

Hilltop Commons Phone Numbers**Office: (530) 272-5274****Kitchen: (530) 272-2854**

Maintenance: (530) 272-5274

Activities: (530) 272-5274

Fax: (530) 272-5275

Laundry Room Hours:

Daily: 7:00am-9:00pm

Please remove all items from washers and dryers by 9:00pm

Van Schedule

Van leaves at 10:00 am

Tuesday: Brunswick area

Wednesday: Medical appointments

Thursday: Pine Creek area

Beauty Salon Hours:

Wednesday/Thursday/Friday

By appointment only

Please call (530) 271-5958

Important Phone Numbers

Gold Country Lift: 271- 7433 (271-RIDE)

Post Office: 273-3429

The Union: 273-9565

Comcast Cable: 1-800-266-2278

AT&T: 1-800-750-2355

Sacramento Bee: 1-800-284-3233

Grass Valley Police**477-4600 (non-emergency)****February Birthdays**

Pat Thomas	February 3
Babe Ludlum	February 12
Val Caulder	February 15
Wanda McCain	February 17
Anne Brett	February 21
***Happy 100 th ***	
Rose Lauria	February 22
Pat Pasteris	February 27

February Anniversaries

Liz Adent	1 year
Dorothy Limov	1 year
Mary Moore	1 year
Ed Hayden	5 years
Beverly Murphy	7 years



February Newsletter

Hilltop Commons 131 Eureka St. Grass Valley CA 95945 (530) 272-5274

**From the Desk of Terri Howell
Community Administrator**

Greetings!

I know that February is traditionally the time for chocolates and valentines, but in my house, THIS February, it's time for the 2018 Winter Olympics.

I love sports! My father introduced me to sports early in my childhood, both as a player, and as a spectator, and I've been hooked ever since. I am beyond excited for the games to begin and look forward to "the human drama of athletic competition" to quote Jim McKay from the Wide World of Sports.

The games will be held in Pyeongchang, South Korea, which beat out Munich, Germany and Annecy, France as the host city. While Pyeongchang has never hosted an Olympics, Seoul hosted the 1988 Summer Olympics. This upcoming event will be the first time South Korea has hosted a Winter Olympics. More than 100 miles east of Seoul, Pyeongchang County is located in the Gangwon province of South Korea in the Taebaek Mountains. Pyeongchang's elevation makes it a popular destination for hiking and skiing. Many of the events will be held at Alpensia Sports Park, which is part of the popular Alpensia Resort in the county.

The Olympic games will begin on February 8, 2018, and end February 25, 2018. While the games' Opening Ceremony will take place on Friday, February 9th, the first competitive events will happen on February 8th.

The Winter Olympics will feature 15 sports with individual and team events. A number of the sports take place on the slopes: alpine skiing, biathlon, cross-country skiing, freestyle skiing, Nordic combined, ski jumping and snowboard. The rest take place on ice: curling, bobsled, figure skating, hockey, luge, short track, skeleton and speed skating.

Hopefully, you will make time to catch some of your favorite events and enjoy the action. Let the games begin and good luck team USA!

**Celebrating February****Thursday, February 8th***Violinist
Ciprian Mihutz***Tuesday, February 13th***Speaker Chris Enns
"Roy Rogers and
Dale Evans"***Wednesday February 14th***Valentine's Day***Wednesday February 21st***Meet Supervisor
Dan Miller***Thursdays***Happy Hour and Music***Sundays***Hot Beverage Social*



Marketing Minutes By Sue Hudson Marketing Director

Marketing is a tremendously fun and interesting field, one that has challenged my brain for past 40 years. Puzzling together an effective advertising campaign within a budget is extremely rewarding, including our latest feat; filling the apartments at Hilltop with the most wonderful residents!

Testimonials are one of the most effective ways to reach potential new residents and we have been very blessed at Hilltop Commons to have residents happy to share their positive experience. We have used these wonderful testimonials in print, video, and on KNCO radio. I thank all who have participated thus far, we wouldn't have been so successful without you! If you are interested in sharing your Hilltop story, please let me know. Creating a video, or radio ad is fun and easy (I help every step of the way) ...and you become a local celebrity!

Please don't hesitate to contact me if you have any ideas, or want to share how great life is at Hilltop Commons!

Stay warm and happy,
Sue

Letter from the Editor Traci Gelgood Associate Marketing Director



*Today we are older than we've ever been before,
and so far we have lived forever!*

*Cherish friends and family who are still in our
lives, and cherish the memories that will always
live in our hearts.*

*Happy February!
Stay happy, healthy, and safe!!*



Activity Corner By Sabrina Busher Activity Director

*"Life isn't about falling,
it is about getting back up when you fall"*

This year we are going to be doing a lot of new outings, such as going to Top Golf putting range. We will have a private booth and lunch. Also, we are going on the Sacramento River Train and taking a trip to the Golden Gate Race Track. We will have our own private booth there with lunch and refreshments. We can also bet on the horses. I am trying new and exciting events for us to enjoy and I REALLY NEED PARTICIPANTS to make this happen. I am trying to get everyone out to enjoy life more!

On February 6th, at 2:30pm, we are creating our own tie-dye t-shirts for our Mardi Gras party on February 15th with the Pre-existing Conditions. On February 8th, we will have the wonderful violinist back to entertain us. The 14th is Valentine's Day. The John Girtin Band will be here to sing and play the bass for us. There will be a chocolate bar and refreshments. It will be wonderful.

Remember, if anyone has new ideas, please come and share them with me. I think the world of all of you and want you to enjoy life and be happy.

**BE THE REASON SOMEONE SMILES
TODAY**

Culinary Corner

February is the month of **LOVE**. We will be celebrating Valentine's Day first with a Valentine's Day Brunch in the dining room. We will be serving flat iron steak, baked potato and asparagus, or blueberry French toast bake with sausage. Dessert will be cheesecake. Brunch will be followed by Happy Hour at 2:30pm. You can enjoy champagne and chocolate with Sabrina. Can't wait to see all of you enjoy yourselves on this fun day!

I would like to give all of you some friendly reminders. All of the eating and drinking utensils should stay in the dining room. If you would like to take your leftovers back to your room, we will provide you with a container to do so. You also are more than welcome to bring your own container. For those of you that have taken dishes and silverware back to your room, we would appreciate it if you would please return them. No questions asked. Also, I would like to remind you about the meal service times. We are open for brunch between 10:30am and 12:30pm, and for dinner, we open at 4:30pm every day. If you are unable to make it to the dining room during meal times, please give us a call and we can deliver a tray to you, or save you a plate to pick up. Remember that you get 3 free trays per month.

Thank you all for being you. See you soon!

Sincerely,
Jammie Barquilla (Chef)

Kitchen # 272-2854



New Resident Testimonial: Pat Thomas



What is your favorite thing about Hilltop Commons?

I love the view from my apartment looking at the trees and the sunsets. I also have discovered a nest of baby squirrels and their mother. I am looking forward to watching them grow up.

What was the #1 reason why you chose Hilltop Commons?

My son lives in Grass Valley and he wanted me to be closer to him, so he toured the other places in Grass Valley and decided Hilltop was the best for his mother.

What is your favorite activity at Hilltop Commons?

I am still new to Hilltop, but so far I really enjoy the wonderful walking path around Hilltop. It is so beautiful.

What would you tell someone looking to move here?

The residents and staff are very friendly. I am so happy to be living here now!

