

# February Newsletter

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



## HILLTOP COMMONS INFORMATION

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

**Hilltop Salon (Sarah):**  
**(530) 693-9121**

### MISC. PHONE NUMBERS:

**Gold Country Lift: 530-271-7433**  
**Larry King (Uber/Lyft) 808-652-2490**  
**Bruce Stuebing (Driver) 530-320-5415**  
**Post Office: 530-273-3429**  
**The Union: 530-273-9565**  
**Comcast Cable: 855-307-4896**  
**Dokimos Pharmacy: 530-274-0100**

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

### 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)**

### February Birthdays

Ruth Valdez.....2/7  
Helen Starkey.....2/8

### February Anniversaries

Linda Vorpahl.....5 years  
Eldha Amezcua.....4 years  
Paula Harrow.....2 years  
Treva Hauck.....2 years  
Ed Hatch.....1 year  
Roberta Long.....1 year



### Celebrating February

Bus Outing  
"Lumberjacks"  
With Roseville Commons  
*Thursday, February 1<sup>st</sup>*

Safari Slide Show  
*Friday, February 2<sup>nd</sup>*  
*(Groundhog Day)*

Bus Outing  
Feather Falls Casino  
*Thursday, February 8<sup>th</sup>*

Valentine's Day  
Happy Hour with Ciprian  
*Thursday, February 15<sup>th</sup>*

Presidents Day Holiday  
*(staff holiday)*  
*Monday, February 19<sup>th</sup>*

Bus Outing  
Folsom Outlets and  
"Spaghetti Factory"  
*Thursday, February 22<sup>nd</sup>*

Happy Hour with  
"The Doo Dads"  
*Thursday, February 29<sup>th</sup>*  
*(Leap Day)*

### **From the Desk of Jammie Barquilla Community Administrator**

Hello my Hilltop friends. Happy February and Happy Valentine's Day! Did you know that friendship is celebrated on Valentine's Day in other countries. I found it interesting that Finland, Estonia, Ecuador, Mexico, and Venezuela have taken to celebrating friendship instead of romance on Valentine's Day.

Historically, the first handmade Valentine's Day cards in the 1800s weren't intended only for lovers. They also celebrated affection between friends and relatives.

Culturally, other countries have traditionally viewed it as a day of friendship. On February 14th, people in Finland celebrate Ystävänpäivä, which is translated as Friend's Day. In Mexico, it is called the Día del amor y la amistad, the day of love and friendship.

Sociologically, almost half of the U.S. population (48 percent) is uncoupled---and living single is a growing trend so it makes sense that people would redefine the day.

I'm not saying I don't want candy, flowers, and heartfelt messages of love from my husband. I just thought it was nice to celebrate your friendships as well. My friends have always been there for me regardless of the roller coaster of life I have been on. There are different kinds of love although I love my husband, I also love my friends and would like to celebrate them as well with a little card or candy to show my love that I think they will appreciate.

Let's celebrate our friendships for Valentine's Day this year! Happy Valentine's Day my friends!

Thank you for being you!  
Jammie Barquilla





## Marketing Stuff By Traci Gelgood Marketing Director

Happy February!

I again want to thank everyone for being so friendly to your neighbors, and to everyone who comes into Hilltop on a tour, or just to visit! Our social interactions are so valuable and so healthy!!

Here is an article highlighting how important direct social contact is for all of us...

### Connecting the World

**On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends' posts is preferable to communicating by mail, telephone, or email.**

**However, a scientific study in 2017 suggested that using Facebook had negative consequences. The more the study participants used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonelier. It seems that direct social contact may still be the best form of interaction of all.**

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

## Activities Stuff By Jill Mahanna Activities Director

Happy February, Hilltop!

You may have noticed that we switched Cornhole to Wednesdays at 2:30pm. I'd like to get some regular players for that, and we could also alternate with Indoor Golf or the Ladder Game. These games will happen in the Exercise Room. I will be there Wednesdays this month. Let's get into a Wednesday afternoon activity habit!

I also want to reintroduce Open Studio. Open Studio happens every Tuesday afternoon at 2:30pm in the Arts and Crafts room. It is an opportunity for you to bring your own art projects and work on them in the community. I will have coloring books and colored pencils available for anyone to use. I will also have paints and paper available on request. I have had a number of watercolorists, sketch/pencil artists, and acrylic painters use the room, and it is a nice opportunity to get to know your fellow creatives.

Ciprian, a wonderful solo violinist, will be here on February 15<sup>th</sup> for a Valentine Happy Hour Party. You may expect top hat and tails from him, and some delectable Valentine treats from the kitchen.

On February 1<sup>st</sup>, we will go on a bus outing with residents from Roseville Commons. It will be fun to meet residents of our sister communities! Check your Activity Calendar, and see the Special Note below, to find out more about outings in February.

Be well, Everybody!

**Special Note:** Our outings are so fun and such a wonderful opportunity to get out of the building. The **outings are always the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays** of the month. When you make your doctor's appointments or other appointments, do not make them on Thursdays and then you will have more opportunity to join in on the field trips.

## Culinary Corner

Hello February and the special month we celebrate love!

It makes me happy to put special meals on the menu for the holidays. I know it brings something different and something fun to look forward to! The kitchen will be kicking off a full day of love this month!

I want to remind everyone that the kitchen puts on a cooking show the second Wednesday of every month. Come join us for some cooking fun!

Please remember to sign up by 2pm if you'd like a dinner alternative for that day. We are unable to accommodate last minute requests for an alternative meal. The signup sheets are located in front of the dining room, or you can call the kitchen to let them know your alternative option.

If you have any questions or concerns about anything, please feel free to call me. I am here Monday-Friday from 8am-4pm. If I am not available, please ask for Becky or Josh. They should be able to help you with whatever it may be.

Much love from myself, as well as my staff.

Sincerely,  
Bonnie Riley (Chef)

**Kitchen # 272-2854**

### Bus Outing – Wildlife Area

