

**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 10:00am

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&amp;T: 1-800-750-2355

Sacramento Bee: 1-800-284-3233

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

Peggy Boss.....March 4  
 Joan Elmore.....March 12  
 Shirley Hamilton.....March 13  
 Marguerite Blickenstaff....March 14  
 Kay Kerr.....March 23  
 Bud Taylor.....March 23  
 Terri Roman.....March 26  
 Joyce Towell.....March 31

**March Anniversaries**

Mary Koop	1 year
Irene Lucas	1 year
Dorothy Morgan	1 year
Jan Leonhard	2 years
Babe Ludlum	2 years
Gerri Holzen	3 years
Donna Reddy	3 years
Heidi Imfeld	7 years
Bud Taylor	7 years



# March Newsletter

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

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

Hello March! It's the time of year we all start thinking about spring, even though it's still cold outside and we can still end up with a few more snow storms. If you look around there are signs of spring, like green buds on bare branches and small fern fronds peeking up from the ground. I read an article this week about "spring renewal" and it listed 5 ways to reawaken your spirit and get a fresh start. The following is an overview of the article and I'm hoping you find the ideas interesting as well.

1. Mark the occasion. In the busy flow of our lives we often don't make the time to really mark important moments. Making a "big deal" out of a new journey, or important occasions, is a significant notice to ourselves that amidst all the other people whom we serve, we are important figures worthy of attention, care and nurturing.

2. Do something different. Open yourself up to experiences that are new. Not necessarily wild, extreme, or out of your comfort zone, just new. Take a class, meditate, or volunteer. Find seasonal starts that feel different in ways that are important to you.

3. Make spring resolutions. Spring is a much more natural time to make some resolutions than on January 1st, with nature blooming and longer daylight hours. Your resolutions might involve a new commitment or strategy to a specific goal, or revisit your New Year's resolutions and leverage the energy of the season to recommit to them.

4. Shine some sunshine on yourself. Spring is a perfect time to take a deep breath and engage in overdue self-care and self-compassion. Daily attention to ourselves through exercise, spiritual practices, social support, good nutrition and adequate sleep are important and often go by the wayside.

5. Find what renews you and keep doing it. When we find activities that serve us well, we can strive to implement them on a regular basis throughout the year. The energy and momentum of spring is an important launch into practices that sustain us as we go forward into the coming seasons.

Happy March, Happy Spring!

**Celebrating March****Wednesday, March 6<sup>th</sup>****Jewels of the Yuba  
Belly Dancers****Friday, March 8<sup>th</sup>****Happy Hour  
Music with Chris Crockett****Sunday, March 17<sup>th</sup>****St. Patrick's Day****Friday, March 22<sup>nd</sup>****Magic Show  
Debi Destiny****Thursday, March 28<sup>th</sup>****Bus Outing  
Crocker Art Museum****Every Sunday****Hot Chocolate Social**





## Marketing Minutes By Sue Hudson Marketing Director

Lots of wonderful things are happening at Hilltop Commons!

First and foremost; in the last five months we have had 19 folks move into Hilltop!! That's amazing! WELCOME to all our new residents!! It feels good to have been able to provide new homes for several fire victims as well! Thank you to those residents who donated items and helped these folks feel at home as soon as possible! Proving once again we have the BEST residents in the world living right here at Hilltop Commons!!

On Wednesday, March 20<sup>th</sup>, at 9:00am, Hilltop is hosting a professional business meeting in the common area. I want to thank you in advance for sharing your home with the Breakfast Club, a group of professionals who serve seniors in Nevada County. I will be setting up the common area the evening before (Tuesday the 19<sup>th</sup>) and the meeting is from 9:00 – 10:30am on Wednesday the 20<sup>th</sup>. I appreciate your patience and understanding for this once-a-year meeting. It's a wonderful way to introduce these professionals to Hilltop Commons!

Enjoy all that March brings!

Stay healthy and happy,

Sue



## Activity Corner By Sabrina Busher Activity Director

**"BE HAPPY FOR THIS MOMENT,  
THIS MOMENT IS YOUR LIFE."**

We will be going to the casino this month so you can try your luck.

We are also going to Cirino's for lunch, and weather permitting, we can walk off our lunch in Grass Valley and visit the Star Winery tasting room.

We are going to head to Crocker Art Museum on the bus and have lunch in Roseville. We had a lovely time during our last visit to the museum, so don't miss out!

The Yuba Belly Dancers will be here to put on a show for us. Also, the Alchemy magic show with Debi Destiny will be here and this show will be exciting.

Don't forget, we are playing Wii-bowling on Tuesdays at 3pm.

Please look at your event calendars; we have new exercise classes at different times of the day so it is convenient for all of you.

Remember, we have all types of music on Fridays at Happy Hour.

My door is always open for new ideas you might have.

**Be the reason someone smiles today**

## Culinary Corner

In March we are celebrating National Nutrition Month. On the 1st of March at the Welcome New Residents Party, I will be introducing the Hydration Challenge, Fruit & Vegetable Challenge, Physical Activity Challenge and Stress Management. I will explain how it works and how they all are relevant to each other for your mind and body wellness. We will go over how much fluid, fruits and vegetables you should be consuming daily. Also, I will talk about what you eat and drink, and how much exercise and sleep you get can impact stress on your body and life. So, please come join us to meet our new residents and get started with some life changes.

This month, we will be having Saint Patrick's Day on the 17th and we will be serving the traditional meal of corned beef and cabbage, potatoes and carrots. Please feel free to invite your family and friends. Just make sure you give us a week's notice for any guests you will be having. This is a special event, so guest meals will be \$12.00 per person.

Thank you all for being you. See you soon!

Sincerely,

Jammie Barquilla (Chef)

**Kitchen # 272-2854**



## Letter from the Editor Traci Gelgood Assoc. Marketing Director

***Did you know...***

***\*There are important and useful phone numbers on the back of every newsletter?***

***\*That you can (and should) review your emergency cards and update your family contact information and your medications list as needed just by coming into the office?***

***\*That smiles cost nothing to give and can often make someone's day?***

***\*That wrinkles say "I have laughed, I have loved, I have lived!"***

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

