

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 10am)

SIGN-UPS ARE REQUIRED!

Mondays

Shopping (Brunswick area)

Tuesdays

Doctor Appointments

Wednesdays

Shopping (Pine Creek area)

PHONE NUMBERS:

Gold Country Lift: 530-271-7433
(271-RIDE)

Larry King (Uber/Lyft) 808-652-2490

Post Office: 530-273-3429

The Union: 530-273-9565

Comcast Cable: 800-266-2278

Grass Valley Police
530-477-4600 (non-emergency)

www.raystoneseniors.com

March Birthdays

Helen Hale.....3/15
Pat Anderson.....3/17
Joan Elmore.....3/21
Kay Kerr.....3/23
Terri Roman.....3/26
Pat Picchi.....3/27
Joyce Towell.....3/31

March Anniversaries

Mary Corder.....2 years
Nancy Larson.....2 years
Dorothy Morgan....4 years
Irene Lucas.....4 years

Welcome New Residents

Connie DuFour
Treva Hauck



Pajama Day Happy Hour



March 2022

March Newsletter

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

Celebrating March

Happy Hour
Music with Carl Jones
Thursday, March 3

CRAZY BIG BINGO
Bingo and Party!
Tuesday, March 8
1:15 pm – 3:15 pm

Happy Hour
Music with Cowboy Kurt
Thursday, March 10

St. Patrick's Day
Happy Hour Party
Music with Collin
Thursday, March 17

Happy Hour
Music with Sourdough Slim
Thursday, March 24

Happy Hour
Music with Chris Crockett
Thursday, March 31

Every Sunday
Sweet Treat Social
2:30 pm

*Check your activities calendar for
additional events and details*



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 Stuff By Traci Gelgood Marketing Director



***If the mountain seems too big today,
Then climb a hill instead.
If the morning brings you sadness,
It's okay to stay in bed.***

***If the day ahead weighs heavy,
And your plans feel like a curse,
There's no shame in rearranging,
Don't make yourself feel worse.***

***If a shower stings like needles,
And a bath feels like you'll drown,
If you haven't washed your hair for days,
Don't throw away your crown.***

***A day is not a lifetime,
A rest is not defeat.
Don't think of it as failure,
Just a quiet, kind retreat.***

***It's okay to take a moment
From an anxious, fractured mind.
The world will not stop turning
While you get realigned.***

***The mountain will still be there
When you want to try again.
You can climb it in your own time.
Just love yourself til then...***

Laura Ding-Edwards



Activities Corner By Jammie Barquilla Activities Director



March is here and I'm so excited for spring. Spring is my favorite time of year. I love to see all the flowers and trees blooming. It is a fresh start and I feel refreshed and full of energy this time of year. I like to be outside enjoying the fresh air. We will be starting a walking club this month on Fridays at 10:00am after exercise. Please come join meet me by the front door. We will just be walking the grounds for now. Did you know 3 laps around the building is 1 mile?

Mondays at 2:30pm we will be starting Rock painting and Vase painting this month. Wednesdays at 2:30pm is Game Time. Let me know what game you would like to play such as cards, dice, or scrabble, and I will set it up for you. Talk with your friends and neighbors and get a group together for game time. Happy Hour is always on Thursdays at 2:30pm with live entertainment. It is always fun, and I would like to see more of you attend. There will be a St. Patrick's Day Happy Hour on the 17th. Let's drink green beer! Fridays at 2:30pm we have Chair Volleyball, Bocce Ball and Horse Races scheduled. Get out of your apartment and come join us in the common area for some new, fun activities.

For all you BINGO players out there I have a CRAZY BIG BINGO PARTY planned for you on the 8th at 1:15pm. **This will be a 2-hour CRAZY BINGO PARTY** with prizes to win. We will have an intermission with snacks and drinks. I'm really looking forward to this party. I think you are all going to have a lot of fun. I can't wait to see you there!

If there is anything you would like to do, please leave me a suggestion. I am willing to try anything at least once. Let's have some fun!!



Thank you for being you!
Your Activities Director,
Jammie Barquilla

Corner By Bonnie Riley



Culinary

March is here! Spring is coming, and all the beautiful flowers will be starting to pop up everywhere! So, get yourself outside, take a walk, and start looking at all the beautiful colors Mother Nature has in store for this special time of year!

Saint Patrick's Day is on the 17th, and we will be serving the traditional meal of corned beef and cabbage, potatoes, and carrots. The breakfast item will be shamrock pancakes and sausage. To finish up the meal we are offering a yummy leprechaun parfait. Hope you all enjoy!

Also, a friendly reminder - please know that you can call the kitchen to talk to myself or any of the staff with any questions or concerns. We also have the suggestion box. If you leave a suggestion, please give us your name so I can get back to you regarding your suggestion.

Thank you from the kitchen staff.

Sincerely,

Bonnie Riley (Chef)

Kitchen 530-272-2854

