

**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

**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)**

**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)**

**April Birthdays**

Bettie Ferry.....4/6  
Barbara Licari.....4/12  
Wilma Bowen.....4/13  
Eldha Amezcua.....4/16  
Bev Donato.....4/23

**April Anniversaries**

Pat Anderson.....3 years  
Jayne Brown.....5 years

**Welcome New Resident**

Janie Richter

**BINGO PARTY**



# April Newsletter

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



**Celebrating April**

**April Fools' Day**  
*April 1*

**Happy Hour**  
**Music – Carl Jones**  
*April 7*

**Happy Hour**  
**Music – Strings Attached**  
*April 14*

**Passover**  
*April 15–23*

**Easter**  
**Music at 12:30 pm**  
**Special Treats at 1:30 pm**  
*April 17*

**Happy Hour**  
**Music – Cowboy Curt**  
*April 21*

**Earth Day**  
**Planting Flowers 1:30 pm**  
*April 22*

**Happy Hour**  
**Music – Chris Crockett**  
*April 28*

**From the Desk of Terri Howell**  
**Community Administrator**



Knock, knock!  
Who's there?  
Hatch.  
Hatch who?  
Bless you and please cover your mouth next time.

Who doesn't love a good knock, knock joke? Lucky for us April is National Humor Month and was conceived to heighten public awareness of the therapeutic value of humor. Studies have shown that laughter and joy, the benchmarks of humor, lead to improved well-being, boosted morale, increased communication skills and an enriched quality of life.

It is no coincidence that the month begins with April Fools' Day, a day which has sanctioned frivolity and amusement for hundreds of years.

Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

Why do we love humor? Humor is free entertainment. The best things in life are free and that includes humor. Sure, you can pay to see a great comedy show or go check out a funny new movie, but getting a good laugh really doesn't have to cost a penny.

Laughter is contagious. What makes you open your mouth wide, is highly contagious and isn't a yawn? You guessed it, laughter! Studies show that just hearing the recorded sound of laughter causes our facial muscles to naturally form a smile and that laughing with others can help you form stronger social bonds.

Laughter is the best medicine. Just because laughter is contagious does not mean it's bad for you. In fact, quite the opposite is true. Humor can be a great tool for combating difficult emotions, slowing the aging process, and increasing overall satisfaction with life.

What are we waiting for? Let's hear it for the knock, knock jokes, corny dad jokes and chicken crossing the road jokes. Cheers to an April filled with enough humor to tickle even the most fickle funny bone!







### Marketing Stuff By Traci Gelgood Marketing Director

Happy Springtime!

I want to thank everyone who came out for our Big Bingo party last month – we had a great time!! We will be doing it again in the fall, and look forward to seeing everyone there again!

If you know someone who might be interested in moving to Hilltop, or if you know someone you'd like to have living here, please let us know! We have a **“resident referral program”** which means that if you refer someone, you will get a referral bonus in the form of a credit towards your rent after they've lived here for 60 days! You can have your friends move in AND get paid for it! What could be better... 😊

Everyone is invited to our Sunday Socials! We have been having a lot of fun, getting to know our neighbors, and enjoying some treats together too! We have interesting conversations and learn a lot about each other. I look forward to seeing you there!

In talking to some of you, a few things have come up which might be important to everyone. Here are a few tips to keep in mind:

- *Don't leave your laundry in the machines too long – someone might be waiting for a machine. If someone takes your clothes out and puts them on the counter, they may be mistaken for giveaway clothes!*
- *Call ahead for your to-go meals. They can be ready for pick-up instead of you having to wait to order your meal and then wait to have it prepared.*
- *If you hear the fire alarm, it is best to STAY IN YOUR APARTMENT until you are told to leave, UNLESS you feel that you are in immediate danger. If you see fire or smoke, CALL 911.*

Stay happy, healthy, and safe!



### Activities Stuff By Jammie Barquilla Activities Director

Hello April! I'm so excited for some nice weather. This time of year is so cheerful and bright. I love getting outside for the walking club on Fridays. Speaking of getting outside, on April 22<sup>nd</sup> is Earth Day so for those of you that like to be outdoors and maybe like to get their hands dirty, we will be planting flowers around the building to celebrate Earth Day. This should be fun and something we haven't done in a while. Everyone is welcome.

Mondays at 2:30 pm we are starting Wine Bottle painting. We can turn Wine bottles into hummingbird feeders, or a nice solar light. I will also have some eggs and bird houses for us to paint if you are interested. Wednesdays at 2:30 pm 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. Fridays at 2:30pm we have Chair Volleyball, Bocce Ball, and a new Egg Toss game. The Egg Toss is not what you think so please come and check it out. (It's not played with real eggs.) Get out of your apartment and come join us in the common area for some new fun activities. Chair Volleyball and Bocce Ball are both big hits. Let's not forget about Easter Sunday on the 17<sup>th</sup>. Right after lunch at 12:30pm, we have a musician coming to play for you. Magnificent Music is the name the artist. I hear he is good with some musical tricks up his sleeve. Following the music, we have a special sweet treat with our lovely Traci. So, stick around and don't miss out. Happy April everyone! 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

### Culinary Corner By Bonnie Riley



Hello everyone! Welcome to April! We will be serving a special Easter Brunch on the 17<sup>th</sup>. For brunch, we will be serving honey glazed ham, scalloped potatoes, dinner roll, roasted carrots, and a strawberry spinach salad with a balsamic vinaigrette as the main dish. For the alternate breakfast item, we will have carrot cake pancakes with a cream cheese maple syrup, served with bacon & strawberries. Dessert will be lemon meringue pie.

I want you to feel free to invite your guests to enjoy Easter Brunch with you at your home this year. Please call the kitchen by April 13<sup>th</sup> to let us know ahead of time to prepare for extra people.

**April 17<sup>th</sup> (Easter) is a half day for the kitchen staff, so we will be leaving for the rest of the day at 2:00pm. We will be handing out box dinners at brunch. If you are unable to get your box dinner before 2:00pm, the office or night watch staff will be happy to get one for you.**

I would also like to add a little info on to-go meals. Please come between 11:30am and 12:30pm for pick-ups. Those times work best for us in kitchen since it is a slower time for us, and we are better able to assist you in a timely manner with getting your meal for you. If you need a meal before 11:30am, or would prefer it to be ready without having to wait for it to be prepared, please call the kitchen ahead of time so we can get it ready for you beforehand and have it ready for you when you arrive.

I want to give a shout out to my staff for all the hard work they do! Without them I would be lost! They show up every day because they care and love what they do. Please keep those good vibes flowing and help me make them feel loved and appreciated! One great way to show them is through your smiles and patience, and most importantly recognizing the little things they do to make the dining room what it is. Thank you from all of us in the Kitchen!

Sincerely,  
Bonnie Riley (Chef)

**Kitchen # 1-530-272-2854**

