

Coy D. Estes Senior Housing

March 2023

OFFICE HOURS
MONDAY- FRIDAY
8:00 A.M.- 5:00 P.M.
OFFICE TELEPHONE
(909) 981-7160

Staff:

Tanya Burdick,
Project Manager
Tiffany Harms,
Assistant Manager
Mike Edwards,
Maintenance Technician
Jeff Samsel,
Maintenance Technician

ALL MAINTENANCE
EMERGENCIES
(AFTER OFFICE HOURS)
(909) 851-3627
260 N. 3rd Ave
Upland, CA 91786



Sunday March 12, 2023



First day of Spring
March 20, 2023 Monday



YAMINI YOUSSEF ... MARCH 1
JOSE BENAVIDES ... MARCH 3
PAULA KITTLSON ... MARCH 5
TANYA BURDICK ... MARCH 6
LOUISE RAUGI ... MARCH 7
SUZANNE SALAZAR ... MARCH 10
GERALDO ALVARADO ... MARCH 19





Please join us

**For Catholic Holy Communion
Distributed by Eucharistic Ministers**

**followed by praying the Holy Rosary together
All are welcome!**

**Every Second Tuesday of the month
Next gathering is**

****Tuesday, March 14, 2023**

10:00 am

in Building B * The Library

**For information - Nancy Thouvenell (909) 730-3484
Under the direction of Father Alex * St. Joseph Catholic Church
Upland, CA**

Lent



BIBLE STUDY

Tuesday, March 7, 14 & 28

3:00pm – 4:00pm

in the Library

Please join Pastor Jim Smith

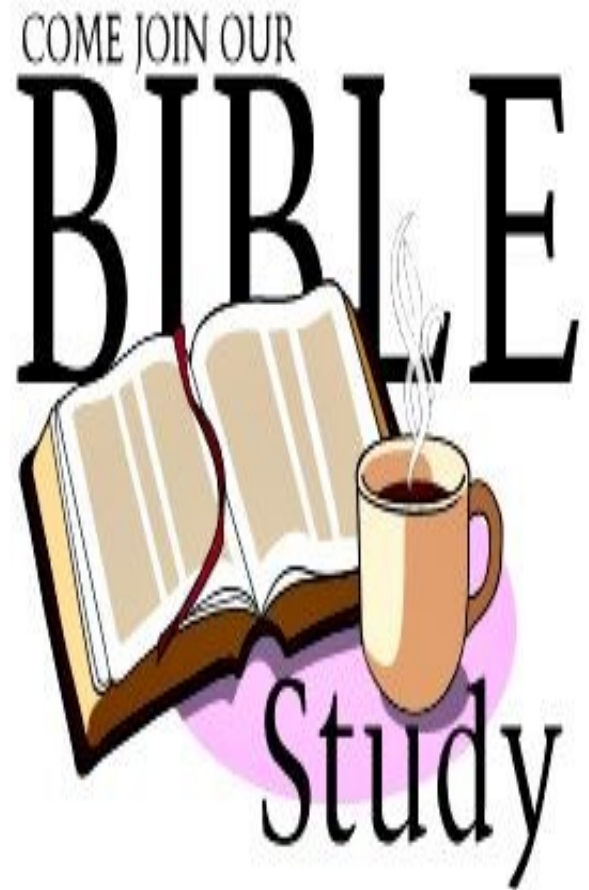
from San Antonio Heights

Community Church

Sing a little ... Pray a little.

All denominations welcome.

Everyone is welcome!



May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.

Irish Blessing



NEW
LOCATION

Upland Farmers Market

THE FARMERS MARKET IS BACK
IN DOWNTOWN UPLAND!
SATURDAYS, 9:00 AM. TO 2:00 P.M.



2nd Avenue & A Street
Historic Downtown Upland

Congratulations to our
Power Outage Contest winner
Debra Forchione.

\$50 Amazon gift card!

Thank you for everyone
who participated.



MOSQUITO PREVENTION

CDE needs your help to prevent Mosquitoes this season which starts this month. Mosquito and Vector Control came to our property last season and were very concerned about all the plants with trays.

We all need to do our part.

They highly suggest when watering your plants, to dump and drain the water out of trays immediately EVERY time. This will help reduce the mosquito population significantly.

What to look for:

- Small, black mosquitoes with white stripes
- Mosquitoes that are active and bite during the day - even indoors!
- Immature mosquitoes (larvae and pupae) swimming in stagnant water.

What you need to know:

Mosquito breeding source elimination and bite prevention is the only way to prevent the spread of mosquitoes.

Mosquito Life Cycle

The invasive, black-and-white mosquitoes can lay their eggs individually along the waterline of any container. This reduces with the effectiveness of “dump and drain!”

These mosquitoes can live and complete their life cycle either indoors or outdoors. Eggs are laid along the waterline of any water-holding container such as flower vases, plant saucers, buckets, used tires, and even plants that hold water like bamboo or bromeliads. Eggs can remain alive for years, and hatch into larvae when conditions are right.





TORO Y PAMPA

NEW Argentinian restaurant in Upland.

915 N Euclid Avenue.

Open Tuesday—Sunday

10 am - 9pm close early on Sunday 6pm.

Come try delicious empanadas, pizzas and sandwiches.



CDE VAN



In an effort to keep both our residents and driver safe we have implemented the following rules for the CDE van:

Van services are offered Mondays

9am - Grove to 2nd Avenue / Vons

9:30am - Euclid to Benson Avenue

Monday March 13, 2023

9:30 am Hobby Lobby / Aldi

Sign up in the B Lobby

**PICK UP AND DROP OFF AT THE FRONT
CIRCLE DRIVEWAY**

* Any resident who is ill may not ride on the van.

*All seats, headrests, seatbelts, handrails, and lift handles will be cleaned between trips.



Crunchy Chili Lime Shrimp

Ingredients

- 2 pounds uncooked shrimp (26-30 per pound), peeled and deveined
- 4 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon ground ancho chile pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium lime
- 1 cup crushed tortilla chips
- 1/4 cup chopped fresh cilantro
- 1/4 cup olive oil
- 1 cup cherry tomatoes, halved
- 1 medium ripe avocado, peeled and cubed
- Optional: Additional lime wedges and cilantro

Directions

1. Preheat oven to 425°. Place the first 7 ingredients in a greased 15x10x1-in. pan. Finely grate zest from lime. Cut lime crosswise in half; squeeze juice. Add zest and juice to shrimp mixture; toss to coat.
2. In a small bowl, combine crushed chips, cilantro and oil; sprinkle over shrimp mixture. Bake until shrimp turn pink, 12-15 minutes. Top with tomatoes and avocado. If desired, serve with additional lime wedges and cilantro.



Happy St. Patrick's Day!