



NEWSLETTER

Coy D Estes Senior Housing



All Maintenance Emergencies

(After Office Hours)

(909) 851- 3627

260 N. 3RD Ave
Upland , CA 91786



Staff

Managing Director:
Tanya Burdick

Asst. Director:
Vanessa Ochoa

Asst Manger:
Alicia Martinez Zamora

Maintenance technicain:
Mike Edwards

Maintenance Technician:
Jeff Samsel



OFFICE HOURS

MON-FRI 8:00 AM- 5:00 PM

OFFICE PHONE

(909) 981-7160



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

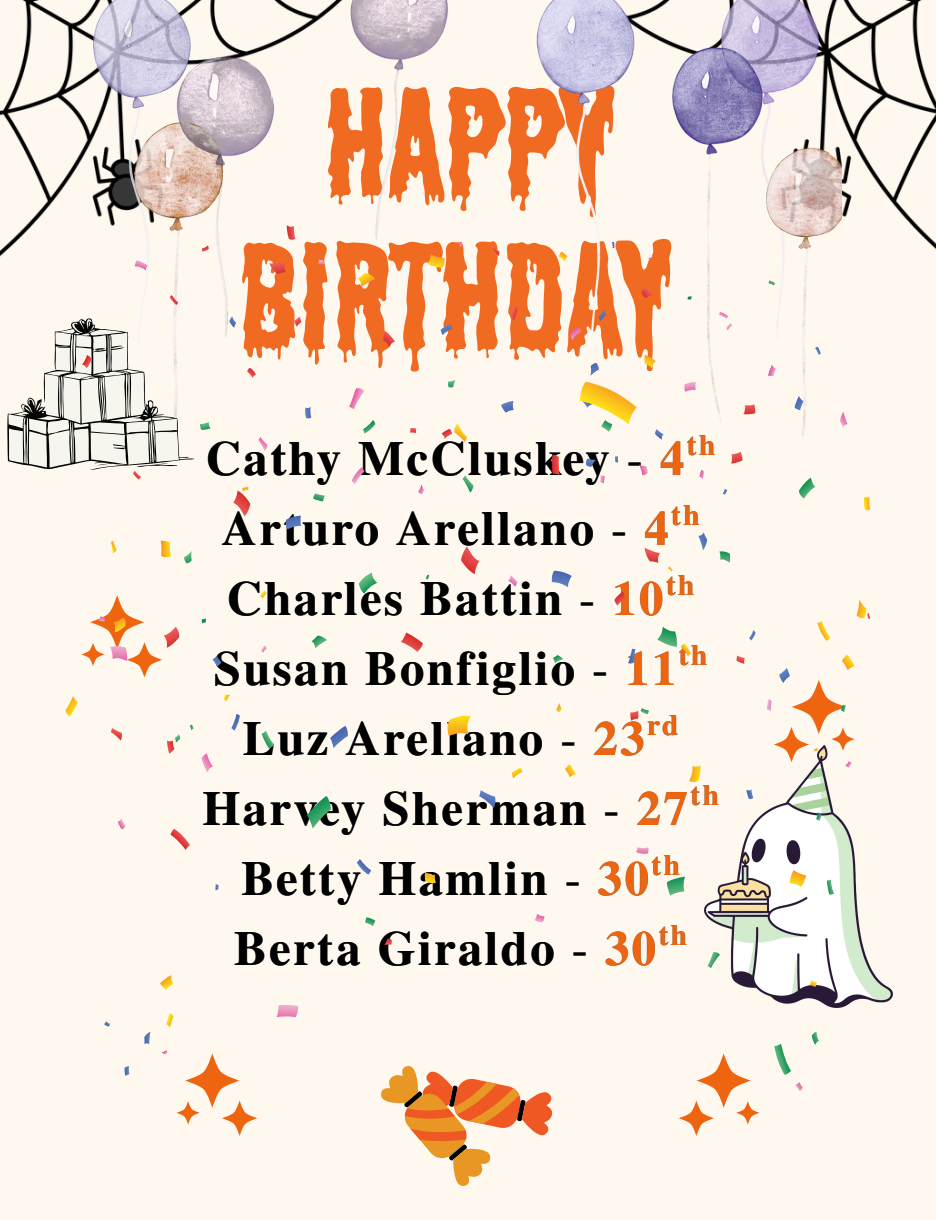
October 24: **Coy D. Estes 29th
Anniversary party!!!**

October 30: Halloween Eve
(office is closed)



October 31:
HALLOWEEN!!





HAPPY BIRTHDAY



Cathy McCluskey - 4th

Arturo Arellano - 4th

Charles Battin - 10th

Susan Bonfiglio - 11th

Luz Arellano - 23rd

Harvey Sherman - 27th

Betty Hamlin - 30th

Berta Giraldo - 30th





Coy D Estes

SENIOR HOUSING

29th Anniversary

PARTY!

PLEASE JOIN US AS WE CELEBRATE
29 WONDERFUL YEARS TOGETHER!

THEME:
White Pumpkins



SATURDAY
OCTOBER 24TH, 2026



2:00 – 4:00 PM



FOOD • FUN • COMMUNITY

Let's celebrate together!

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

PLEASE PICK UP YOUR TICKET NO LATER THAN

♥ *October 19, 2026, Monday* ♥

THANK YOU FOR BEING PART OF THE
♥ COY D ESTES FAMILY! ♥



For Our Wonderful
Senior Residents



Mummy Hot Dogs

A fun and easy treat
for any occasion!



INGREDIENTS:

- PRE-MADE CRESCENT ROLL DOUGH (AVAILABLE AT GROCERY STORE)
- HOT DOGS
- MUSTARD OR KETCHUP (FOR EYES)
- EDIBLE CANDY EYES IN THE BAKING OR SPRINKLE AISLE OF MOST MAJOR GROCERY STORES



Easy to
make and
spook-tacular
to eat!



INSTRUCTIONS:

- 1 PREHEAT THE OVEN ACCORDING TO THE CRESCENT ROLL PACKAGE INSTRUCTIONS.
- 2 ROLL OUT THE DOUGH AND CUT IT INTO THIN STRIPS
- 3 WRAP EACH HOT DOG WITH STRIPS OF DOUGH, LEAVING SMALL SPACE AT ONE END TO CREATE A "FACE"
- 4 BAKE IN THE OVEN FOR 12-15 MINUTES OR UNTIL THE DOUGH IS GOLDEN BROWN
- 5 ONCE BAKED, USE MUSTARD OR KETCHUP TO ADD SMALL DOTS FOR EYES, COMPLETING THE MUMMY LOOK

Share, enjoy
and have
some fun!



Thank you for being the heart
of our community!



Made with love
for our amazing
senior family.



STAY SAFE. STAY WELL. STAY CONNECTED.



HAPPY HALLOWEEN!

♥ Have a Safe, Healthy & Happy Halloween! ♥

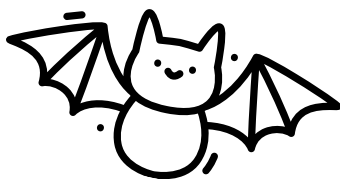
Good
Friends
Warm
Hearts

Fill today
with smiles
and kindness!





HALLOWEEN



Word Search

Find the hidden Halloween words.

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

- GHOSTWITCHSCARYCANDY
- COSTUME PUMPKIN MUMMY TREATS
- BROOMSTICK VAMPIRE HAUNTED SKELETON



JOIN US FOR A FUN ESL CLASS!



New time change!
Susan millet ESL CLASS



Starting October 1, 2026 (Every Thursday)



4:00-5:00pm

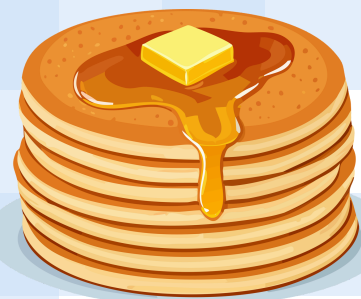


Library

Whether you want to practice your English, build confidence, meet new people, or simply enjoy learning together, we'd love to have you join us

This looks like it will be a fun and interesting new activity, so come give it a try!

Everyone is welcome – please join us!

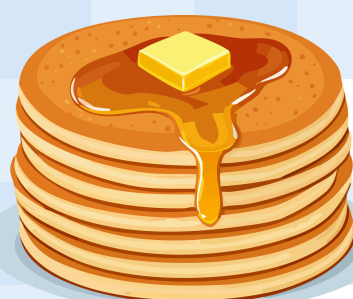


October 6th
at 10:00am

♥ B Lobby 2nd Floor ♥

Join Bea for a
Pancake
Breakfast

Bring whatever
you want
to share!





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
October 22nd**



A decorative header featuring several spider webs draped across the top. A single black spider is positioned on the right side, hanging from one of the webs.

**OFFICE IS
CLOSED**



**Friday,
October 30th**



**We will reopen Monday,
November 2nd**

Have a Happy Halloween





YOU ARE INVITED!!!

THE EVENT IS ON OCTOBER 24TH
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 19TH

Upland Recreation & Community Services

Hope to
see you there!



2026 HEALTH & WELLNESS FAIR

Friday, October 2, 2026

9:00 a.m. - 1:00 p.m.

* Free Health Screenings

* Vendors

* Flu Vaccines

* Tai Chi Demonstrations

* Ayurvedic Wellness Lecture

\$5 Healthy Lunch

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



SAN ANTONIO
REGIONAL HOSPITAL



Bellevue Memorial
FUNERAL CHAPEL



George M. Gibson Senior Center, 250 N. 3rd Avenue, Upland, CA 91786

Upland Recreation & Community Services

Day of the Dead Community Display



Submission Deadline: Friday, October 23
Display Dates: Tuesday, October 27 - Tuesday, November 3

Coy D Estes Senior Apartment



Please join us for
Catholic Holy Communion

distributed by Eucharistic Ministers
St. Joseph Catholic Church, Upland CA

followed by praying the rosary together
2nd Tuesday of the Month
October 13, 2026



in the library, Building B

For more information...Nancy Thouvenell (909) 730-3484
under the direction of Fr. Freddy Ledesma * St. Joseph Church, Upland



BIBLE STUDY

Tuesday, October 13

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