

HILLTOP COMMONS INFORMATION

Office: (530) 272-5274
Kitchen: (530) 272-2854
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
(Mike at Comcast: 530 570-9230)
Gold Country Cab: 274-8294
Fast Taxi: 477-7766
Grass Valley Police
477-4600 (non-emergency)

March Birthdays

Maggie Doyle	March 1
Peggy Boss	March 4
Shirley Hamilton	March 13
Helen Hale	March 15
Pat Anderson	March 17
Joan Elmore	March 21
Bud Taylor	March 23
Kay Kerr	March 23
Terri Roman	March 26
Pat Myers	March 30
Joyce Towell	March 31

March Anniversaries

Dorothy Morgan	2 years
Irene Lucas	2 years
Mary Koop	2 years
Jan Leonhard	3 years
Babe Ludlum	3 years
Bud Taylor	8 years

Welcome New Residents

Nancy Larson
Mary Corder
Ernie & Donna Collins



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 a few more snow flurries are possible. However, there are signs of spring, like green buds on bare branches and small fern fronds peeking up from the ground. I read an article recently 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 4th

Music
Billy Bensing

Tuesday, March 17th

St. Patrick's Day
Bingo Bonanza

Wednesday, March 18th

Speaker Sandra Rockman
"Importance of Improv"

Friday, March 20th

Happy Hour
Music with Chris Crockett

Tuesday, March 31st

Horse Races

Every Sunday

Treat Social



Marketing Minutes
By Sue Hudson
Marketing Director

We are excited to announce the 5th annual Bingo Bonanza Extravaganza will be held this month on Saint Patrick's Day, Tuesday, March 17th, 1:00-3:30PM! We will be teaming up with our friends at Brunswick Village Assisted Living who supply all the wonderful food and beverages! This is a fundraiser for Gold Country Community Services who provides Meals-On-Wheels, delivering meals every day for our shut-in seniors. They also supply free wood for seniors who use wood to heat their homes. If you have never joined us for our annual Bingo Bonanza, please do! We have 30 great gifts we will be giving away. It is just \$10 donation to play and we will be selling raffle tickets for more fabulous prizes! Please sign up in the office if you want to participate in our Bingo Bonanza. Don't wait to sign up, as we are inviting seniors in our community to join us and we're limited to 40 players.

Thanks again for sharing your happy and positive feelings about Hilltop when Traci and I are touring potential new residents. I am so proud to say Hilltop Commons is one big happy family...thanks to all of you; the best residents in the world!

I appreciate you!

Sue



Activity Corner
By Sabrina Busher
Activity Director

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

March 12th we are going to be heading to Area Space museum at McClellan Air force for a short tour and then off to the Officer's Club for lunch. I am really looking forward to going. I know we will all enjoy it. So, please sign up if you are interested in attending. We will also be going to Studio Movie Grill on the bus. The movie grill is such a fun experience and the food is great. Don't miss out.

As you know, we have a variety of exercise classes here at Hilltop for all of you to participate in. Exercise is very important in all our lives to keep us moving.

Our Bingo Bonanza is going to be on St. Patrick's Day, the 17th, so we all will have good luck.

Fridays at 3pm is our music and happy hour. This is a nice way to get together with your friends and have a few laughs.

Please review your event calendar so you will not miss out on the fun!

BE THE REASON SOMEONE SMILES TODAY



Culinary Corner



Happy March, everyone! The first day of spring is March 20th, and I am so excited to see some spring flowers. My daffodils are already starting to pop up in my yard at home.

I'm happy to hear that you are enjoying the menu. Thank you all for your positive feedback, it is appreciated. My ears are always open, and we check the suggestion box weekly. Please leave the date and your name on the comments so I know who to thank, and which meals you are talking about.

On Saint Patricks' Day, March 17th, we will be serving the traditional meal of corned beef and cabbage, potatoes and carrots. Please feel free to invite your family and friends. Please make sure you let us know one week in advance about any guests you will be having. This is a special event so guest meals will be \$12.00 per person.

Please remember to leave the dishes, cups and silverware in the dining room. I do not want to embarrass anyone when they are walking out of the dining room with any dishes or silverware. We have "to go" containers for you if you need them. Just ask a server and they will get one for you.

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



Stay happy, healthy, and safe!

**Hugs,
Traci**

