Meeting House
RSVP: Call Sarah (ext. 4111)

This Month's Excursions

Wanderers Trip



We will begin our adventure with lunch at ***Flo's Diner*** in Chino where we will enjoy a delicious meal and fuel up for the day ahead. Flo's is a beloved diner, known for its tasty food and charming, nostalgic atmosphere. After lunch, we'll take off for the ***Planes of Fame Air Museum*** for a one-hour guided tour of the museum's impressive collection of historic aircraft including legendary World War II fighter planes, powerful bombers and early military aircraft that helped shape aviation history. Whether you're an aviation enthusiast, a history buff, or simply looking for a fun day out with friends, this excursion promises a memorable experience!

Day: Wednesday, November 18
Time: 10:30 a.m. - 2:30 p.m. (approximate)
Location: Meet at the Flagpole (by the Clinic)
Fee: $18 (Tour) + Lunch out of pocket
Accessibility: Walker-Friendly (but lots of walking without a break)
RSVP: Call Jacquie (ext. 4352) - Due by November 13

Out-to-Lunch Bunch

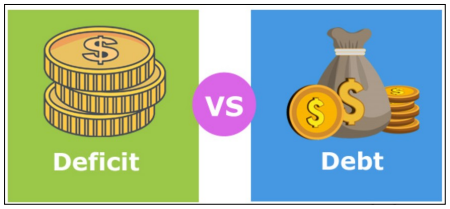


Saddle Up for a Great Meal at ***Pinnacle Peak***! Step back into the Old West at Pinnacle Peak Steakhouse in San Dimas, just outside La Verne! This fun, Western-themed restaurant is known for its hearty steaks grilled over mesquite wood, delicious ribs, and rustic cowboy atmosphere. Enjoy a relaxed dining experience filled with Western charm — and don't forget their famous no-tie tradition (i.e., wear a necktie and they'll snip it off and hang it on the wall)! It's a great place to gather with friends, share a delicious meal, and enjoy a little taste of the Wild West.

Day: Wednesday, November 25
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 November 23

Resident Life & Wellness

"Government Debt & Deficit: What Does it All Mean?"



We hear a great deal about government spending, budget deficits, and the growing national debt. But what do these terms actually mean, and why should we care? Join ***Dr. Ryan Lee*** from the University of La Verne for an informative and thought-provoking presentation exploring how government debt and deficits work, what causes them, and how they affect the economy and our everyday lives. We'll examine the difference between debt and deficit, consider the challenges of balancing government spending and revenue, and explore the potential implications for future generations.

Day: Thursday, November 19
Time: 2:00 - 3:00 p.m.
Location: Galen Walker Board Room

Shredding Day



It's time for our next resident "Shredding Day"! Gather together all your "shreddables" - any papers or files that you don't need to keep but also don't want to put in the typical recycling bin. Resident Life & Wellness is bringing an industrial shredder truck to campus to make things easy. Be sure to remove all paperclips (staples are okay) and consider putting your papers/files in a brown paper bag (if you have one).

Day: Friday, November 20
Time: 10:00 a.m. - Noon
Location: AFC Parking Lot

Drum Circle



Come make some noise with us! Join ***Maria Quici*** for another 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, November 20
Time: 2:00 - 3:00 p.m.
Location: The Chapel
RSVP: Call Jacquie (ext. 4352)

Resident Life & Wellness

"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, November 20
Time: 4:00 - 5:00 p.m.
Location: Private Dining Room
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, November 23
Time: 10:00 - 11:00 a.m.
Location: Maury Smeltzer Lounge

"Gobble & Gather Friendsgiving"



Thanksgiving is just around the corner, and what better way to celebrate than by gathering with friends and neighbors? Join us for a "Gobble & Gather Friendsgiving," a festive afternoon of Thanksgiving-inspired appetizers, refreshing drinks, and warm conversation, just two days before the big feast! It's a chance to slow down, enjoy one another's company, and celebrate the friendships and sense of community that make Hillcrest such a special place. Whether you're surrounded by family this Thanksgiving or celebrating in your own way, we hope you'll join us for a little holiday cheer, a few tasty treats, and plenty of reasons to be grateful!

Day: Tuesday, November 24
Time: 2:00 - 4:00 p.m.
Location: The Meeting House
RSVP: Call Sarah (ext. 4111)

Resident Life & Wellness

"Where the Smoke Settles" by the ULV Theatre Department

All are invited to "Where the Smoke Settles," an original, ensemble-devised physical theatre piece exploring the history, impact, and collective memory of fire in our region. Students created the play; using community interviews, news archives, and physical movement, the production weaves together verbatim voices, radio-play segments, and live soundscapes to examine how a community navigates crisis, resilience, and what remains in the aftermath. The performance will be followed with a talk-back with those in attendance.

Day: Tuesday, November 24
Time: 4:30 - 5:30 p.m.
Location: Maury Smeltzer Lounge

"How we Rise Against Hunger"

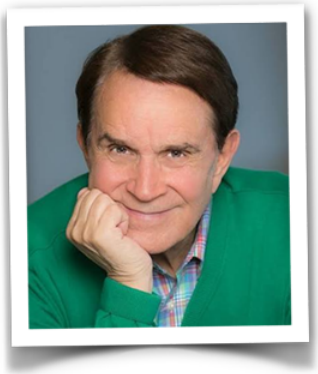
Each year, Hillcrest hosts "Rise Against Hunger," a local non-profit that fights global food insecurity. You may have been at one of these service project events. This month, ***Aaron Cruse***, Rise Against Hunger Area Manager, will share with us the history of this organization as well as some of the finer details of the work it does around the world and how communities like Hillcrest are helping to make a difference! Come for this purely informational session and leave inspired!

Day: Wednesday, November 25
Time: 2:00 - 3:00 p.m.
Location: Galen Walker Board Room

"Safe at Home"

Feeling safe and confident at home depends on more than just our surroundings. Our senses play an important role in helping us navigate everyday activities and maintain our independence. Join Physical Therapy students from ***Western University of Health Sciences*** for a hands-on session focused on how sensory function contributes to safety and wellbeing. Students will work individually with you, guiding you through a series of simple sensory screenings and offering personalized recommendations based on their results. Whether you're interested in learning more about your sensory health or discovering ways to make everyday activities safer, this is a wonderful opportunity to gain some practical insights. Two sessions will be offered, at 1:30 and 2:30 p.m.

Day: Monday, November 30
Time: 1:30 & 2:30 p.m.
Location: The Meeting House



Famous November Birthdays

The following people were born in November. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

A. Richard **BURTON**
B. Marie **CURIE**
C. Joe **DIMAGGIO**
D. Robert **FULTON**
E. James A. **GARFIELD**
F. Hedy **LAMARR**
G. Bruce **LEE**
H. Gordon **LIGHTFOOT**
I. Rich **LITTLE**
J. George S. **PATTON**
K. Gordon **RAMSAY**
L. John Philip **SOUSA**

L	I	G	H	T	F	O	O	T	A	I	I
O	J	Z	M	G	L	P	B	N	F	H	C
D	K	X	V	I	A	N	A	S	U	O	S
E	Q	A	T	Q	L	R	E	E	L	C	B
E	I	T	Y	A	N	Y	F	D	K	Y	Z
N	L	R	M	D	O	A	R	I	P	N	F
E	O	A	U	U	T	S	W	M	E	B	R
K	R	T	A	C	R	M	L	A	Z	L	X
R	N	X	T	B	U	A	U	G	O	Y	D
J	T	Y	C	A	B	R	K	G	H	T	G
Z	K	E	F	I	P	N	M	I	F	G	E
F	U	L	T	O	N	S	R	O	V	F	M

Bonus: *Match the person to the correct clue.*

1. Chef/TV personality ___
2. WWII general ___
3. Actress/inventor ___
4. Chemist/physicist ___
5. MLB baseball player ___
6. Actor/martial artist ___
7. Comedian ___
8. Composer/band conductor ___
9. Singer ___
10. Actor ___
11. U.S. president ___
12. Inventor of the steamboat ___



Thanksgiving Buffet

11:00 a.m. – 2:00 p.m. ~ Mountain View Dining Room

Rosemary & Sage Roasted Turkey Breast
Brown Sugar & Dijon Glazed Ham
Sole Almondine
Roasted Garlic Buttermilk Mashed Potatoes
Sage & Herb Stuffing
Sweet Potato Casserole
Homestyle Green Bean Casserole
Maple Roasted Autumn Vegetables
Autumn Harvest Salad
Traditional Pumpkin & Dutch Apple Crumb Pies

Resident: $15 Guest: $17 (+Tax) 14 & Under: $10 (+Tax)
RSVP: (909) 392-4140

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	2	3	4	5	6	7
8 Diwali (Hindi)	9	10	11 Veterans Day Remembrance Day (Canada)	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day (U.S.)	27	28
29	30					

November 2026



Hillcrest 2705 Mountain View Dr. La Verne, CA 91750 www.LivingAtHillcrest.org