October
2026

COVINA COURT
SENIOR LIVING

Covina Court

825 W San Bernardino Rd
Covina, CA 91722



Welcome to October!

Dear Residents,

October is here, bringing cooler days, colorful decorations, and plenty of opportunities to gather with friends and neighbors! How exciting it is to be Covina Court and we appreciate your patience while we go through this transition. We have some exciting events planned throughout the month, and we hope everyone will come out and join the fun.

Chili Cook-Off - October 22nd
Hoedown with Los Walkers - October 27th
Halloween Party - October 31st

We look forward to seeing everyone and celebrating October together!

Warmly,
Covina Court Senior Living

Special Events

Oct 5th: Monday - **Aquarium of the Pacific**, Long Beach at 11:00 a.m. (Senior Day), Bus
Oct 6th: Tuesday - **Ambassadors Luncheon** at 12:00 pm, Living Room
Oct 4th: Wednesday - **Pumpkin Patch in Glendora** at 11:00 am, Bus
Oct 22: Thursday - **Chili Cook-Off** at 3:00 pm, and M**usic with Bub Villa** (Sax) at 3:30 pm, Living Room
Oct 27th: Tuesday - H**oedown with Los Walkers Music** at 3:30 pm, Living Room
Oct 28th: Wednesday - **Morongo Casino** at 9:00 am, Bus
Oct. 29th: Thursday - **Halloween Spirit Day and Pumpkin Decorating Contest** at 3:30 pm, Living Room
Oct. 31st: Saturday - **Halloween Costume Contest with Croon A Tune** at 3:30 pm, Living Room

Our Executive Team

Crystene Char
Executive Director

Zugey Soto
Wellness Director

Irina Sarkisyan
Business Office Director

Deana Guerrero
Community Liaison Director

Jenny Ceballos
Engagement Director Activities

Francisco Alvarez
Culinary Director

Follow us on Social

Healthy Heart, Happy Life



October is a perfect time to celebrate both heart and mental well-being, with campaigns like "Happy Hearts, Happy Minds" and International Longevity Month offering practical, uplifting ways to thrive.

The **World Heart Federation's Happy Hearts, Happy Minds"** campaign invites people to spend 5 minutes a day prioritizing both heart and health. It offers a **21-day challenge** with daily activities, tips, and resources to build resilience, reduce stress, and strengthen cardiovascular health.

Practical Ways to Support a **"Healthy Heart, Happy Heart"**

From **International Longevity Month** guidance, you can:

- **Move daily** - Even 30 minutes of brisk walking, swimming, or cycling improves circulation, lowers blood pressure, and boosts mood.

Did You Know?

Technology and Seniors
Technology plays a significant role in the lives of seniors today. Let's look at some facts about seniors and technology.
- **Internet Usage**: Around 73% of adults aged 65 and older use the internet, a significant increase from previous years.
- **Social Media**: Approximately 45% of seniors are active on social media flatforms like Facebook and Instagram.
- **Telehealth**: The use of telehealth services among seniors has surged, especially during the COVID-19 pandemic, making healthcare more accessible.

Happy Birthday to *You!*

Susan H. - Oct. 4th

Malcolm W. - Oct. 20th

Joel M. - Oct. 21st



Fun Fact about October

A fun fact about October is that its name comes from the Latin *octo*, meaning *"eight,"* because it was originally the eighth month of the early Roman calendar- even though it's now the tenth month

More fun October facts

In Old England, October was called **Winmonath**, meaning "wine mouth "due to seasonal wine production
October's full moon is known as the **Hunter's Moon** traditionally signaling hunting season for winter preparation.
October's birthstones are **opal** and **tourmaline**, symbolizing hope, creativity and innocence.
It's the month of **Halloween** on October 31, originally the Celtic festival Samhain.
October is the **peak month for Autumn foliage** in the Northern Hemisphere as chlorophyll breaks down to reveal vibrant pigments.
October's blend of history, seasonal change, and cultural celebrations makes it one of the most distinctive months of the year.



Happy Anniversary!

Rafael U. – Oct 1st – 1 year

Marta Salazar – October 31st – 2 years



Marisela Goytia, Employee of the Month

Marisela G.

Marisela has been a valued member of our community for six and a half years. She started her journey with us as a Waitstaff member and proudly grew into her role a Cook.

Marisela loves working with her team and enjoys connecting with colleagues across all departments. She is always pleasant, full of energy, and brings a positive spirit wherever she goes. Most importantly, she loves what she does and serves our residents with passion and a commitment to excellence. Thank you for all that you do and for the joy, energy, and passion you bring to our community every day!

Weekly Trips

Mondays - Shopping
Walmart
Target
Dollar Tree
TJ Maxx

Wednesdays - Outing
Aquarium of the Pacific
Olive Garden
Pamper Me Pretty (Salon/Barber)
Morongo Casino

RELIGIOUS SERVICES

Church Run - Sundays at 8:30 am

Devotions with Bob & Shirley - 1st & 3rd Fridays at 10:30 am

Wings of Love - 2nd & 4th Saturdays at 3:00 pm

Worship Service - 4th Sunday with Pastor Carlos of Cornerstone at 3:30 pm



If I could enjoy October like a person, my favorites would probably be:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Resident Spotlight



Paul N.

Paul N. lived in Covina Court for almost two and a half years and was one of the most wonderful ambassadors in our community. Today, he continues the role by serving on the Welcome Committee, helping greet and welcome new members in our community.

Paul has a great love for music and proudly owns hundreds of guitars in wide variety of styles and types. Every now and then, we would ask him to share a sample of his music with us and hope someday he will give us a special treat.

We are grateful for all that Paul has contributed to our community and for the warm welcome he continues to give to those who are new. He truly represents the spirit of friendship, participation, and community that will value so much