

April Newsletter

Hilltop Commons 13 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)

April Birthdays

Barbara Licari.....4/12
Eldha Amezcua.....4/16

April Anniversaries

Jayne Brown.....7 years
Pat Anderson.....5 years
Frances Baker.....2 years
Penney Trumbo.....1 year

Welcome New Resident

Scott Dunn



“Leap Day Pajama Party”



Celebrating April

“Wild Things”
Presentation
Tuesday, April 2nd

Happy Hour
“Runnin 4 Cover”
Thursday, April 4th

Happy Hour
“Sourdough Slim”
Thursday, April 11th

“Sip and Paint”
With Denise Wey
Monday, April 15th

Happy Hour
“Mike and Ella”
Thursday, April 18th

Happy Hour
“Carl Jones”
Thursday, April 25th

Please check your activities calendar for additional events and details!

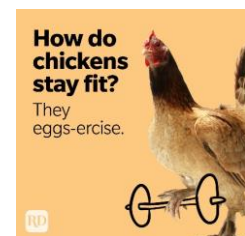
From the Desk of Jammie Barquilla Community Administrator

Knock, knock. Who’s there? April. April who? April Fools!

I am so glad that April is finally here. I really don’t care for the winter. My favorite thing about winter is that it’s over. I am looking forward to spring flowers and sunshine. Sunshine is good for the soul. When the sun hits your skin, your brain is triggered to release a hormone called serotonin. Serotonin is associated with boosting your mood and helping you feel calm and focused. When we don’t get enough sunlight, our body doesn’t create as much serotonin or vitamin D. Low serotonin levels can make us tired and lethargic, and vitamin D deficiency is also known to cause fatigue. This can make it hard to focus or get much done, even if it’s a task you want to do. **BRING IN THE SUN!** There’s something about sunlight that feels motivational. The natural golden light wakes you up mentally and physically, sparks greater productivity, and helps you feel as if everything’s going to be okay after all. Why should we always look up to the sun for positivity? To always focus on the brighter side of life.

Why do eggs like April Fools’ Day?
They love practical yolks.

☀️ Thank you for being you! Now go find the sun! ☀️



Marketing Stuff
By Traci Gelgood
Marketing Director

Happy April! April is my favorite month. Not just because I love April showers and puffy clouds in blue skies, but also because I celebrate my birthday in April! And so does Jammie. 😊

We celebrated Hilltop's birthday last month and enjoyed our Open House and Art Show. Thank you to all the residents who participated, either by displaying your art, or just visiting with our Open House guests! I appreciate all of you!!

In honor of April and springtime, I'm sharing a poem with you...

By William Shakespeare

*From you have I been absent in the spring,
 When proud-pied April, dressed in all his trim,
 Hath put a spirit of youth in everything,
 That heavy Saturn laughed and leaped with him.
 Yet nor the lays of birds, nor the sweet smell
 Of different flowers in odour and in hue,
 Could make me any summer's story tell,
 Or from their proud lap pluck them where they
 grew:
 Nor did I wonder at the lily's white,
 Nor praise the deep vermilion in the rose;
 They were but sweet, but figures of delight
 Drawn after you, – you pattern of all those.
 Yet seem'd it winter still, and, you away,
 As with your shadow I with these did play.*

Stay happy, healthy, and safe!

Activities Stuff
By Jill Mahanna
Activities Director

It's April! That means that **spring has arrived!** I absolutely love that I can go home and have a couple of hours of light and warmth to garden or paint. Yay!

Wild Things will be here on Tuesday the 2nd of the month. It has been a while since we've seen them, and I am very much looking forward to it. Our postponed **Folsom Outlet and Old Spaghetti Factory** trip will be this month on Thursday the 11th. And an outing to go see the **Ananda Tulips and lunch at Maria's** happens on Thursday, April 25th.

Therapy dog Keona, an Aussiedoodle, will be visiting us every Friday at 10:00am. Come down early for lunch and enjoy some time with this adorable dog. And don't forget that the sweet black lab Johnny comes on Sunday the 7th at 4:00pm, just before dinner.

Project Rhythm & Rhyme will be here on Wednesday afternoons, the 3rd and the 17th. Check out Nori's songwriting and enjoy some creative storytelling and poetry. It's a fun and interactive way to spend 45 minutes!

I hope everyone will take the opportunity to join in the activities this month. Staying engaged is so good for us! As always, I am grateful for each one of you. Thank you!

Culinary Corner

Welcome to April!

Well, this April is a little different due to Easter being last month. Rest assured we still have fun stuff going on.

The spring menu is being prepared. It's something to look forward to this time of year. 😊

The kitchen puts on a cooking demo for you every month, usually during the second week. So come join us! Look at your activities calendar and save the date. You will also get samples of the food we have prepared for the demonstration.

Every month I put "National Food Days" on the menu. This is such a fun activity for all of us. I hope you enjoy it as well. I list them on the monthly menu in bold so it's easier to know that it's a special food day. These change every month.

Bring your food ideas to the comment box at the dining room. Maybe there is a special food you would like to see on the menu for spring and summer! I will see what I can do.

Just a friendly reminder to please leave the dining room eating utensils, bowl, plates, cups, and anything else that comes from the kitchen in the dining room. If you have something in your apartment, please bring it down so we can properly serve you with what is supposed to be supplied.

I also 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 that they are appreciated are your smiles and patience and most importantly recognizing the little things they do. Go team!

Also, I want to give a shout out to Ciara Riley on working here 3 years, Alexis on 2 years, and also Monique on 2 years! They are all amazing dining room staff! Thank you, guys, for bringing it to the Hilltop dining room 5 days a week 😊

Thank you from all of us in the Kitchen!

Sincerely,
 Bonnie Riley (Chef)

Kitchen # 1-530-272-2854

Lunch at Asian Gardens



St. Patrick's Day Happy Hour

