



**Estacada Senior Community Center**

200 SW Clubhouse Drive

PO Box 430

Estacada Or 97023

Non Profit

US Postage Paid

Estacada Oregon

Permit #20

ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

***AUGUST 2026 ECCHO — Estacada Community Center Helping Others***

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***BIRTHDAYS LUNCH MENU WEEKLY PROGRAMS & ACTIVITIES FLIER***

***LUNCH TIME ACTIVITIES: BINGO BRIDGE BUNCO WELLNESS***

***DINNER DANCE BINGO NITE PAINT DAY***

***THURSDAY BREAKFAST COUNTY HOME PROGRAMS SEMINAR***

***CRAFT, ART VENDOR FAIR***

***POUND CLASS REFIT REV & FLOW TAI CHI ADULT EXERCISE***

***FOOT CARE***

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**BOARD NOTICE:** EMAIL [valerie@estacadacommunitycenter.org](mailto:valerie@estacadacommunitycenter.org) TO RSVP  
OR GET ON THE AGENDA

FISCAL YEAR END ANNUAL REPORT WILL BE READY AUGUST 15TH PLEASE  
CONTACT THE CENTER IF YOU LIKE ONE MAILED OR EMAILED TO YOU.

## ECC HOT MEAL MENU – AUGUST 2026

Proposed Menu subject to change and items may be substituted. Meals come with a ½ pint of 1% milk.

| 3                                                                                                                 | 4                                                                                                                                    | 5                                                                                                                                                            | 6                                                                                                                                    | 7                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Sloppy Joe<br>Green Peas<br>Carrots<br>WG Hamburger Bun<br>Fresh Apple                                            | Sweet & Sour Pork<br>Brown Rice<br>Mixed Vegetables<br>Pineapple Slaw<br>Seven Grain Bread<br>Tropical Fruit                         | Chili Macaroni<br>Sliced Carrots<br>Broccoli Ranch Salad<br>Rye Bran Roll<br>Fresh Orange                                                                    | Western Country<br>Beef<br>w/ Country Gravy<br>Lyonnaise Potatoes<br>California<br>Vegetables<br>Oat Bran Bread<br>Pineapple Tidbits | <i>Summer Special</i><br>Bratwurst<br>w/ Sauerkraut &<br>Mustard PC<br>Baked Beans<br>Potato Salad<br>Hot Dog Bun<br>Dessert                |
| 10                                                                                                                | 11                                                                                                                                   | 12                                                                                                                                                           | 13                                                                                                                                   | 14                                                                                                                                          |
| Chicken Fajitas<br>Shredded Cheese<br>Coleslaw<br>Pinto Beans<br>Flour Tortilla<br>Mandarin Oranges               | Macaroni & Cheese<br>Peas & Carrots<br>Broccoli<br>Squash Bread<br>Fresh Apple                                                       | Cheesy Vegetarian<br>Bake<br>Mixed Vegetables<br>Marinated Corn<br>Salad<br>Multigrain Roll<br>Seasonal Fruit                                                | Breaded Fish<br>w/Lemon Rosemary<br>Sauce<br>Diced Red Potatoes<br>San Francisco<br>Vegetables<br>French Bread<br>Fresh Orange       | Chicken Penne Pasta<br>Spinach<br>Bayou Slaw<br>Cornbread<br>Fresh Apple                                                                    |
| 17                                                                                                                | 18                                                                                                                                   | 19                                                                                                                                                           | 20                                                                                                                                   | 21                                                                                                                                          |
| Around the World<br>Beef Spanish Rice<br>Broccoli<br>Black Bean and Corn<br>Salad<br>Onion Roll<br>Spiced Peaches | Ham & Swiss Cheese<br>Half Sandwich<br>Shredded Lettuce<br>Lentil Soup<br>Carrot Raisin Salad<br>Whole Wheat Bread<br>Tropical Fruit | <b>New!</b> Black Bean<br>Burger<br>w/ Mayo, Mustard,<br>and Ketchup<br>Shredded Lettuce<br>Baked Beans<br>Coleslaw<br>Hamburger Bun<br>Seasonal Fresh Fruit | Homestyle Pork<br>Patty<br>w/Pork Gravy<br>Oven Roasted<br>Potatoes<br>Glazed Carrots<br>Cracked Wheat<br>Bread<br>Fresh Apple       | Chicken Piccata<br>Green Beans<br>Spinach Romaine<br>Salad w/ French<br>Dressing<br>Garlic Roll<br>Seasonal Fruit                           |
| 24                                                                                                                | 25                                                                                                                                   | 26                                                                                                                                                           | 27                                                                                                                                   | 28                                                                                                                                          |
| Cheese Omelet<br>w/ Picante Sauce<br>Tater Tots<br>Pickled Beets<br>Wheat Roll<br>Tropical Fruit                  | Chicken Spanish Rice<br>California Vegetables<br>Kidney Bean Salad<br>Oat Bran Wheat Roll<br>Fresh Orange                            | Chicken Fajita Bowl<br>Fiesta Vegetables<br>Coleslaw<br>Oat Bran Wheat Roll<br>Pineapple Tidbits                                                             | Turkey Rice Bake<br>Stewed Tomatoes<br>Apple Cranberry<br>Coleslaw<br>Seven Grain Roll<br>Tropical Fruit                             | <i>Around the World</i><br><b>New!</b> Kofta<br>Meatballs<br>Brown Rice<br>Sesame Green Beans<br>Carrot Mandarin<br>Salad<br>Fortune Cookie |
| 31                                                                                                                | <b>CELEBRATE AUGUST<br/>BIRTHDAYS</b><br><br><b>JOIN US FOR LUNCH ON 8/6</b>                                                         |                                                                                                                                                              |                                                                                                                                      |                                                        |
| Herbed Chicken Patty<br>w/ Country Gravy<br>Whipped Potatoes<br>Spinach<br>Onion Roll<br>Fresh Orange             |                                                                                                                                      |                                                                                                                                                              |                                                                                                                                      |                                                                                                                                             |

ESTACADA SENIOR COMMUNITY CENTER HOSTS

BAKED  
GOODS

# A CRAFT, ART & VENDOR FAIR

RAFFLE  
PRIZES

*Proceeds Benefit the Center Meals on Wheels Program*

Saturday, September 26<sup>th</sup>

9:00 – 3:00

200 SW Clubhouse Drive Estacada

FOOD

ART

## WANTED

### VENDORS

Costs:

**INDOOR 8 X 8 BOOTH** - \$25.00 (center  
supplies chairs no cost)

**OUTDOOR 9 X 15 BOOTH** - \$35.00

**Table Rental (8ft long or 5ft round)** - \$5.00

Plus, a **VENDOR GIFT** towards event raffle  
benefiting the meals on wheels program.

Contact the Center to get your vendor packet  
and reserve your vendor space today!

Call 503-630-7454 or email

[valerie@estacadacommunitycenter.org](mailto:valerie@estacadacommunitycenter.org)

Support Local  
Artists & A  
Great Cause

CRAFTS  
Fun for all ages

SHOP EARLY FOR  
THE HOLIDAYS!

**SIGN-UP NOW  
CALL 503.630.7454**



**Come and learn about free and affordable programs in Clackamas County!**

**Location: Estacada Community Center**

**Date: Thursday, August 13<sup>th</sup>**

**Time: 11 a.m. – 12 p.m.**

**Clackamas County Weatherization  
Assistance Program**

Do you have high utility bills and don't know why? The Weatherization Program provides free services to income-qualified households to help lower energy bills, and improve home comfort, health and safety by increasing the home's energy efficiency.

Come and learn about our program and energy saving tips that help save money on utility bills.

Contact us at 503-650-3338 or visit  
<https://www.clackamas.us/hcdd/weatherization>



**Clackamas County Home Access &  
Home Repair Programs**

Need help making your home safer and more accessible? Clackamas County offers a grant up to \$7,500 for accessibility improvements (ramps, grab bars, widened doorways, etc.) and low-interest deferred payment loans up to \$35,000 for essential home repairs.

These programs help qualified homeowners and renters stay safely in their homes.

Contact us to learn more and check eligibility requirements.

Call 503-655-8591 or visit  
<https://www.clackamas.us/communitydevelopment/repair.html>





## SATURDAY DINNER DANCES

AUGUST 15TH

5:00 - Dinner

6:00 - 8:00 Music by

CLASSIC COUNTRY CONNECTIONS BAND

(please don't arrive earlier than 4:30)

Join Us at the Estacada Community Center for a Dinner, Dance, and Band 50/50 Fundraiser benefiting Meals on Wheels!



**Where:** Estacada Community Center 200 SW Clubhouse Drive, Estacada

**When:** Third Saturday of the month Dinner 5pm, non-acholic beverage service, Music and Dancing starts at 6:00 PM.

**Costs:**

- \$12.00 Dinner Tickets – Summer Themed Dinner, Dessert, Coffee, Water or Tea
- \$6.00 Kids under the age of 12
- \$5.00 Music only – includes Dessert, Coffee, Water or Tea
- \$1.00 non-acholic beverage when available

*only cash or checks accepted*

## FOOT CARE CLINIC

1<sup>ST</sup> WEDNESDAY

AUGUST 5<sup>TH</sup>, SEPTEMBER 2<sup>ND</sup>

WITH

**JENELLE BALZER-EDIGER, RN**

Check and Cash accepted, make checks payable to Jenelle Balzer-Edgier, RN



**Register at the Front Desk or  
Call the Center to schedule**

**503-630-7454**

## JOIN US FOR WELLNESS BINGO!

TOPICS CHANGE EACH MONTH  
MEDICARE, NUTRITION, SCAMS  
and MORE! LEARN! HAVE FUN!  
WIN PRIZES!

Wednesday, August 12th

1pm-2pm

Estacada Community Center

For more information call:

Shannon Kiningham 503-936-5701

This is a Free Educational Event. All are welcome!



### PARTY BRIDGE FOR FUN-HOSTED BY WENDY WRIGHT

BRIDGE PLAYERS WELCOME TO JOIN US ON THE

1<sup>ST</sup> & 3<sup>RD</sup> WEDNESDAY 10 AM-NOON

New –  
starting April

STAY FOR LUNCH @ NOON

4 PLAYERS MINIMUM TO PLAY

**NO COST – CENTER GLADLY ACCEPTS DONATIONS**

STAY TUNED FOR A BEGINNERS BRIDGE WORKSHOP-INTERESTED? CALL TO GET YOUR NAME ON  
THE LIST @ 503-630-7454



**SATURDAY AUGUST 22ND**  
**ESTACADA SENIOR**  
**COMMUNITY CENTER**  
**FUN STARTS AT 6PM**

**Bingo Nite Fundraiser Benefits Meals on Wheels at the Center**  
**Saturday AUGUST 22ND @ 6:00PM**  
 200 SW Clubhouse Drive, Estacada  
 503-630-7454



**\$15.00 SET OF 10 CARDS = 8 GAMES 4 PRIZES**  
**AND 2 BLACKOUT GAMES 4 CASH**

BLACK OUT PAYOUT DEPENDS ON # OF SETS PURCHASED = \$5.00 OF EACH SET PURCHASED GOES TO BLACKOUT POOL 50% OF THE BLACKOUT POOL GOES TO EACH GAME. MINORS CAN PLAY FOR NON-CASH PRIZES ONLY. EACH PLAYER CAN PURCHASE UP TO 2 SETS OF CARDS.

IN ADDITION TO BINGO, BRING CASH FOR A 50/50 RAFFLE, CONCESSION STYLE FOODS AND REFRESHMENTS. BRING OWN DAUBER OR PURCHASE THEM FOR \$1.00 EACH.

*50/50 RAFFLE \$1.00=1 TICKET OR \$20.00 = 25 TICKETS*

*CONCESSION \$1.00-\$5.00 PER ITEM*



**CAN'T MAKE THE EVENT-CONSIDER DONATING DIRECTLY TO THE FUNDRAISER USING THE QR CODE**



**PROCEEDS BENEFIT THE CENTER MEALS ON WHEELS PROGRAM**

## REFIT @ The Estacada Community Center

Mondays @ 6pm

Taught by REFIT instructor **Tina Jones**

All Ages Welcome—Center accepts donations



**REFIT® REVOLUTION**  
FITNESS THAT FITS EVERYBODY

## REV & FLOW

AT THE ESTACADA COMMUNITY CENTER

**Wednesdays @ 6PM**

The **REV & FLOW** fitness class

taught by instructor **TINA JONES**

All Ages Welcome—Great for Seniors

*In Lieu of fee the Center accepts donations*



### LOW IMPACT TRAINING

Builds individual strength and endurance and is designed for all age, shapes sizes and abilities.



## JOIN A FITNESS CLASS!

**CLASSES ARE FREE –DONATATIONS GLADLY ACCEPTED.**

## ESTACADA COMMUNITY CENTER

200 SW CLUBHOUSE DRIVE

ESTACADA



## TAI CHI

Wednesday & Friday

Starts at 10:00 am

Join Us!

Free – Accepting Donations  
for the Center programs

## SENIOR ADULT EXERCISE

MONDAY & THURSDAYS 10:30 -11:30

WITH STRETCHING UNTIL NOON



|                                                                                                                                                                                          |                                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                           | <b>REGULAR WEEKLY ACTIVITIES AT THE CENTER</b><br><b>CENTER STAFF HOURS 8:30-2:30 MONDAY – FRIDAY</b><br>(inclement weather may affect schedules)<br>On-Site Programs & Activities call 503-630-7454 for more info                                                            |
| <b>MONDAY</b>                                                                                                                                                                            | <b>ADULT EXERCISE @ 10:30AM</b><br>LUNCH—NOON<br><b>REFIT W/Tina –6:00 PM</b>                                                                                                                                                                                                 |
| <b>TUESDAY</b>                                                                                                                                                                           | T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00<br><b>LUNCH—NOON</b><br>BINGO AFTER LUNCH<br><b>POUND CLASS W/TINA 6PM</b>                                                                                                                                                    |
| <b>WEDNESDAY</b>                                                                                                                                                                         | TAI CHI – 10:00 AM<br><b>BRIDGE FOR FUN 10AM-NOON - 1<sup>ST</sup> &amp; 3<sup>RD</sup> WEDNESDAY</b><br>LUNCH—NOON<br><b>WELLNESS BINGO – AUGUST 12TH AFTER LUNCH</b><br>FOOT CARE – FIRST WEDNESDAY OF THE MONTH (CALL TO SIGN-UP)<br><b>REV &amp; FLOW –6:00 PM w/Tina</b> |
| <b>THURSDAY</b>                                                                                                                                                                          | WEEKLY COMMUNITY BREAKFAST 8:30 (\$6.00)<br><b>ADULT EXERCISE @ 10:30 AM</b><br>CLAKAMAS COUNTY PRESENTS AFFORDABLE HOME PROGRAMS AUGUST 13 <sup>TH</sup> AT 11AM<br><b>LUNCH – NOON</b><br>REFIT W/Tina –6:00 PM                                                             |
| <b>FRIDAY</b>                                                                                                                                                                            | <b>TAI CHI - 10:00 AM</b><br>LUNCH—NOON<br><b>BINGO—1 PM AFTER LUNCH (Closed JULY 3<sup>RD</sup>)</b>                                                                                                                                                                         |
| <b>SATURDAY</b>                                                                                                                                                                          | DINNER/DANCE MONTHLY FUNDRAISER-JULY 18 <sup>TH</sup> @ 5pm<br><b>BINGO NITE FUNDRAISER AUGUST 22<sup>ND</sup> @6PM</b><br>A CRAFT, ART & VENDOR FAIR – SEPTEMBER 26 <sup>TH</sup> 9:00-3:00                                                                                  |
| <b>DROP IN</b>                                                                                                                                                                           | <b>MONDAY – FRIDAY 9:00-1:00 - FOR COFFEE, PLAY GAMES, CHESS, PUZZLES, PAINT ROCKS, VISIT – BRING FRIENDS</b>                                                                                                                                                                 |
| <b>RIDES</b>                                                                                                                                                                             | Estacada Seniors need a ride to the Center weekdays or to local points of interest in Estacada to run errands or for appointments. Call the Center to schedule 503.630.7454. Call the Center for information on trips.                                                        |
| <b>WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at <a href="http://www.estacadacommunitycenter.org">www.estacadacommunitycenter.org</a></b> |                                                                                                                                                                                                                                                                               |

## AUGUST BIRTHDAYS

|    |          |          |
|----|----------|----------|
| 1  | ROBIN    | MOURLAS  |
| 5  | SHARON   | BRITTAIN |
| 6  | LOIS     | EASTON   |
| 7  | THEODORE | DOLNEY   |
| 8  | DAVID    | EYEMANN  |
| 9  | CAROL    | MORGAN   |
| 9  | LEANA    | SPIDELL  |
| 11 | JENSINA  | EVANS    |
| 11 | MARY     | COX      |
| 12 | VALERIE  | RENTERIA |
| 13 | JOHN     | MCADOO   |
| 13 | PETER    | FRANK    |
| 15 | BARB     | HAUGAN   |
| 21 | BELINDA  | GREGG    |
| 21 | DEE      | DUKE     |
|    |          | LIVLEY-  |
| 23 | RAQUEL   | ZARO     |
| 28 | GARY     | BARDEN   |
| 29 | MIKE     | WAGNER   |
| 31 | BOB      | GRIPPI   |
| 31 | ROSALYNN | LAVIK    |
| 31 | TOM      | BJUGAN   |


















 Celebrate monthly Birthdays with us on 

 the first Friday at lunch. Do you want the 

 Center to recognize your Birthday? Or you 

 don't see it here. Call the Center to be 

 added to the Birthday list. 
















