

# COY D. ESTES SENIOR HOUSING

## Newsletter



**ALL MAINTENANCE  
EMERGENCIES  
(AFTER OFFICE HOURS)**  
**(909) 851-3627**  
**260 N. 3RD AVE**  
**UPLAND, CA 91786**



**OFFICE HOURS**  
**OFFICE PHONE (909) 981-7160**  
**MON-FRI 8:00AM-5:00PM**



## STAFF

**Managing Director:**

**Tanya Burdick**

**Asst. Director:**

**Vanessa Ochoa**

**Asst. Manager:**

**Heather Hornecker**

**Maintenance Technician:**

**Mike Edwards**

**Maintenance Technician:**

**Jeff Samsel**



## OCTOBER DAYS TO CELEBRATE

**OCTOBER 1: INTERNATIONAL DAY OF  
OLDER PERSONS**

**OCTOBER 4: WORLD ANIMAL DAY**

**OCTOBER 5: WORLD TEACHERS'  
DAY**

**OCTOBER 11: INTERNATIONAL GIRL DAY**

**OCTOBER 25: COY D. ESTES  
28TH ANNIVERSARY PARTY!!!**

**OCTOBER 30: HALLOWEEN EVE**

**OCTOBER 31: HALLOWEEN!!!  
OFFICE WILL BE CLOSED**





# Happy Birthday



October



**CATHY MCCLUSKEY – 4TH**

**ARTURO ARELLANO – 4TH**

**FOREST JONES – 7 TH**

**CHARLES BATTIN – 10TH**

**SUSAN BONFIGLIO – 11TH**

**MERCEDES GARZA – 13TH**

**EVA SOLANO – 21ST**

**LUZ ARELLANO – 23RD**

**PARRIS HALL 25TH**

**HARVEY SHERMAN – 27TH**

**FRED MARQUEZ – 28TH**

**TERESA HATEM – 28TH**

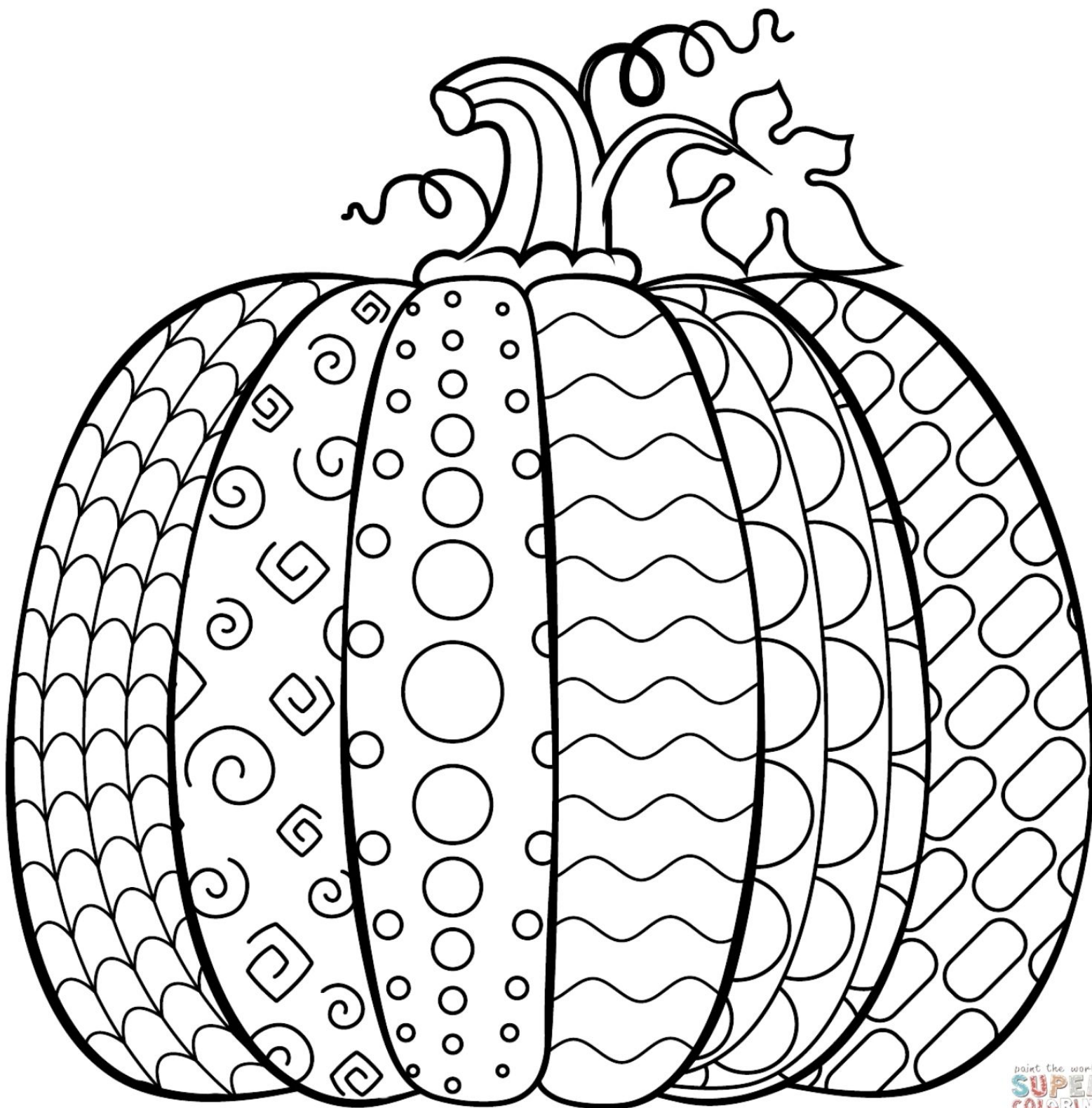
**BETTY HAMLIN – 30TH**

**BERTA GIRALDO – 30TH**





**COLOR ME**





Name: \_\_\_\_\_

Can you find the Halloween words below without getting "Stuck"?



G R A V E W T Q M A  
A P A K Q S L K V O G G  
N V M F V M P W P Y H O H G  
Z C P O P E Q O C E O Y B O R S  
P A A H O U F M O N G Z X L S A M J  
T A B T D N Z K M K R S E S I T V Q B B  
H A L L O W E E N Y L S T N N S E S Y A  
A O C T O B E R Y G V C K E H C Y C Z N  
U X E B E K Z G X Q A A P E R A A R Y I  
N T A W L D H I E W M N M C L R R E O E  
T L P U M P K I N S P D M K K E D A N G  
E H X C H G C E W N I Y B D W U T M I R  
D X P B O N E S F H R K E R E S F O P W  
E V N D C O S T U M E L Q A R P E T N N  
D N S T N Y W T I R Z Q O C E I Q K O R  
F I O I T I R I G O M P U W D B O W  
W G G R T I L X M Y A L O E B I  
U H E C C B M B P X A L R I  
T A H K P Y I V M S F D  
T K G Y Y E G K E K

Word list:

BONE	GOBLIN	NIGHT	SPIDER
BOO	GRAVE	OCTOBER	SPOOKY
CANDY	GRAVEYARD	PUMPKINS	TREAT
CAT	HALLOWEEN	TRICK	VAMPIRE
COSTUME	HAUNTED	SCARE	WEREWOLF
DRACULA	MONSTER	SCREAM	WITCH
GHOST	MOON	SKELETON	ZOMBIE





# RECIPE



## Cinnamon Rolls with Cookie Butter Filling



Taste of Home

### Ingredients

- 1/2 cup Biscoff creamy cookie spread
- 3 tablespoons butter, softened
- 1/2 teaspoon vanilla extract
- 1/3 cup sugar
- 1 tablespoon ground cinnamon
- 1 loaf (1 pound) frozen bread dough, thawed
- ICING:

**Total Time** Prep: 20 Min. + Rising Bake: 15 Min.

**Yield** 1 Dozen



**Contest Winner**

**Test Kitchen Approved**

I created this recipe when I had a jar of cookie butter on hand and I was craving cinnamon rolls. Using frozen bread dough cuts down on time and effort, and the cookie butter makes a nice even filling with a touch of something special. —Kallee Krong-McCreery, Escondido, California



- 1-1/3 cups confectioners' sugar
- 1 to 2 tablespoons 2% milk
- 2 teaspoons light corn syrup
- 1 teaspoon vanilla extract

## Directions

- 1 In a small bowl, mix the first 5 ingredients. On a lightly floured surface, roll dough into a 12x7-in. rectangle. Spread butter mixture over dough to within 1/2 in. of edges. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Cut into 12 slices. Place dough slices in a greased 13x9-in. baking pan, cut side down. Cover and let rise in a warm place until doubled, about 45 minutes.
- 2 Preheat oven to 350°. Bake until edges are lightly browned, 15-20 minutes. Place pan on a wire rack. Combine icing ingredients; drizzle over warm rolls. Let stand until set.

## Nutrition Facts

1 roll: 272 calories, 8g fat (3g saturated fat), 8mg cholesterol, 236mg sodium, 44g carbohydrate (25g sugars, 2g fiber), 4g protein.

“

I created this recipe when I had a jar of cookie butter on hand and I was craving cinnamon rolls. Using frozen bread dough cuts down on time and effort, and the cookie butter makes a nice even filling with a touch of something special. —Kallee

Krong-McCreery, Escondido, California

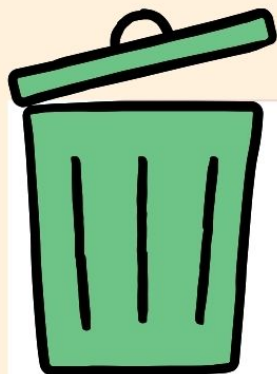
RECIPE CREATOR

COMMUNITY COOK

”

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# TIP OF THE MONTH



**Black Bin/Barrel** is for trash



**BAG ALL TRASH - DO NOT ADD HAZARDOUS WASTE**

## BLACK CONTAINER GUIDE

### YES

- ✓ Cactus
- ✓ Clothing
- ✓ Diapers
- ✓ Dishware
- ✓ Flower pots
- ✓ Hoses
- ✓ Pet food bags
- ✓ Plastic bags or wrap
- ✓ Pet waste
- ✓ Plastic toys
- ✓ Plastic utensils
- ✓ Shrink wrap
- ✓ Soiled paper products
- ✓ Straws
- ✓ Wipes

### NO

- ✗ Batteries
- ✗ Electronic waste
- ✗ Hazardous waste
- ✗ Hot ashes
- ✗ Flammables
- ✗ Fluorescent bulbs
- ✗ Food waste
- ✗ Landscape waste
- ✗ Machinery
- ✗ Paint
- ✗ Pesticides
- ✗ Oil
- ✗ Recyclables
- ✗ Sharps
- ✗ Tires

**Blue Bin/Barrel** is for recyclables



**DO NOT BAG RECYCLABLES**

## BLUE CONTAINER GUIDE

### YES

- ✓ Aerosol cans (empty)
- ✓ Aluminum cans
- ✓ Brochures
- ✓ Cardboard
- ✓ Cartons
- ✓ Catalogs
- ✓ Computer paper
- ✓ Envelopes
- ✓ Glass bottles & jars
- ✓ Junk mail
- ✓ Newspaper
- ✓ Paper products
- ✓ #1 - #7 Plastics
- ✓ Tin cans
- ✓ Tissue boxes
- ✓ Wrapping paper

### NO

- ✗ Batteries
- ✗ Bubble wrap
- ✗ Carpet
- ✗ Clothing
- ✗ Diapers
- ✗ Dishware
- ✗ Electronic waste
- ✗ Furniture
- ✗ Hoses
- ✗ Mirrors
- ✗ Pet food bags
- ✗ Plastic bags or wrap
- ✗ Plastic toys
- ✗ Soiled paper products
- ✗ Stuffed animals
- ✗ Wax paper



**Green Bin/Barrel** is for green waste



**DO NOT BAG GREEN WASTE**

## GREEN CONTAINER GUIDE

### YES

- |                     |                    |
|---------------------|--------------------|
| ✓ Birds of paradise | ✓ Prunings & twigs |
| ✓ Dead plants       | ✓ Shrub trimmings  |
| ✓ Flowers           | ✓ Small branches   |
| ✓ Grass clippings   | ✓ Untreated wood   |
| ✓ Leaves            | ✓ Weeds            |
| ✓ Palm fronds       |                    |

### NO

- |                    |                   |
|--------------------|-------------------|
| ✗ Animal waste     | ✗ Glass           |
| ✗ Batteries        | ✗ Hazardous waste |
| ✗ Cactus           | ✗ Liquids         |
| ✗ Concrete         | ✗ Metal           |
| ✗ Dirt             | ✗ Plastic         |
| ✗ Electronic waste | ✗ Rocks           |
| ✗ Flammables       |                   |

**Brown Bin/Barrel** is for food waste



**DO NOT BAG FOOD WASTE**

## BROWN CONTAINER GUIDE

### YES

- |                         |                                  |
|-------------------------|----------------------------------|
| ✓ Bread                 | ✓ Food soiled paper & cardboard* |
| ✓ Coffee grounds        | ✓ Food waste and scraps          |
| ✓ Cooked meat and bones | ✓ Fruit                          |
| ✓ Dairy                 | ✓ Moldy or spoiled food          |
| ✓ Eggshells             | ✓ Vegetables                     |
| ✓ Fish                  |                                  |

### NO

- |                    |                      |
|--------------------|----------------------|
| ✗ Aluminum foil    | ✗ Liquids            |
| ✗ Bottles and cans | ✗ Plastic            |
| ✗ Cooking oil      | ✗ Raw meat & poultry |
| ✗ Electronics      | ✗ Raw seafood        |
| ✗ Glass            | ✗ Trash              |
| ✗ Hazardous waste  |                      |
| ✗ Landscape waste  |                      |

\* Such as paper towels and napkins.



# ***CELEBRATING COY D. ESTES***



**28<sup>th</sup>**  
**ANNIVERSARY**

***YOU ARE INVITED!!!***

**The event is on October 25th**

**2pm - 4pm in the BBQ Courtyard!**

**Please do not come earlier than 2pm**

**The event is FREE! (residents only)**

**You must come by the office to pick up a  
ticket**

**Please pick up your ticket no later than oct  
16<sup>th</sup>**







# PINK PUMPKIN CONTEST

**JOIN THE PINK PUMPKIN CONTEST FOR A FUN WAY TO RAISE BREAST CANCER AWARENESS! DECORATE A PUMPKIN IN PINK USING PAINT, GLITTER, OR RIBBONS.**

**WIN A \*\*\$50 GIFT CARD\*\* FOR THE BEST PUMPKIN.**

**CREATE A MASTERPIECE WHILE SUPPORTING A GREAT CAUSE. GET YOUR LOVED ONES AND START PAINTING THOSE PUMPKINS PINK!**



**DUE BY  
OCT. 22ND**



The background of the top section features several black spider webs and a single black spider hanging from one of them.

# SORRY WE'RE CLOSED



**October 31<sup>st</sup>, the office will be**  
**closed!!!**







Upland Recreation & Community Services

Hope to  
see you there!



# 2025 HEALTH & WELLNESS FAIR

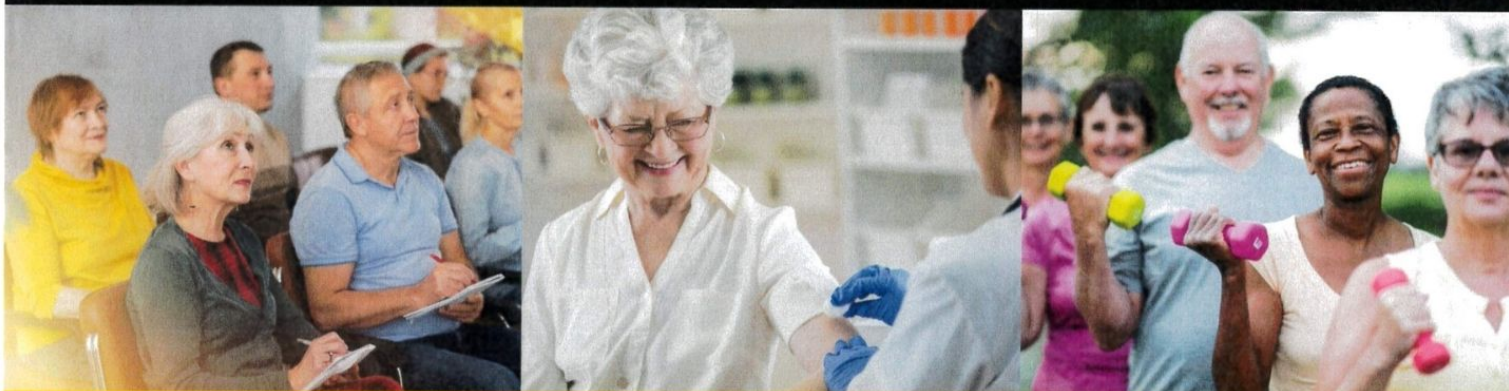


**Friday, October 3, 2025**  
**9:00 a.m. – 1:00 p.m.**



- \* Free Health Screenings \* Vendors
- \* Flu Vaccines
- \* Muscle Tone Workout Demonstration
- \* Free Chair Massages
- \* Ayurvedic Wellness Lecture
- \$5 Healthy Lunch Meals

For more information, please call (909) 981-4501.



George M. Gibson Senior Center, 250 N. 3<sup>rd</sup> Avenue, Upland, CA 91786

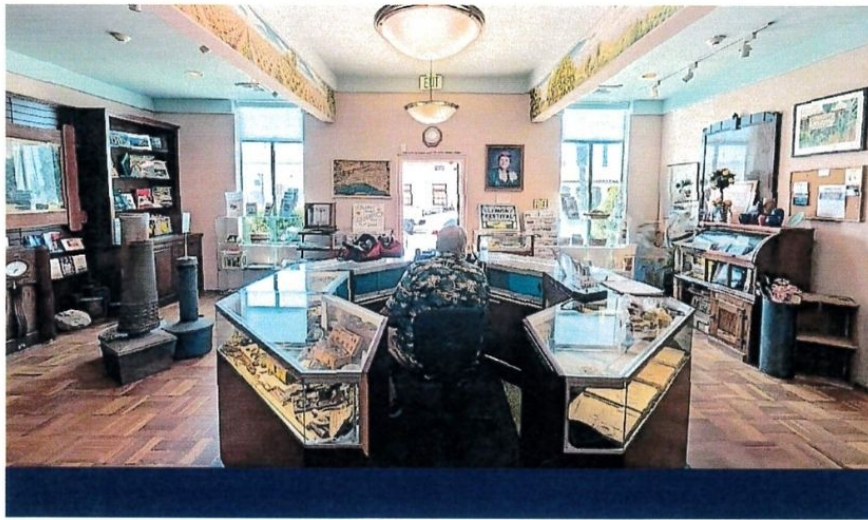




# **Volunteering at the Cooper Regional History Museum**



BRINGING  
HISTORY TO LIFE



Give back to your community and help bring local history to life by volunteering at the Cooper Regional History Museum! We are seeking passionate individuals to volunteer and assist with a variety of roles, including leading walking tours, gardening, preserving artifacts, educating guests, and supporting special events. If you love local history and want to help us educate the public, we would love to have you. Volunteer 30+ hours and receive a free annual museum membership.

To learn more, contact the  
museum director at  
[director@coopermuseum.org](mailto:director@coopermuseum.org)

217 A Street, Upland, CA 91786

**909.982.8010 | [www.coopermuseum.org](http://www.coopermuseum.org)**