

February Newsletter

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

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:

Tuesday - 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)

Interested in helping in the Library?

We are looking for an organized and detail-oriented person to lead the volunteer Library Committee. This committee keeps the Library organized and stocked, rotating movies, puzzles and books every once-in-awhile.

Please contact the office if you are interested!

February Birthdays

Pat Thomas.....Feb 3
Babe Ludlum..... Feb 12
Val Caulder.....Feb 15
Wanda McCain.....Feb 17
Anne Brett.....Feb 21
Rose Lauria.....Feb 22

February Anniversaries

Selma Gregg 1 year
Donna Mack 1 year
Liz Adent 2 years
Dorothy Limov 2 years
Ed Hayden 6 years

Welcome New Residents

Lee Barnes
John Wiebe
Rita Blake
Norma Modder
Linda Vorpahl
Janet Castro



Celebrating February

Tuesday Feb. 5th
Jewels of the Yuba
Belly dancers

Friday Feb. 8th
Happy Hour
Music
“Pre-Existing Conditions”

Tuesday Feb. 12th
Speaker Mark Bancroft
“Befriend Aging”

Thursday Feb. 14th
Valentine’s Day Party
Music by Rick Turnage

Thursday Feb. 21st
Outing
Studio Movie Grill

Every Sunday
Hot Chocolate Social

From the Desk of Terri Howell Community Administrator

Traditionally, February is the month where we celebrate romantic relationships with candy, flowers and send heartfelt messages of love to our beloved...however...

There are often other kinds of love and relationships that too often get ignored. In particular, we rarely hear about platonic love, or the importance of friendship for a person’s health and happiness. That’s why this year, on Valentine’s Day, and the days that follow, I’ve decided to focus on friendship, making an effort to value the people and relationships in my life.

According to science, friends can make us happier, healthier and yes, even more beautiful. Friends can literally make you healthier.

Many studies have shown the positive benefits of friendship on social, emotional and physical well-being. Having a strong circle of friends can be a good boost for hearts and can help the body’s autoimmune system resist disease.

When life doesn’t go as planned, our friends are there to help us pick up the pieces. While they probably can’t make all your stress go away, they certainly reduce it.

In a study published in the *Journal of Experimental Social Psychology*, participants estimated a hill to be less steep when they were accompanied by a friend than when they were alone. The longer the friends knew each other, the less steep the incline seemed.

I’ve heard it said that to have a friend you must be a friend. I encourage all of us to make as many friends going forward as possible and, in return, to be a true friend to anyone who needs one.

“All you need is love. But a little chocolate now and then doesn’t hurt. I think friends like you are pretty important, too.” - Charles Schulz



**Marketing Minutes
By Sue Hudson
Marketing Director**

February is a wonderful month for getting to know your neighbors, which is perfect because we have over a dozen new residents! In that spirit, I want to tell you about our new volunteer program; **Hilltop Commons Ambassadors!** You will see some of our residents wearing a gold name badge. These are the wonderful folks who have volunteered to help our new residents feel at home as soon as possible.

Being an Ambassador is fun and one of the MOST IMPORTANT roles here at Hilltop Commons. An Ambassador ensures our new residents are aware of various elements of our community and how it can enhance their new “stress-free” community lifestyle. However, as you know, it takes a village, so please do everything **you** can to help all our new residents feel welcomed, comfortable and included.

If you are interested in volunteering to be an Ambassador, please come see me.

Stay warm and smile a lot, it feels good!



**Activity Corner
By Sabrina Busher
Activity Director**

“It does not matter how slowly you go as long as you do not stop”

This month we will be having a few new events that I hope you enjoy. We are going to have a Superbowl party on February 3rd at 3:30pm, so come down and make some noise for your team. On February 5th, the Jewels of the Yuba belly dancers will be here to dance for us.

I would like to remind you about the wonderful variety of exercise classes we have at Hilltop. There is something for everyone! I hope you take advantage of them. Also, I am bringing back Wii-bowling. Come and try it, you will enjoy the game.

I am looking for a few volunteers to help with the library. Bev James has been so great and has helped for a few years now and wants to hand the library over to someone else. Please let Bev or me know if you are interested.

On February 21st we are going on the bus to Studio Movie Grill. This is a fun experience!

Remember, Happy Hour is on Friday now with music and snacks. Come and visit with your friends and enjoy the music.

BE THE REASON SOMEONE SMILES TODAY

Culinary Corner

We start off February with Chinese New Year on the 5th. At brunch, we will be serving our zesty orange chicken, stir fried vegetables over soba noodles. For dessert, there will be fortune cookies with green tea ice cream. If you think this ice cream sounds strange, please give it a try anyway! It is actually pretty good!



February is the month of LOVE. We will be celebrating Valentine's Day on the 14th, first with a Valentine's Brunch in the dining room. We will be serving flat iron steak, baked potato, and asparagus, OR an omelet with toast and fruit. Dessert will be cheesecake. Then, later we will have a Valentine's Day Party at 3:00. There will be music, and Sabrina will have some special treats for you.

President's Day is the 18th and we will be having a BBQ buffet in the dining room at brunch time. We will be serving hot dogs, BBQ chicken, baked beans, corn, potato salad and a green salad. For dessert, we will have apple pie ala mode.

If you would like to invite your family to come join you in the dining room, please feel free to do so. We appreciate it when you let us know in advance so we can be prepared for guests. Below is a price list for our guest meals. For those who don't know how we charge your guest meals, we write up a guest slip for you with your name, apt # and how many guests you have. You sign it and we give you a copy, if you like. We keep our copy and tally them all up at the end of the month. I then give them to Terri and she sends out a bill for all your guest meals and tray deliveries for the month. If you have any questions, please let us know.

- Brunch = \$9.00 per person
- Brunch Soup & Salad Bar = \$5.00 per person
- Dinner = \$5.00 per person
- Special Events = \$12.00 per person
- Tray Delivery = \$3.00 per tray
- (The first 3 are FREE)

The Special Events this month are Valentine's Day and Presidents Day Brunch.

Thank you all for being you. See you soon!

Sincerely,
Jammie Barquilla (Chef)

Kitchen # 272-2854

**Letter from the Editor
Traci Gelgood
Associate Marketing Director**



**Happy February!
For those of you who haven't been to our Hot Chocolate Socials on Sunday afternoons, I want to remind you that it's a great way to meet your neighbors and a great time visiting with friends. I look forward to spending time with all of you!**

Stay happy, healthy, and safe!

