

**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
Temporarily suspended

Beauty Salon Hours:
Temporarily Closed

IMPORTANT PHONE NUMBERS:
Gold Country Lift: 271-7433
(271-RIDE)
Post Office: 273-3429
The Union: 273-9565
Comcast Cable: 1-800-266-2278
Gold Country Cab: 274-8294
Fast Taxi: 477-7766
Grass Valley Police
477-4600 (non-emergency)

www.raystoneseniors.com



March Birthdays

Peggy Boss.....3/4
Helen Hale.....3/15
John Fuery.....3/16
Pat Anderson.....3/17
Joan Elmore.....3/21
Bud Taylor.....3/23
Kay Kerr.....3/23
Gary Koeppen.....3/24
Terri Roman.....3/26
Joyce Towell.....3/31

March Anniversaries

Mary Corder.....1 year
Nancy Larson.....1 year
Mary Koop.....3 years
Irene Lucas.....3 years
Dorothy Morgan.....3 years
Jan Leonhard.....4 years
Bud Taylor.....9 years



March Newsletter

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



March Activities

Mondays and Wednesdays
Exercise 9:30am
Common Area

Tuesdays and Thursdays
(Fridays and Saturdays TBA)
Qigong 9:30am
Common Area

Mondays, Tuesdays, and
Thursdays
Bingo 1:00pm
Common Area

Wednesday afternoons
Library Cart
door-to-door

Thursday afternoons
"Thirsty Thursdays"
door-to-door

Masks are required for all activities

Space is limited and
sign-ups are required

Please call the office to sign up for
any activity

All activities are subject to change

Covid Vaccine #2
March 10

St. Patrick's Day
March 17

First Day of Spring
March 20

Passover
March 27–April 4

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 Years' 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!



Marketing Minutes
By Sue Hudson
Marketing Director



The Computer Swallowed Grandma

*The computer swallowed grandma
Yes, honestly its true
She pressed 'control' and 'enter'
And disappeared from view.*

*It devoured her completely
The thought just makes me squirm
She must have caught a 'virus'
Or been eaten by a 'worm.'*

*I've searched through the 'recycle bin'
And files of every kind
I've even used the 'Internet'
But nothing did I find.*

*In desperation, I asked Jeeves
My searches to refine
The reply from him was negative
Not a thing was found 'online.'*

*So if inside your 'Inbox'
My Grandma you should see
Please 'Copy,' 'Scan' and 'Paste' her
And send her back to me!*

Author Unknown



Activity Stuff
By Traci Gelgood
Assoc. Marketing Director
Acting Activities Director

Happy March and happy springtime!

It's great that so many people have already been vaccinated at Hilltop! We are hoping that things continue to get better, and as they do, we will be looking into adding a few more activities. But until that happens, we look forward to seeing you at the activities we currently have! Please be sure to look at the **front panel** of this newsletter for days and times for the activities we currently have in place, such as Exercise, Qigong, Bingo, "Thirsty Thursdays", and the Library Cart. **PLEASE CALL THE OFFICE TO SIGN UP FOR ANY ACTIVITY YOU WOULD LIKE TO PARTICIPATE IN,** or if you need any further details! I am always happy to take requests for any particular books or authors you would like me to have on the library cart. **(530) 272-5274**

See you on my rounds! 😊

Stay happy, healthy, and safe!



Culinary Corner

March is here, everyone! Spring is coming, and all the beautiful flowers will start popping up everywhere. My favorite is tulips.

Saint Patrick's Day is on the 17th, and we will be serving the traditional meal of corned beef and cabbage, potatoes and carrots. Breakfast items will be shamrock pancakes and sausage. On the 2nd is National Banana Cream Pie Day, the 6th is Oreo Cookie Day, the 11th is Noodles Day, the 18th is Sloppy Joe Day, the 19th is Oatmeal Cookie Day, the 20th is Ravioli Day, the 26th is Spinach Day, and the 30th is Hot Chicken Day. These are just some fun facts that I incorporated into the menu this month. I hope you enjoy them!

Please remember that we are here if you need anything, and we are always listening. Just give the kitchen a call or talk to your server.


Thank you all for being you. See you soon!

Sincerely,

Jammie Barquilla (Chef)

Kitchen # 272-2854





*When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.
But now that I am older,
I've set my body free:
There's the comfort of elastic
Where once my waist would be.
Inventor of those high-heeled shoes
My feet have not forgiven:
I have to wear a nine now,
But used to wear a seven.
And how about those pantyhose-
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?
I need to wear these glasses
As the print's been getting smaller:
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to gray
and my skin no longer fits,
On the inside, I'm the same old me,
It's the outside's changed a bit.*

