

December 2022

# December Newsletter

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

## HILLTOP COMMONS INFORMATION

**Office: (530) 272-5274**  
**Kitchen: (530) 272-2854**

Fax: (530) 272-5275

**Hair by Mary / Hilltop Hair Salon**  
**530 883-7112 (Open Saturdays only)**

### Laundry Room Hours:

Daily: 7:00am-9:00pm  
Please remove all items from washers  
and dryers by 9:00pm

**PLEASE DO NOT LEAVE YOUR CLOTHES  
SITTING IN THE DRYER – PEOPLE MAY  
NEED TO USE THE DRYER AND PUT YOUR  
CLOTHES ON THE COUNTER WHERE THEY  
MAY BE MISTAKEN FOR GIVEAWAY STUFF!!**

**Van Schedule (Van leaves at 10am)**  
**SIGN-UPS ARE REQUIRED!**

**Mondays**  
**Shopping (Brunswick area)**

**Tuesdays**  
**Doctor Appointments**

**Wednesdays**  
**Shopping (Pine Creek area)**

### MISC. PHONE NUMBERS:

**Gold Country Lift: 530-271-7433**  
**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)**

### December Birthdays

**Lee Barnes.....12/17**  
**Nina Schott.....12/18**  
**Mimie Dudek.....12/18**  
**Bev Lundholm.....12/18**  
**Bobbie Swanson.....12/29**

### December Anniversaries

**Jane Heywood.....6 years**  
**Bev Lundholm.....4 years**  
**Yvonne Fulton.....2 years**  
**Jim Stillman.....1 year**

### Welcome New Resident

**Janice O'Brien**



### Celebrating December

**Holiday Party**  
**Happy Hour**  
**Music with D.D. James**  
*Thursday, December 8<sup>th</sup>*

**Cooking Show**  
**With Bonnie and Josh**  
*Wednesday, December 14<sup>th</sup>*

**Hanukkah**  
*December 18–26*

**Harmonic Convergence**  
**Quartet**  
*Sunday, December 18<sup>th</sup>*

**Sierra Master Chorale**  
**(In Concert Sierra)**  
*Tuesday, December 20<sup>th</sup>*

**Christmas Day**  
*Sunday, December 25*

**New Year Party**  
**Happy Hour**  
**Music with Collin Hobbs**  
*Thursday, December 29<sup>th</sup>*

**New Year's Eve**  
*Saturday, December 31*

*Please check your activities  
calendar for details and  
additional events!*

### A Fresh Take on Peppermint

Peppermint bark. Peppermint lattes. Peppermint candy canes. There is no doubt about it—peppermint is the undisputed flavor of the winter season. Mint is full of the chemical menthol, which, when tasted, activates the same nerve sensors that allow us to feel cold. We love the refreshing, cooling sensation of mint in our mouths and are reminded of winter each time we take a taste. But there is more to the story of peppermint's hold on the winter season than its chemical composition.

Mint-flavored hard candies have been made for hundreds of years. Before the invention of air-conditioning, hard candy could be made only during the cool, dry months of winter, for heat and humidity would spoil the candy. Mint is a reliable flavoring because it does not cook off during the manufacturing process. Its flavor remains incredibly strong. For this reason, mint-flavored hard candy has always been a wintertime treat.

Legend has it that the first candy canes were invented in the 17th century by a German choirmaster who bribed his choirboys with peppermint candy sticks to keep them complacent during mass. Candy in church was not exactly solemn, so the choirmaster asked the candy maker to fashion the candy sticks into shepherds' crooks, honoring Jesus.

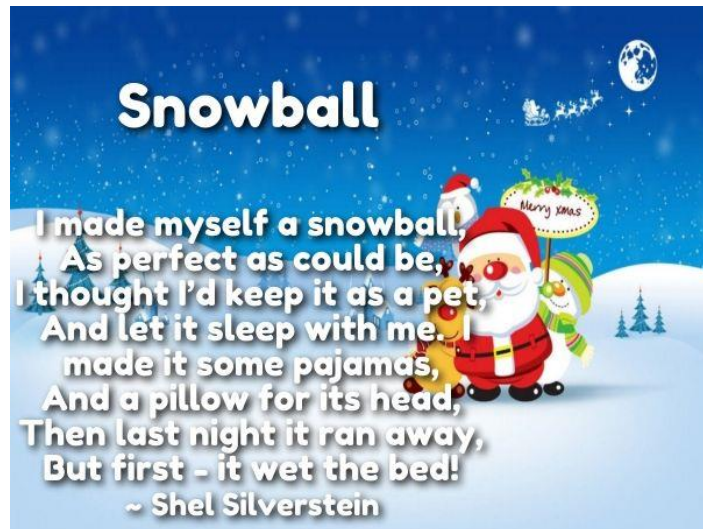
It wasn't until 1847 that a German Swedish immigrant to America named August Imgard used the candy cane as a Christmas decoration. He spun white hard candy into its crooked shape and hung the canes along with paper ornaments from a blue spruce. It would take a few more decades and the advent of mass production techniques for candy canes to get their red stripes. Why red? Some say this color represents the blood shed by Jesus on the cross, while others attribute it to the red berries and green garland of evergreen holly that has been associated with Yule traditions. Don't wait until December 26, Candy Cane Day, to enjoy candy canes. Most people start buying them the day after Thanksgiving.





## Marketing Stuff By Traci Gelgood Marketing Director

Happy holidays to everyone! No matter which holiday you celebrate, remember to enjoy each moment, and be grateful for your friends, family, and neighbors!



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

## Activities Stuff By Jill Mahanna Activities Director



Holiday season is here! And winter is not far behind. Time to bundle up, drink warm liquids, and hang out by the fireplace. And decorate! We are having a door-decorating contest for the month of December. Prizes will be awarded. Join the fun and deck the halls (well, your door) with holiday cheer!

Additions to our Activities Calendar include Bridge on Fridays at 1:00pm and afternoon Pinochle on Wednesdays at 2:30pm. I'd like to remind you about Open Studio on the first and last Monday of each month. Open Studio is an opportunity for you to color or to work on a craft of your choice, in the company of others. Arts and Crafts class, with a guided activity, will happen on all other Mondays. Look for some fun holiday crafts and card-making!

Our chair massage therapist, Lyla, will be here on Wednesdays the 14<sup>th</sup> and the 28<sup>th</sup>, at 1:00pm. She has four slots available each time, so best to sign up ahead of time.

This month, in addition to our happy hours, we will have the **Sierra Two**, a jazz duo playing holiday music, on Sunday, December 4<sup>th</sup>. The **Harmonic Convergence Quartet**, a four-person acapella group, will sing on Sunday, December 18<sup>th</sup>. And the **Sierra Master Chorale** will come sing for us on Tuesday the 20<sup>th</sup>. We will have two outings this month—one to **Target and Ross** for some holiday shopping on Friday the 9<sup>th</sup>, and one to the **Holbrooke Hotel** for a tour and lunch on the 16<sup>th</sup>.

Happy Holidays! 😊

-Activities Director Jill, The Room by the Elevator



## Culinary Corner By Bonnie Riley

Hello everyone! Here we are again, in the new month of December. I hope everyone had a great Thanksgiving here at home, and I look forward to bringing you guys a wonderful holiday dinner. I will be putting out another sign-up sheet for those of you who will be here, and if you are bringing guests, and if you will need a box dinner. It is a half day for the kitchen, so the box dinner will be given out at brunch. If you're not here in the afternoon, you can request a box dinner from the office. It will be important to talk to your family and friends and make a plan as to whether or not you will be here. Brunch will be from 10:30 to 12:30.

I can't wait for all the holiday spirit to be happening throughout the building like it does every year. It's a magical time and I love seeing everyone enjoying the magical season.

Let me know if you have any questions about the holidays, or anything! Or if you have any other questions about food, feel free to call me any time.

Also please make sure your comment cards for the comment box are dated and have your name on them so I can follow up with you about your issue.

**Happy holidays to my Hilltop family!**



Sincerely,

Bonnie Riley (Chef)

**Kitchen # 530-272-2854**

## Still Living in Infamy



U.S. President Franklin D. Roosevelt called December 7, 1941, "a date which will live in infamy." 81 years later, we still remember the attack on Pearl Harbor and pause to honor all who were lost.

Pearl Harbor is a U.S. naval base located near Honolulu, Hawaii. It was home to the bulk of the U.S. Navy's Pacific Fleet, hundreds of airplanes, and thousands of soldiers. American intelligence officials never expected Japanese forces to start a war with the United States with an attack on Hawaii, 4,000 miles away. For this reason, Pearl Harbor was left largely undefended on December 7, 1941. As a target, Pearl Harbor was too good of an opportunity for the Japanese to ignore.

In an audacious sneak attack, without any declaration of war, Japanese forces began their assault on Pearl Harbor at around 8 a.m. At 8:10, a 1,800-pound bomb fell through the deck of the battleship USS *Arizona* and struck an ammunition store, resulting in a massive explosion and killing thousands. After two hours of fighting, 20 American ships (including every battleship in Pearl Harbor) were crippled; 300 airplanes were destroyed; 2,403 sailors, soldiers, and civilians were killed; and a thousand more were wounded.

Luckily—amazingly—the Pacific Fleet was left intact. Despite losing its powerful battleships, the Fleet's aircraft carriers had been off base during the attack and were safe. Pearl Harbor's vital infrastructure, including repair shops, oil storage depots, shipyards, and submarine docks, had been largely untouched. The U.S. Navy would be able to rebuild itself for a sustained war effort.

The day following the attack, President Roosevelt declared war on Japan. And though history remembers America and its Allies as the brave victors of a long and bloody world war, scars of that war remain. Pearl Harbor Remembrance Day is a time to reflect on all that was lost and a celebration of the freedoms that were won.