



200 SW Clubhouse Drive
PO Box 430
Estacada Or 97023

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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

DECEMBER 2025 ECCHO — Estacada Community Center Helping Others

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MEDICARE OFFICE HOURS

***BUNCO BINGO POUND CLASS REFIT REV & FLOW TAI CHI
ADULT EXERCISE SATURDAY DINNER DANCE***

BOARD NOTICE: NOVEMBER/DECEMBER BOARD MEETING IS DECEMBER
4TH @ 4:30 PM—EMAIL valerie@estacadacommunitycenter.org
TO RSVP OR GET ON THE AGENDA



ECC HOT MEAL MENU – DEC 2025

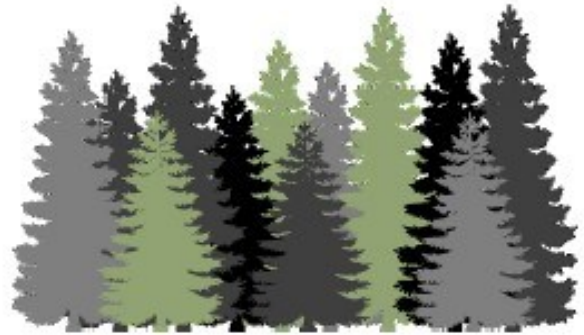
Proposed Menu subject to change. Meals come with a ½ pint of 1% milk.

1	2	3	5
Beef Patty w/ Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Roll Peaches	Veggie Lasagna Roll Up w/ Alfredo Sauce Italian Vegetables Whole Kernel Corn Wheat Roll Pears	Chicken & Veggie Stir Fry w/Brown Rice Green Beans Spinach Romaine Salad w/Raspberry Vinaigrette Pineapple Tidbits	Breaded Baked Fish w/ Tartar Sauce Tater Tots Club Spinach (hot) Garbanzo Bean Salad Cinnamon Applesauce
8	9	10	12
Chicken A La King Brown Rice Harvard Beets California Vegetables Mandarin Oranges	BBQ Smokehouse (beef) Cheesy Hash browns Winter Vegetables Hoagie Bun Fresh Sliced Apples	<i>Winter Special</i> Meatloaf w/ Brown Gravy Whipped Potatoes Sliced Carrots Seven Grain Bread	<i>Winter Special</i> Baked Ham w/ Raisin Sauce Sweet Potatoes Green Beans & Carrots French Bread
15	16	17	19
Winter Special Salisbury Steak w/ Brown Gravy Whipped Potatoes Broccoli Cracked Wheat Bread	Brunch for Lunch Pork Sausage Patty with Cheese O'Brien Potatoes Broccoli & Cauliflower Whole Grain Bagel Hot Spiced Peaches	Scalloped Potatoes & Turkey Garlic Spinach Garden Vegetable Salad w/Thousand Island Seven Grain Bread Fresh Orange	Roasted Pork w/ Apple Chutney Brown Rice Mixed Vegetables Romaine Salad w/French Fresh Sliced Apples
22	23	24	26
Beef Stroganoff Whipped Potatoes Green Beans Garlic Roll Peaches	Breaded Chicken Patty Mayo Shredded Lettuce Tater Tots Kidney Bean Salad Hamburger Bun Tropical Fruit	Chicken (Thigh) Teriyaki Coconut Jasmine Rice Kyoto Vegetables Coleslaw Mandarin Oranges	Vegetarian Meatballs w/ Marinara Sauce and Pasta California Vegetables Chuckwagon Corn Mixed Fruit
29	30	31	
Breaded Pollock Tartar Sauce Brown Rice Mixed Vegetables Pineapple Tidbits	BBQ Chicken Breast Garlic Whipped Potatoes Broccoli Squash Bread Fresh Orange	Hearty Chicken Stew Peas and Carrots Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	

CENTER CLOSED
CHRISTMAS DAY DECEMBER 25TH
NEW YEARS DAY JAN 1ST

Local Family Farm Donates Trees to the Senior Center

**ESTACADA SENIOR CENTER
CHRISTMAS TREE FUNDRAISER
TREES DONATED BY
THE HARTWIG FAMILY**



The Estacada Senior Center is selling Certificates good for a 7 foot plus tree from the Hartwig Family Farm. Instructions to redeem your tree will be listed on the Certificate. Create family memories at the farm....You pick, we cut, you haul is their motto.

Purchase your certificate now for the 2025 holiday season from the Senior Center – 200 SW Clubhouse Drive, Estacada 503-630-7454 Monday -Friday 9am-2pm.

Certificate Prices – Cash or Check

- \$35.00 Noble fir – 7+ feet
- \$25.00 Douglas Fir-7+ feet

Get your tree now! All proceeds benefit the Estacada Senior Center and the Meals on Wheels program.

Thank you for supporting the Center



Estacada Senior/Community Center

Thursday, December 11th, 12:00-3:00

200 SW Clubhouse Drive-Estacada

RSVP by December 5th required: 503-630-7454

Purchase your ticket in advance

Luncheon Ticket \$12.00: Includes tea, coffee, water, salad, ham, scallop potatoes, veggies & dessert

Tea & Dessert Only Ticket \$6.00: Tea, coffee, water & dessert



Gift Exchange: Bring a gift – get a gift. Limit value \$25.00 or less

Center 50/50 Raffle Fundraiser =Bring cash to purchase raffle tickets \$1.00 p/ticket or \$5.00 for 7 tickets.

Dress in festive attire



SATURDAY DINNER DANCES

NOVEMBER 15TH

DECEMBER 20TH

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 – includes Salad, 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

BUS TRIP TO SENIOR NIGHT AT ASPEN MEADOWS
– TUESDAY DECEMBER 9TH – MEET THE BUS AT
THE CENTER AT 5:15PM -CALL THE CENTER AT
503-630-7454 TO RESERVE YOUR SEAT!!



Celebration of Lights

ASPEN MEADOW

*You're invited for some
holiday cheer to celebrate
this special time of year!*



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

NEED MEDICARE HELP?

**DROP BY AND GET YOUR MEDICARE
QUESTIONS ANSWERED**

**SHANNON KININGHAM
INDEPENDENT BROKER & MEDICARE
SCHOLAR WILL BE HOLDING OFFICE HOURS**

**TUESDAY & FRIDAY DURING
ANNUAL ENROLLMENT**

October 15th - December 7th

NOON - 4 PM

ESTACADA SENIOR CENTER
200 SW Clubhouse DR, Estacada, OR

For more information or to make an appointment call:
Shannon Kiningham 503-936-5701
Appointments for other days and times available upon request



REGULAR WEEKLY ACTIVITIES AT THE CENTER

CENTER STAFF HOURS 8:30-2:30 MONDAY – FRIDAY

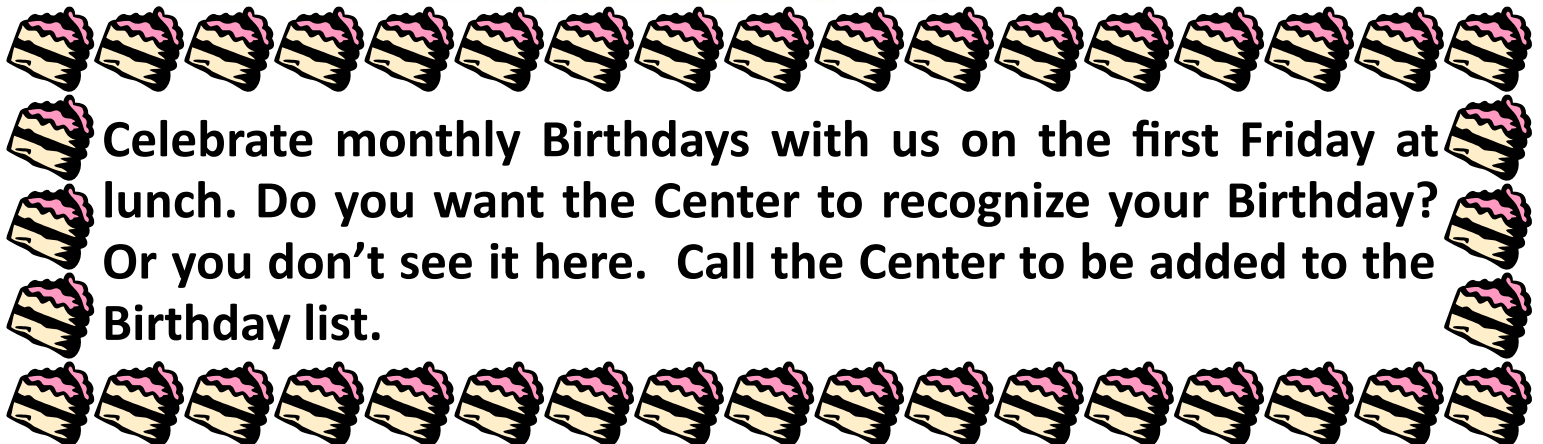
(inclement weather may affect schedules)

On-Site Programs & Activities call 503-630-7454 for more info

MONDAY	ADULT EXERCISE @ 10:30AM LUNCH—NOON REFIT W/Tina –6:00 PM
TUESDAY	T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00 LUNCH—NOON BINGO AFTER LUNCH POUND CLASS W/TINA 6PM TUESDAY, DECEMBER 9 TH BUS TRIP – ASPEN MEADOWS CALL TO RSVP MEDICARE HELP TUESDAYS NOON-4:00 CALL SHANNON 503.936.5701
WEDNESDAY	TAI CHI – 10:00 AM LUNCH—NOON FOOT CARE DECEMBER 3 rd & JANUARY 7 TH (CALL TO SIGN-UP 503-630-7454) REV & FLOW –6:00 PM w/Tina
THURSDAY	COMMUNITY BREAKFAST 8:30 (\$6.00) ADULT EXERCISE @ 10:30 AM REFIT W/Tina –6:00 PM LADIES TEA LUNCHEON DECEMBER 11TH – CALL TO RSVP CENTER CLOSED THURSDAY - DECEMBER 25 TH CENTER CLOSED THURSDAY - JANUARY 1ST
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH MEDICARE HELP FRIDAY NOON-4:00 CALL SHANNON 503.936.5701
SATURDAY	Mennonite Luncheon –December 6th Dinner/Dance Fundraiser- December 20th
DROP IN	MONDAY – FRIDAY 9:00-2:00 - FOR COFFEE, PLAY GAMES, CHESS, PUZZLES, PAINT ROCKS, VISIT – BRING FRIENDS
RIDES	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.
FUNDRAISER THE CENTER IS SELLING CHRISTMAS TREE CERTIFICATES MON-FRI 9:00-2:00	
WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at www.estacadacommunitycenter.org	

DEC BIRTHDAYS

- 2Jill Peterson
- 8Carolyn Adamson
- Brenda Hohlt
- 10Sue Folton
- 14Treena Syring
- 16Carol Buckner
- Carol Smoot
- Debra Parsons
- Sharon Graham
- 18Paula Kerns
- Lois Tamagni
- 19Lona Waybrant
- 20Shirley McAdoo
- Gwen Edwards
- 21Phyllis Adkins
- Julie Bowcutt
- Linda Steffanson
- 22Jim Moriarty
- John Masse
- 23Dorothy Sever
- 25Violet Bonk
- Doug Jamieson
- 28Steve Josse
- Laverne Luedtke
- 29Joan Johnson
- 30Sandy Gray



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.