

# ESTACADA COMMUNITY CENTER

200 SW Clubhouse Drive  
PO Box 430  
Estacada Or 97023

Non Profit  
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Estacada Oregon  
Permit #20

ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

## **DECEMBER 2022 ECCHO — Estacada Community Center Helping Others**

*Inside this issue: DECEMBER BIRTHDAYS*

**BLOOD PRESSURE CHECKS    LUNCH MENU    FOOT CARE CLINIC**

**BLOOD DRIVE    BREAKFASTS    YOGA *NEW***

*Meet Steve Hartwell—New Tai Chi Instructor*

**SEASON OF GIVING    12 DAYS OF CHRISTMAS AUCTION REQUEST**

***HOW CAN YOU HELP?***

*Become a member    Donate    Volunteer    Refer*

### **Mennonite Luncheon**

**Sponsored by the Porter Mennonite Youth Group**

Saturday, December 10th at Noon

Call the Center 503.630.7454 to reserve your seat (take out available  
by request)

# TIS THE SEASON OF GIVING

## SUPPORT THE ESTACADA COMMUNITY CENTER THIS SEASON

### **MAJOR GOALS FOR THIS DRIVE (in addition to Meals on Wheels funding)**

**Transportation**—Partner with Clackamas County and our community to add Transportation Reaching People Volunteers and/or Ride to Care Volunteers. We have need for our elderly community members who need assistance with transportation to medical appointments.

**Fund 2 major maintenance projects** – Seek Funding/Grant to replace siding and paint building as well as funding to paint and spruce up the main dining hall.

**Center Vehicle**—*Seek funding/grant to purchase a mid-sized vehicle that can be utilized to offer transportation and support to clients.*

### MULTIPLE WAYS TO DONATE

**Checks, Cash or Money Orders** send or drop off checks payable to the Estacada Community Center. When donating cash drop it off at the Community Center during business hours

#### Mailing Address:

PO Box 430, Estacada, OR 97023

#### Street Address:

200 SW Clubhouse Drive, Estacada, OR 97023

Hours: Monday – Friday 8:30-2:30

You may also choose to **donate through Facebook**. Find the Estacada Community Center Facebook page and click on the donation button. Be sure to let us know that you sent in a payment this way as Facebook does not itemize who paid the Center.

<https://www.facebook.com/estacadacommunitycenter>

If you sign up to be monthly donor you can set up a **reoccurring payment** through on-line banking with your bank. Be sure to reference your full name

If the company you work for has a **giving campaign**, please consider donating locally to the Friends of Estacada Community Center, Inc.

Estacada Community Center Webpage Online at <https://estacadacommunitycenter.org/> credit card processing fee may apply.

# AUCTION FUNDRAISER—IT'S NOT TOO LATE TO DONATE

## Auction Fundraiser

The Center is collecting items for an auction fundraiser. The **12 DAYS OF CHRISTMAS** is launching in early December. If you would like to donate an auction item, basket, gift card to a local restaurant or retailer let us know. We also accept monetary donations and can list you or your business as a sponsor on the Auction site. Please contact the Center for more information or to arrange a donation. 503-630-7454.



## Seasons Greetings





# ECC HOT MEAL MENU – DEC 2022

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

## Merry Christmas

		FRIDAY	
		2	
		Chicken Pomodoro Capri Vegetable Blend Spinach Romaine Salad Thousand Island Dressing Multigrain Roll Golden Fruit Cup	
5		7	9
Sweet & Sour Pork over Rice Kyoto Vegetable Blend Spinach W/ Raspberry Vinaigrette Seven Grain Roll Dessert		Beef & Black Bean Chili Chuckwagon Corn Spinach Romaine Salad w/ Ranch Dressing Cornbread Lemon Pudding	Western Pork Stew Capri Vegetables Garden Vegetable Salad w/Italian Dressing Oat Bran Wheat Roll Dessert
12		14	16
Turkey Patty -Poultry Gravy Garlic Whip Potatoes Scandinavian Vegetable Blend Whole Wheat Bread Lime Whip		Spaghetti & Meat Sauce Italian Vegetable Blend Marinated Zucchini Salad Wheat Roll Dessert	Pork Sausage Gravy Red Diced Potatoes Tossed Salad w/ Balsamic Vinaigrette Biscuit Seasonal Fresh Fruit
19		21	23
Roasted Turkey Poultry Gravy Whipped Potatoes Succotash Seven Grain Bread Dessert		Salisbury Steak Brown Gravy Whipped Potatoes Broccoli Cracked Wheat Bread Dessert	Holiday Special Cheese Lasagna Rollup in Marinara Sauce Winter Blend Vegetables Spinach Romaine Salad Ranch Dressing Wheat Bread Holiday Cookie
26		28	30
<b>CENTER CLOSED            IN OBSERVANCE OF            CHRISTMAS</b>		German Meatballs German Meatball Sauce Delmonico Potatoes Spinach Oat Bran Wheat Roll Dessert	Pork & Noodles San Francisco Vegetable Blend Cucumber & Tomato Salad Seven Grain Roll Applesauce

Join us for lunch at the Center on Monday, Wednesday or Fridays at Noon. Lunch is \$4.00 or Donation for over 60.



***New!*** Starting in November  
Yoga Wednesday nights 6pm.  
@ the Center

With  
Instructor—Debra Bufton

**ESTACADA COMMUNITY**

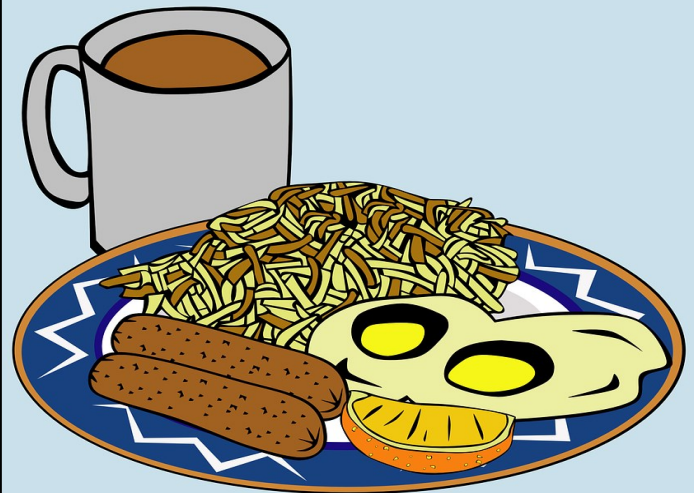
**CENTER BREAKFAST**

**THURSDAYS**

**8:30 AM**

**COST \$6.00**

**COFFEE, WATER, TEA INCLUDED**



**BLOOD PRESSURE CHECKS**

**BY KONNIE**

**EVERY THIRD FRIDAY OF THE MONTH**

**DURING LUNCH & BINGO**

**BETWEEN 1:30-2:30**

**@ The Estacada Community Center**

**200 SW Clubhouse Drive**



**Foot Care Clinic**

**JANUARY 12TH**

**The foot care by Jenelle Balzer-Ediger, RN. Appointments available. Please call the Center today to make an appointment 503.630.7454.**

# ***On-Site Programs & Activities*** ***Call 503-630-7454 for updates***

## **WEEKLY HEALTH & FITNESS CLASSES AT THE CENTER** **(inclement weather may affect schedules)**

<b>MONDAY</b>	<b>ADULT EXERCISE @ 10:30</b> <b>LUNCH—NOON</b> <b>REFIT—No Class in December Instructor on Vacation</b>
<b>TUESDAY</b>	<b>T.O.P.S. WEIGH IN 9:30</b> <b>MEETING STARTS @10:00</b>
<b>WEDNESDAY</b>	<b>TAI CHI – 10:00 AM</b> <b>LUNCH—NOON</b> <b>YOGA W/DEBRA BUFTON—6:00 PM (NEW)</b>
<b>THURSDAY</b>	<b>BREAKFAST 8:30</b> <b>ADULT EXERCISE @ 10:30 AM</b> <b>REV &amp; FLOW</b> No Class in December Instructor on Vacation
<b>FRIDAY</b>	<b>TAI CHI - 10:00 AM</b> <b>LUNCH—NOON</b> <b>BINGO—AFTER LUNCH APPROX 1PM</b>

## **DECEMBER 2022**

- 8 Carolyn Adamson
- 12 Delores Bethea
- 16 Carol Buckner  
Carol Smoot  
Debra Parsons  
Sharon Graham
- 18 Paula Kerns
- 19 Louis Nemnich  
Lona Waybrant
- 20 Shirley McAdoo
- 21 Phyllis Adkins  
Julie Bowcutt
- 22 Leona Campanella  
Jim Moriarty  
Marilyn Lloyd
- 23 Dorothy Sever
- 25 Doug Jamieson  
Gokul Shrestha  
Rick Keeth  
Rebecca Woodward
- 28 Steve Josse
- 29 Joan Johnson



### **Community Center Blood Drive - Main Hall**

200 Clubhouse Drive Estacada

Thursday, December 15th 12:00 p.m. to 5:00 p.m.

Thursday, January 5th 12:30p.m. to 6:00p.m.

To schedule call 1-800-RED-Cross or Visit [www.redcrossblood.org](http://www.redcrossblood.org)  
Sponsor Code: Estacada Community



**Announcement**-Effective December, Please join us in welcoming Steve Hartwell as a Better Balance Certified Tai Chi Instructor. Howard & Bonnie highly recommended Steve for this position and they will be stepping back from leading Tai Chi in Estacada. We appreciate their support and service to the Center and wish them both well. Steve will lead a 12 week (24 class) session each class building on the last one. Participants can join any time during the 12 weeks.