

COY.D. ESTES SENIOR HOUSING NEWSLETTER

January 2026

STAFF

Managing Director:

Tanya Burdick

Asst. Director:

Vanessa Ochoa

Asst. Manager:

Heather Hornecker

Maintenance

Technician:

Mike Edwards

Maintenance

Technician:

Jeff Samsel

*Happy
New Year*



Maintenance Emergencies

ALL MAINTENANCE

EMERGENCIES

(AFTER OFFICE HOURS)

(909) 851-3627

260 N. 3rd Ave

Upland, CA 91786

Office Hours

Mon-Fri

8:00am-5:00pm

12pm-1pm (closed)

Office Phone

(909) 981-7160

January Days to celebrate

January 1, - New Year's Day

Jan 4 - World Braille Day

January 6, - Epiphany / Three Kings'

Jan 11 - Human Trafficking Awareness

January 19, - Martin Luther King Jr.

Jan 27 - International Holocaust

Remembrance Day

&  **HAPPY**
BIRTHDAY

Happy New Year



Mary Vaughn -Jan 1st

Mel Huffman-January 1st

Hilda Katz-Jan 2nd

Paper Teifouri Fard-Jan 6th

Ana Lilia Godoy-Jan 8th

Maria Aguilar-Jan 11th

Beatrice Zavala-Jan 12th

Robert Myers -Jan 12th

Deborah Marker-Jan 12th

Peggy Ross-Jan 27th



Jenny Yoo-Jan 20th

Cynthia Butler-Jan 22nd

Ester Huffman-Jan 24th

Roberto Vargas-Jan 25th

Pauline Kestler-Jan 29th

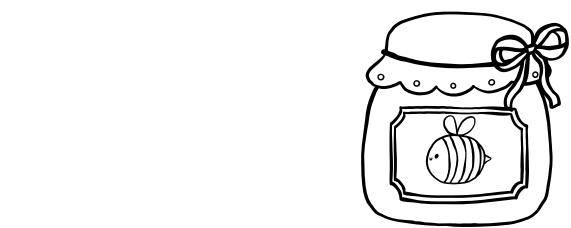
Julia Ghnaimat-Jan 30th

Irma Gruemmer-Jan 30th

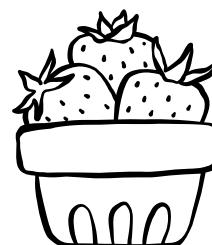
Events in Upland

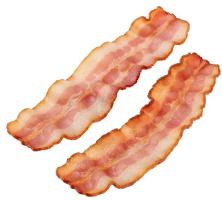


Spend your Thursday evening with Upland Recreation & Community Services for an evening of fun from the comfort of your own home! Multiple games will be played, providing multiple opportunities to win prizes! Registration will open **Thursday, January 1**. To register, please visit [Virtual Bingo Game Night!](#)

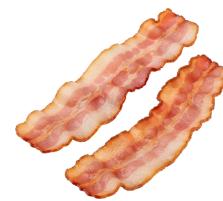


Farmers Market, **every Saturday from 9am-2pm**
Off 2nd ave in Historic Downtown Upland





Bacon Wrapped Dates Recipe



Ingredients

24

large Medjool dates, pitted

4 oz.

crumbled goat cheese

12

slices bacon, halved

1/4 cup

maple syrup

3/4 tsp.

crushed red pepper flakes

1 tsp.

finely chopped rosemary

3/4 tsp.

freshly ground black pepper



EMILY HLAVAC GREEN

INSTRUCTIONS

Step 1: Preheat oven to 400°. Line a baking sheet with parchment and fit with a wire rack; set aside.

Step 2: Halve dates lengthwise being careful not to cut all the way through. Place a small amount of cheese in the center of each date. Wrap a piece of bacon around each date making sure the ends meet underneath the date.

Step 3: Place dates, seam side down, on prepared baking sheet. Bake until bacon fat is beginning to render out, about 15 minutes.

Step 4: Meanwhile, in a small bowl, mix together maple syrup, red pepper flakes, rosemary, and black pepper. Brush each date with maple syrup mixture.

Step 5: Continue to bake brushed dates until bacon is crispy, 15 to 20 minutes more.

Hand and Foot in Coffee Room (B bldg)

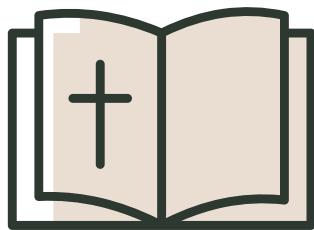


No skills required!

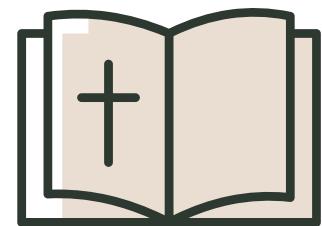


Everyone is welcome, come make some
friends and join the fun!

Fridays in the Coffee room at 1pm!



BIBLE STUDY



Tuesday, January 6th, 13th, 20th and 27th,
@2:30 p.m.

In the Library, Please join Pastor Jim Smith
from San Antonio Heights Community Church
Sing a little ... Pray a little.

All denominations welcome.

Everyone is welcome!



Coy D Estes Senior Apartments



Please join us for
Catholic Holy Communion
Distributed by Eucharistic Ministers
St. Joseph Catholic Church, Upland, CA



Tuesday, January 13, 2026

10:00am * Building B
The Library * All are welcome For further information...
Nancy Thouvenell (909) 730-3484

Under the direction of Fr. Alex Rodarte * St. Joseph Catholic Church, Upland

WINTER FUN



ACROSS

- 5. WINTERY SURFING
- 6. MOVING IMAGES
- 7. LENGTHS OF WARMING FABRIC
- 8. INTERPRETING SYMBOLS FOR MEANING
- 9. EXPOSING TO DRY HEAT FOR CONSUMPTION



DOWN

- 1. SNOWY FIGURE
- 2. CRAFT OF CREATING INTERCONNECTED LOOPS
- 3. SOURCE OF WARMTH
- 4. DESIGNED TO SOLVE
- 7. MOVING ON FLAT RUNNERS



Verizon Event

Hi everyone!

We're excited to share that Verizon will be coming to the B Lobby @2pm to talk about their internet services—and they're not coming empty-handed!



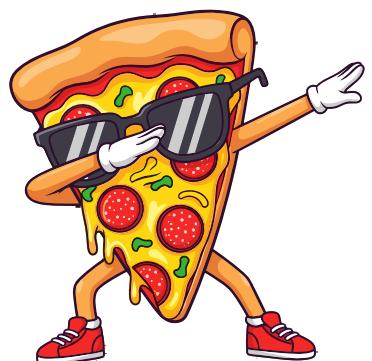
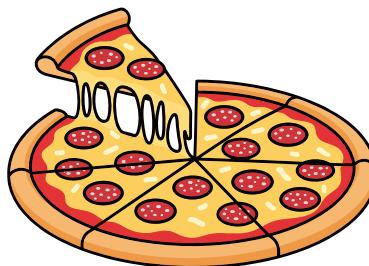
Pizza will be provided, so stop by, grab a slice, and learn more about Verizon's internet options. It's a great chance to get information, ask questions, and enjoy some free food.

We hope to see you there!



verizon

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THANK YOU

Your generous holiday treats, warm cards, and kind wishes meant so much to us. We're grateful for your thoughtfulness and the joy it brought. May 2026 bring you happiness, growth, and wonderful memories. Warmly, Tanya, Vanessa, Heather, Mike and Jeff



CHRISTMAS DECORATING CONTEST

Thank you to all who participated in the door decorating contest. It wasn't easy choosing the winners & we're so grateful for the effort and heart you all put in!



What Brings You Joy?

We invite all residents to participate in our "What Brings You Joy?" Bulletin Board Challenge this month!

Take a moment to reflect on the simple things that make you smile family, hobbies, memories, nature, faith, laughter, or anything that brings happiness to your heart. Please write it down and place it on the bulletin board in the A BUILDING.

 **At the end of the month, all participants will be entered into a raffle for a special prize!**

Let's fill our community with positivity, gratitude, and joy —your words may brighten someone else's day.

COY D ESTES SENIOR HOUSING
WANTS TO KNOW

*What Brings
you joy*