

HILLTOP COMMONS INFORMATION

Office: (530) 272-5274

Kitchen: (530) 272-2854

**Hilltop Salon - Aubrey
(530) 821-9202**

MISC. PHONE NUMBERS:

Gold Country Lift: 530-271-7433

Bruce Stuebing (Driver) 530-320-5415

Larry King (Driver) 808-652-2490

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

(only 1 machine at a time please)

Please remove all items from washers and dryers promptly when finished, and completed by 9:00pm

Van Schedule (Van leaves at 10am)

SIGN-UPS ARE REQUIRED!

Mondays

Shopping (Brunswick area)

Wednesdays

Shopping (Pine Creek area)

Thursdays

Doctor's Appointments

April Birthdays

Grace Souza.....4/3

Barbara Licari.....4/12

Elda Amezcua.....4/16

Diane Hayworth.....4/7

Barbara Davis.....4/27



March Anniversaries

Frances Baker.....3 Years

Pat Anderson.....6 Years

Jayne Brown.....8 Years

A Tradition Takes Root



The last Friday in April is celebrated as Arbor Day in the United States, but the tradition of planting trees first evolved in Spain. In the village Villanueva de la Sierra, a priest named Ramón Vacas Roxo was convinced that trees were not only beautiful and important to the environment but also improved health and hygiene. In 1805, he began a tradition of planting trees during a three-day festival. He even wrote a manifesto explaining the importance of trees and delivered it to neighboring villages, encouraging residents to plant their own. It wasn't until April 10, 1872, that J. Sterling Morton—a newspaper editor turned politician—founded Arbor Day as an official holiday in Nebraska. In 1883, educator Birdsey Northrop of Connecticut traveled to Japan, where he spread the idea of an Arbor Day holiday. That message, and the countless millions of trees planted since, lives on this April 25, 2025.

April 2025

Hilltop Commons

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

Celebrating April

Chair Tai Chi

Every Tuesday 2:30pm

Service for the Blind

April 2nd & 16th 10:00am

Happy Hour Live Music with Runnin' 4 Cover

April 10th 2:30pm

Horse Races

April 11th 2:30pm

Spring Concert with Norma Nausbaum Duo Flute & Guitar

April 18th 2:30pm

Happy Hour Live Music with Stepside

April 24th 2:30pm

Chair Volleyball

April 25th 2:30pm



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 focuses 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! ☀️

Jammie Barquilla



From the Desk of Jill Mahanna Activities Director

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

My friend Sarah Gordon will be here on Wednesday, April 9th for a **Sip and Sew**. We are making dolls out of baby socks (it's easy!) and donating them to the Interfaith Food Ministry and the Domestic Violence Coalition. Please come join us and make a doll to donate or make a doll for a little child in your life. On Wednesday, April 23rd we will have a **Sculpt and Sip** with Claudia. We will be making flower tiles. Sign-up sheets will be on the table by the birthday board.

The Nora Nausbaum Duo will be here to play a **flute and guitar spring concert** for us on Friday, April 18th.

Our first outing this month will be on Tuesday, April 8th to **Trader Joe's shopping and In-N-Out Burger for lunch**. An outing to see the **Tulips at Crystal Hermitage and lunch at Northridge Pizza** happens on Tuesday, April 22nd.

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.

Sincerely, Jill



Welcome New Residents

Diane Conforti



They said,

"YES TO THE ADDRESS!"



"Louie Louie" Lives On

Some call "Louie Louie" the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11th, International Louie Louie Day, in honor of composer Richard Berry's birthdate in 1935. It was the music group the Kingsmen who made "Louie Louie" a hit in 1963. A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed the song contained obscene language. After months of analysis, the FBI concluded the song was unintelligible. Today we know that it is a simple song about a seafaring man pining for his love.



Culinary Coner By Bonnie Riley

Welcome to April! Spring/summer food meals are making their way to the menus. I love spending time on food items for the menus this time of year. So much color comes out into our dishes from the kitchen. Things like more fruit options will be coming back slowly and fruit options are plentiful for the warmer months ahead.

The kitchen puts on our cooking demo for you every month. Look for that date on the activities calendar. Come on down and have some fun cooking fun with us. Plus, you always get a sample of what food we are demonstrating. 😊

Every month I put national food days on the menu so keep your eye out for fun food we throw on the menu to change things up a bit and do some fun things to brighten your day as well as ours in the kitchen. This is such a fun activity for all of us. I hope you all enjoy it. Friendly reminder to leave the dining room eating utensils, bowls, plates, cups, or anything that comes from the kitchen in the dining room PLEASE!! I am noticing stuff missing. Please bring anything down from your room and back to our kitchen so we can properly serve you with what is supposed to be supplied on the table for you.

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 about and love what they do. Please keep those good vibes flowing and help me make them feel loved and appreciated with me every day! One great way to show them is through your smiles and patience, and most importantly, recognizing the little things they do to make it what it is for all of you at Hilltop in the dining room! Go team!!!!

Thank you from all of us in the Kitchen!

Sincerely,
Bonnie Riley (Chef) & Team
Kitchen # 530-272-2854



Treat Yourself Head to Toe

Looking for an excuse to treat yourself to a little TLC? Look no further than April 25th, Mani-Pedi Day. Manicures and pedicures involve an entire host of hand and foot treatments, including filing and clipping nails, massages, and softening and moisturizing the hands and feet in hot paraffin wax, lotions, or oils. Some even choose to decorate their nails with tiny jewels, dried flowers, or glitter.

The nail salon, once seen as a primarily feminine space, is now attracting a more diverse crowd. A professional nail treatment can complement a sharp outfit, a fresh haircut, polished shoes, and a touch of fragrance, creating a polished look for anyone. Even NFL athletes have been known to unwind with a calf massage while their feet soak in warm paraffin wax. Some upscale salons offer a relaxed vibe, pairing nail care with beverages like beer or scotch and big-screen TV sports.



Dig into Deep-Dish

It's a pizza that stands apart from all the rest, with three-inch-high walls of buttery crust holding

in a simmering stew of sauce, cheese, sausage, pepperoni, peppers, onions, and whatever else your stomach desires.

The Chicago-style deep-dish pizza has become such a culinary icon that it bears its own holiday, Deep Dish Pizza Day, on April 5. The deep-dish pizza debuted in 1943 at Chicago's Pizzeria Uno restaurant, but locals debate its true roots. Was it the Malnati family, working at the first Pizzeria Uno, who invented the deep dish? Did the Malnati family matriarch develop the dough recipe for another restaurant entirely? The best way to settle the debate is to take one of Chicago's Deep Dish Pizza Tours and eat until you're as stuffed as a Chicago-style pizza pie.