

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)

March Birthdays

Betty Nashlund.....3/3
Helen Hale.....3/15
Pat Anderson.....3/17
Joan Elmore.....3/21
Kay Kerr.....3/23
Tommy Thompson,...3/24
Joyce Smith.....3/27
Joyce Towell.....3/31

March Anniversaries

Mary Corder.....4 years
Nancy Larson.....4 years
Connie DuFour.....2 years
Mable Dicey.....1 year



Welcome New Residents

Helene Fredrickson
Tommy Thompson
Priscilla Gagliolo
Helen Moulton

March 2024

March Newsletter

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

Celebrating March

Mondays
Chair Tai Chi
With Homer

Thursday, March 7th
Happy Hour
Music with DD James

Sunday, March 10th
Daylight Saving Time
(Spring forward)

Thursday, March 14th
St. Patty's Day
Happy Hour
Music with Roland Jacobs

Sunday, March 17th
St. Patrick's Day

Thursday, March 21st
Happy Hour
Music with Heather
Macadam

Friday, March 22nd
Open House & Art Show
Celebrating
Hilltop's Birthday!

Please check your
activities calendar
for additional events
and details!

From the Desk of Jammie Barquilla **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. Days will be getting longer and it will be light out later. I love to see the sun and have longer days. It puts me in good spirits.

With spring coming I always think of new little critters being born. We have some new baby fish in the fish tank. You should go look at them! I ask that no one feed the fish please. The fish get fed every day with an automatic feeder. We do not want to over feed the fish. It is not good for them or the tank.

We all need to spring clean our homes, but also our mind, hearts, and lives! Spring cleaning is a ritual that ensures that you are always looking forward, not living in the past. Begin again, breathe again, and start looking forward.

"No mess, no stress: the positive power of spring cleaning."

"The objective of cleaning is not just to clean, but to feel happiness."

"Spring cleaning isn't just for your home, or just for the spring for that matter."

"My favorite color is clean."

Thank you for being you!!! 😊

Jammie Barquilla

**"YOUR MIND
IS A GARDEN,
YOUR
THOUGHTS ARE
THE SEEDS,
YOU CAN
GROW
FLOWERS...
OR WEEDS"**

- UNKNOWN

Marketing Stuff

By Traci Gelgood
Marketing Director

Happy Spring! Spring officially begins on March 19th, no matter what the weather is! Also, Daylight Saving Time still exists in California, so we will be setting our clocks **FORWARD 1 hour** on Sunday, March 10th at 2am. **Helpful hint:** set your clocks forward 1 hour Saturday night before you go to bed. You don't want to be late for Brunch on Sunday!

Here is a poem I'd like to share with you...

"I Love to Live"

Today I'm 80 and there's much I haven't done,
I hope I'll live until I'm 81.
But then if I haven't finished all I want to do,
I hope I'll be able to stay until I'm 82.
So many places to go, so very much to see,
I think I'd like to manage to make it to 83.
The world is changing very fast,
there is so much in store,
I'd like it very much to live until I'm 84.
And if by then I'm still alive,
I'd like to live 'til 85.
More planes will be up in the air,
so I'd really like to stick,
and see what happens to the world
when I turn 86.
I know that it's a lot to ask,
And I'm sure it's nice in Heaven,
But I'd really like to stay until I'm 87.
I know by then I won't be fast,
and sometimes I'll be late,
but it would be pleasant to be around until I'm 88.
I will have seen so many things,
and had a wonderful time,
so I'm sure that I'd be willing to leave at 89...
Or maybe not...
Just one more thing I'd like to say,
and I thank you kindly,
If it's okay I'D REALLY LOVE TO LIVE PAST 90!
(Author unknown)

Stay happy, healthy, and safe!

Activities Stuff

By Jill Mahanna
Activities Director

It's March! That means that **Spring is coming!** We will be setting our clocks forward one hour on Sunday the 10th. I love it when the days get longer and it stays lighter later.

The **winners of our Groundhog Day Event** are Bill McKinney, Joan Bruxholme, Joyce Towell, Naydean Crowell, Barbara Licari, Jayne Brown, Pat Kjose, Tricia Smith, Chuck Azen, and Joan Elmore. Congratulations!

The **winners of the February Activity Raffle** are Patty Skeahan for Chair Volleyball and Barbara Licari for the Washer Toss/Ladder Games. Winners are drawn at the first Happy Hour of the month. You must be present to win!

John Wiebe won the **Candy Jar Contest** with a guess of 301 M&Ms. There were 307 M&Ms in the jar. Congratulations, John!

There will be **three outings this month!** On the 7th, we will have the opportunity to go out to lunch with residents from our sister property, Roseville Commons! Thrift stores on the 14th and Highhand Nursery on the 28th. Refer to your Activity Calendar for more details. All outings are on Thursdays.

There will be a **St. Patrick's Day Happy Hour** on the 14th—green clothing is encouraged! And you may expect some green snacks. 😊

Claudia will be here for a **Sip & Sculpt Event** on March 20th; we will be making frogs on lily pads!

Our favorite acapella group, **Harmonic Convergence Quartet**, will be here on Sunday the 24th with a love song concert for us.

I hope everyone will take the opportunity to join in the fun this month. We'd love to see you! As always, I am grateful for each one of you.

Thank you!

Culinary Corner

By Bonnie Riley

March is here everyone! 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 the 17th, and we will be serving the traditional meal of corned beef and cabbage, potatoes, and carrots. The breakfast item will be Eggs Benedict. To finish up, dessert is Irish apple cake. Hope you all enjoy!

Did you know you can call the Kitchen if you want your meal picked up before 11:30am? This can cut down on the wait time for those of you that come early. Please keep in mind that when picking up a box meal and taking it back home with you that the box does not keep food hot. The most common complaint I hear about picking up food is that it's not hot by the time you get back to your room. Another issue is that there's not enough food in the box. Let's all take the time to check the box to make sure everything is there and it's a big enough portion. Your server will be happy to help!

A friendly reminder to always ask your server to fix an issue if you are not happy with your meal!

Let's have an amazing month of March!

Thank you from the Kitchen Staff.

Sincerely,

Bonnie Riley (Chef)

Kitchen #530-272-2854

