

Coy D. Estes Senior Housing Newsletter

NOVEMBER
2025



ALL MAINTENANCE
EMERGENCIES
(AFTER OFFICE HOURS)

(909) 851-3627

260 N. 3rd Ave

Upland, CA 91786

Office Hours

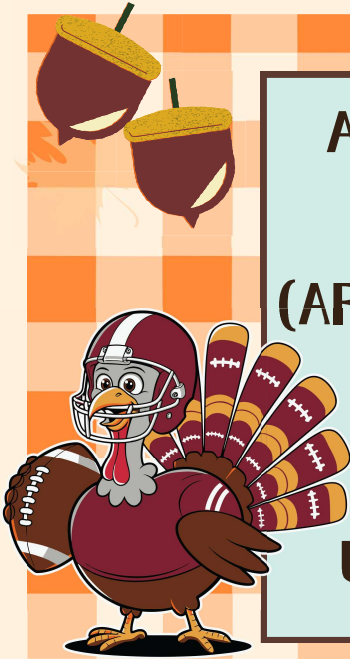
Mon-Fri

8:00am-5:00pm



Office Phone

(909) 981-7160



STAFF

Managing Director:

Tanya Burdick



Asst. Director:

Vanessa Ochoa

Asst. Manager:

Heather Hornecker

Maintenance Technician:

Mike Edwards

Maintenance Technician:

Jeff Samsel



November days to
celebrate:

- Nov. 1st All saints day 
- Nov. 2nd Día De Los Muertos
- Nov. 11th Veterans Day 
- Nov. 27th Thanksgiving
- Nov. 28th Black Friday 



THANKFUL





HAPPY~
BIRTHDAY

Sue Londrville - Nov 2nd

Fabiola Alvarez-Nov 9th

Juanita Kurisaki -Nov 11th

Ralph Patrick -NOV 16TH

Trayle Dallas-NOV 17th

Armando Franco- NOV 18TH

David shelby -Nov 19th

Carlos Reyes -Nov 27th

Maria Ureno -Nov 30th

Hernan Alvarez -Nov 30th

TO OUR CDE TEAM

Happy
Birthday



Vanessa Ochoa - NOV 6TH

Mike Edwards - Nov. 7th



A Heartfelt Thank You

Tanya, your hard work is truly appreciated!



Be sure to
congratulate her
when you see her!

#LADYBOSS



turn over to hear her message to YOU

15 years...

As November 1st approaches, I've been reflecting on the fact that this date marks my **15th year** at Coy D. Estes Senior Housing. It's hard to believe how quickly time has passed.

When I first began working here, I knew it would be meaningful work, but I could never have imagined just how deeply this community would shape my life.

It seems like yesterday that Sarah, Al, and Connie were cheering me on during my 5th anniversary. Moments like that, and the people who made them special, are a big part of what makes Coy D. Estes feel like home to me.

Every day, I'm reminded of how special this place is, not just because of the beautiful property or the programs we offer, but because of *you*. The conversations in the office, the laughter in the courtyard, and the way you look out for one another, those moments are what make this community feel like family.

Working here has been one of the greatest privileges of my life. I've learned from you, grown alongside our team, and found immense joy in helping make Coy D. Estes a place where people are proud to call home. Our staff shares that same commitment and heart; together, we're able to do what we do because of the kindness, patience, and spirit you bring every day.

And just to be clear, *I'm currently not going anywhere*. I'm excited for the time ahead, continuing to serve you and support our excellent staff.

Thank you for allowing me to be part of your lives for the past 15 years. Your stories, your strength, and your sense of humor continue to inspire me daily.



With gratitude and warmth,
Tanya Burdick
Managing Director

COLOR ME

Thanks giving





Pumpkin Cheesecake

 **Total Time** Prep: 20 Min. + Chilling Bake: 55 Min. + Cooling

Yield 16 Servings



Test Kitchen Approved

Move over, pumpkin pie: This pumpkin cheesecake recipe might just be our new favorite fall dessert.

Ingredients

- **CRUST:** 1 cup graham cracker crumbs 1
- tablespoon sugar
- 1/4 cup butter, melted
- **FILLING:**
- 2 packages (8 ounces each) cream cheese,
- softened
- 3/4 cup sugar
- 2 large eggs, room temperature, lightly beaten
- 1 can (15 ounces) pumpkin
- 1-1/4 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger



- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- **TOPPING:**
- 2 cups sour cream
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 12 to 16 pecan halves, chopped



Directions

In a small bowl, combine the graham cracker crumbs and sugar; stir in butter. Press into the bottom of a 9-in. springform pan; chill.

For filling, in a large bowl, beat cream cheese and sugar until smooth. Add

eggs; beat

on low speed just until blended. Stir in the pumpkin, spices and salt.

Pour into crust. Place pan on a baking sheet. Bake at 350° for 50 minutes.

Meanwhile, for topping, combine the sour cream, sugar and vanilla until smooth. Spread over filling; return to the oven for 5 minutes. Cool on rack for 10 minutes. Carefully run a knife around the edge of pan to loosen; cool 1 hour longer.

Refrigerate overnight. Remove ring from pan. Top with chopped pecans.

Refrigerate
leftovers.

Nutrition Facts

1 piece: 285 calories, 21g fat (11g saturated fat), 81mg cholesterol, 198mg sodium, 22g carbohydrate (16g sugars, 1g fiber), 4g protein.

Still Got It

"The Humor, not the memory"



Q: How do you know you're getting old?

A: You sink your teeth into a steak—and they stay there

"My joints are getting stiffer.

Pretty soon I'll creak louder than my rocking chair".



**"I was going to retire, but then I realized...
I'm already tired. "**

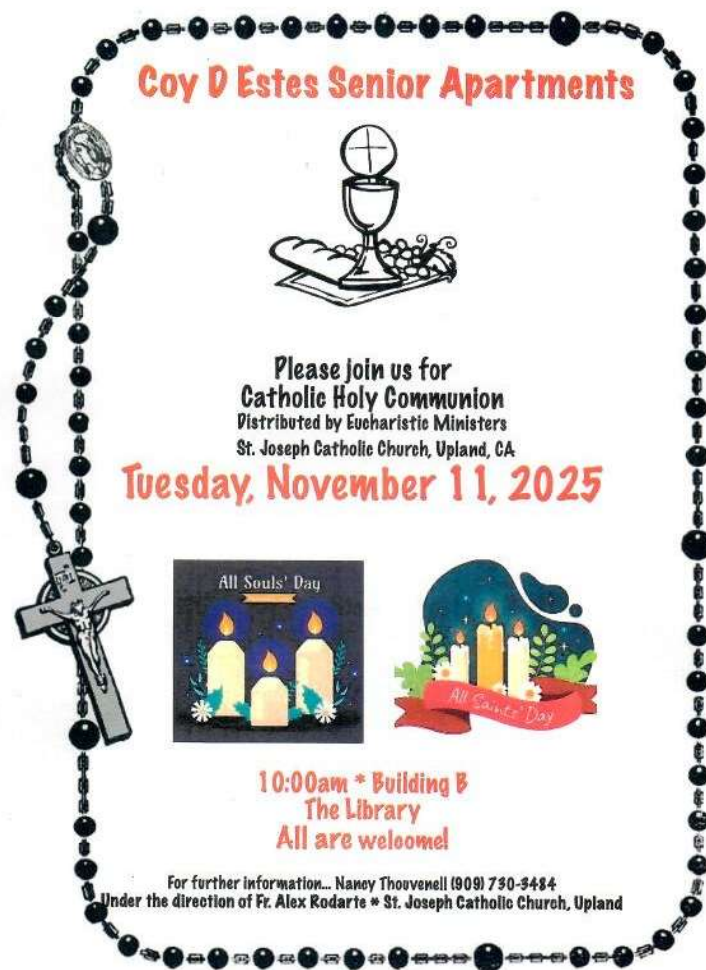
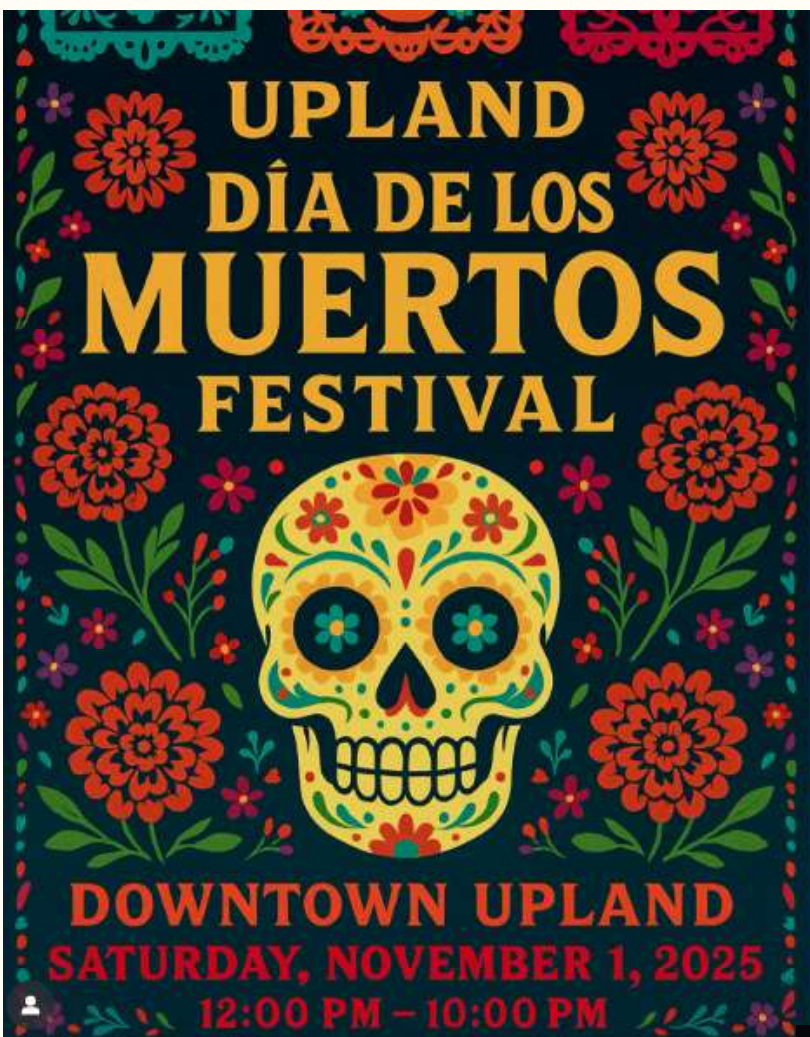
"They say with age comes wisdom.

So why can't I remember where I put my glasses?"

Q: Why did the senior bring a ladder to the bar?

A: Because they heard the drinks were on the house.

"You know you're getting older when your back goes out more than you do."



Please come by the
 office to make a copy as
 soon as you receive your
2026 Social security
award letter so we can
update your file

DON'T FORGET



CDE ANNUAL CHRISTMAS LIGHT COMPETITION



Join the fun! Decorate your patios with festive holiday decor and spread the holiday spirit!

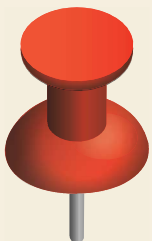
**Voting will take place on
Tuesday, December 16, 2025**

**Two winners
Most Creative
Best use of lights**

Prizes will be given by December 18, 2025



A reminder to decorate safely, still leaving patios clear enough for emergency responders.



Also, all decorations and lights must be removed by the last weekend in January.

Ho ho ho! **DECEMBER 8TH, 2025** Ho ho ho!

Come and join us in the B Lobby to grab
an
ornament and decorate our Christmas
Tree.

*Ornaments will be available in the B
Lobby.

FREE help
decorating your
Patio / Balcony
for the Holidays!!
Monday,
December 8th
@7pm

December is right around the corner and Boy Scout Troop 601
out of First United Methodist Church is offering to help residents
put up holiday decorations on patios and balconies this
coming holiday season.

Residents are responsible for supplying
their own decorations, power surge cords and extension cords.

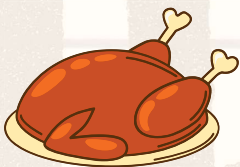
Call the office to be put on the list.

Hot Cocoa & S'mores Party
Monday, December 8TH IN THE
BBQ Courtyard around 7:00PM

Hot cocoa and s'mores to get us in the
Holiday spirit!



Happy
Thanksgiving

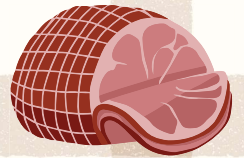


FOR



THANKSGIVING

NOVEMBER 27TH-28TH



THANK YOU FOR YOUR SERVICE:

Forest Jones, Bernie
Osborn, Al Michalek, David
Shelby, Michael Gomez

For Veterans
Day On
NOV.11th



HAPPY Thanksgiving

You're warmly invited to St. Joseph School's 45th
Annual Senior Citizens Thanksgiving Dinner

DATE: THURSDAY, NOVEMBER 13TH, 2025

TIME: 11:00AM - 1:00PM

LOCATION: PARISH HALL, ST. JOSEPH SCHOOL
905 N CAMPUS AVE. UPLAND

HOSTED BY: THE 7TH GRADE CLASS OF ST. JOSEPH SCHOOL

Please RSVP by November 6th. When you call, kindly let
us know if you will be dining in or prefer take-out.

Contact us at (909) 920-5185 to reserve your spot.

EVERYTHING GIVE THANKS; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU" - 1 THESSALONIANS



MORE UPCOMING EVENTS:

Come celebrate
Friendsgiving with us!
Enjoy some delicious pie,
coffee, and great
company. Bring a
neighbor and enjoy the
cozy fall weather while
socializing with friends
and neighbors.

Date: November 18th,
2025, Tuesday

Time: 2:30 PM Location:
B Lobby



BAG PIPE PERFORMANCE

SAT DECEMBER 6TH

At 6pm

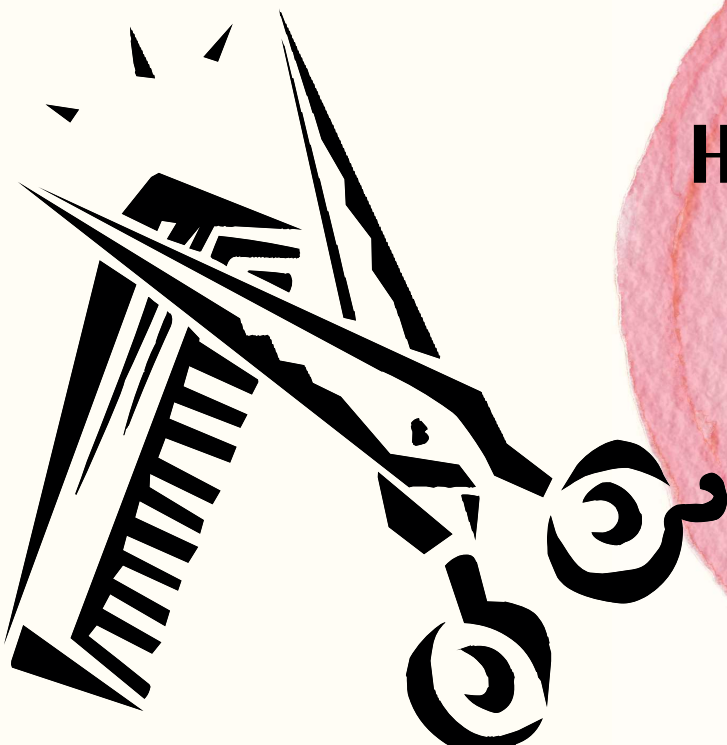


FREE!!!

HAIRCUTS BY COLOSSI
10AM-4PM



NOV. 10TH



O's Ice cream shop



Located in
Downtown Upland!
walking distance from you

180 E C St,
Upland, CA 91786

**15% OFF
SENIOR
DISCOUNT**

PATRA THAI FOOD



LOCATED IN DOWNTOWN UPLAND

160 E C St, Upland,
CA 91786



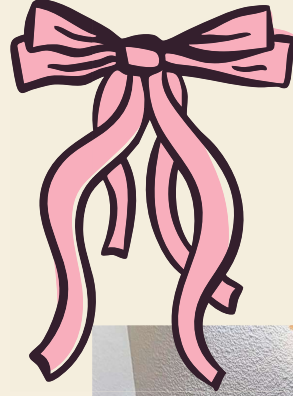
THEY ARE OFFERING 10% OFF SENIOR DISCOUNT



ONLY FOR DINNER TIME



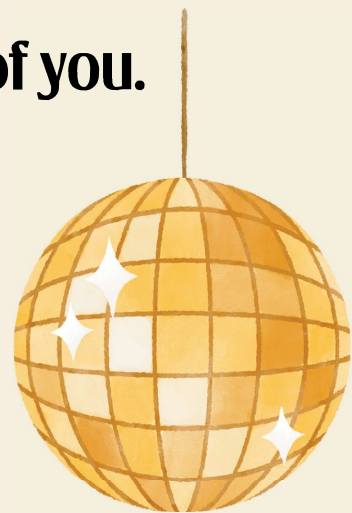
Thank you to everyone who
painted a pink pumpkin to
bring Breast Cancer
Awareness!



A huge thank you to everyone who joined and helped us for the 28th Annual Anniversary Party! We hope you all had a fantastic time celebrating this milestone with us.

It was a wonderful day filled with good company, great food, and lasting memories.

Please enjoy these photos from the event—we're thrilled to have shared these moments with all of you.





Holiday Cheer at the doorstep contest!

Judging will take place Wednesday, December 17

We are voting on two categories!

MOST CHRISTMAS FESTIVE

MOST DAZZLING

Winners will be announced in January Newsletter

Prizes given by Thursday, December 18th .

A few rules for the Door Decorating:

1. Cannot use Gel Clings on the door
2. Cannot use tape that can peel paint off.
3. Do not put anything on the door that means something to you. Unfortunately things go missing sometimes.

2. Keep clips clear

3. Please decorate safely.

4. Voting will be on the decorations on the DOOR ONLY.

All decorations and lights must be removed
by the last weekend in January 2026.