

COY D. ESTES

SENIOR HOUSING NEWSLETTER

April, 2026

STAFF

Managing Director:

Tanya Burdick **Asst. Director:**

Asst. Manager: Vanessa Ochoa

Heather Hornecker

Maintenance

Maintenance

Technician:

Technician:

Jeff Samsel

Mike Edwards

Office Hours

Mon-Fri

8:00am-5:00pm

12pm-1pm (closed)

Office Phone

(909) 981-7160

Maintenance Emergencies

ALL MAINTENANCE

EMERGENCIES

(AFTER OFFICE HOURS)

(909) 851-3627

260 N. 3rd Ave Upland,

CA 91786

April Days to celebrate

Autism Acceptance Month



April 1st - April Fools Day

April 5th - Easter Sunday

April 11th - National Pet Day

April 15th - Tax Day

**Happy
Birthday!**

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Debra Forchione - April 6th
Ruth Sconyers - April 10th
Socorro Banuelos - April 12th
Norma Guerrero - April 14th
Linda Klein - April 23rd
Albina Martinez - April 26th
Angelica Light - April 30th





Lucky Memories Bulletin Winner



Sarah shared that in 2010, she left her role as Assistant Manager at CDE and went on to work in Section 8, all while continuing to support Tanya with the apartments at CDE. Over the years, their strong partnership has remained, and today they have the privilege of still working together—now celebrating 15 years of collaboration.

Mike's 15TH Anniversary at CDE

Congratulations



Mike has been a dedicated member of the Coy D. Estes community for 15 years, serving as our Maintenance Supervisor. During this time, he has demonstrated a strong and consistent commitment to maintaining the safety, functionality, and overall upkeep of our senior living community.

His long-standing service reflects reliability, responsibility, and a continued focus on ensuring that our residents' living environment is properly cared for each day. We recognize and appreciate Mike's years of commitment and the important role he plays in supporting the operations of our community & residents.

please be sure to congragulate him when you see him around!

Thank you Mike, your hard work does not go un-noticed!

-CDE TEAM





*Happy
Easter*

FROM ALL THE CDE STAFF



WELLNESS WORD SEARCH



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

SEASONEDTIMES.COM



FITNESS
NUTRITION
HYDRATION

EXERCISE
SLEEP
BALANCE

MEDITATION
BREATHING
HEALTH





BIBLE STUDY

TUESDAYS, April 7, 14, 21 & 28

2:30pm – 3:30pm

in the Library

Led by Pastor Jim Smith
from San Antonio Heights Community Church

*Please join us for lively discussions and also learn
how the Bible relates to us in the present time.*

All denominations welcome

Coy D Estes Senior Apartments



Please join us for
Catholic Holy Communion

Distributed by Eucharistic Ministers from St. Joseph Catholic Church, Upland, CA
followed by praying the Rosary together
2nd Tuesday of the month

Tuesday, April 14, 2026
10:00am * Building B - The Library

All are welcome ** For further information...
Nancy Thouvenell (909) 730-3484

Under the direction of Fr. Freddy Ledesma * St. Joseph Catholic
Church, Upland



He is
RISEN

Hello Spring



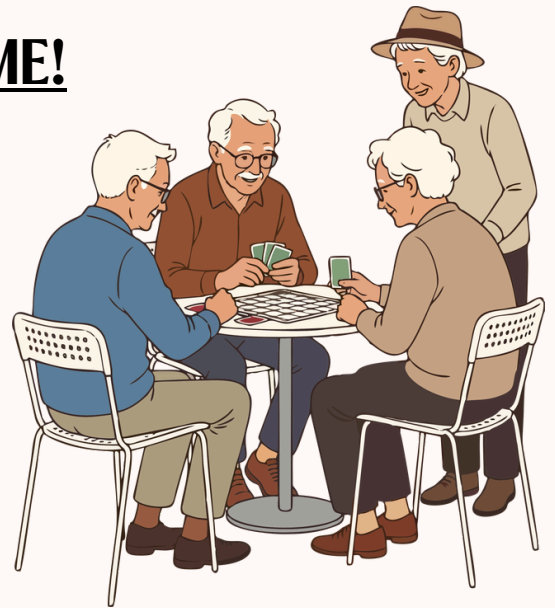


Come Join Card games in coffee room!

Stop by and participate in
card games and board
games hosted by your
fellow neighbor!

ALL ARE WELCOME!

Every wednesday from
1pm-4pm
IN
COFFEE ROOM (B) BLDG



Hand and Foot in Coffee Room (B bldg).



No skills required!



Everyone is welcome, come make some
friends and join the fun!

Fridays in the Coffee room at 1pm!