



Estacada Senior 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

FEBRARY 2026 ECCHO — Estacada Community Center Helping Others

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WEEKLY PROGRAMS & ACTIVITIES FLIER BUNCO BINGO POUND CLASS

REFIT REV & FLOW TAI CHI

CHAMBER LUNCH & LEARN ADULT EXERCISE FOOT CARE

Reminder: Memberships Due—See enclosed flier

CENTER CLOSED PRESIDENTS DAY 2/16

BOARD NOTICE: FEBRUARY BOARD MEETING CHANGE TO 2/19 @ 4:30 PM—EMAIL
valerie@estacadacommunitycenter.org

TO RSVP OR GET ON THE AGENDA



ECC HOT MEAL MENU – FEBRUARY 2026

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

2	3	4	6
Diced Pork w/ Korean BBQ Sauce Broccoli Sesame Slaw Fresh Orange	Macaroni and Cheese Italian Vegetables Pickled Beets (chilled) Garlic Roll Tropical Fruit	Cheese Omelet w/ Salsa Sweet Potatoes Broccoli Biscuit Fresh Apple Slices	Swiss Style Beef Patty w/ Swiss Steak Sauce Whipped Potatoes w/ Swiss Steak Sauce Spinach Cracked Wheat Bread Pears
9	10	11	13
Breaded Pollock Fish Patty Tartar Sauce Shredded Lettuce Tomatoes Baked Beans Coleslaw WG Hamburger Bun Hot Spiced Peaches	Vegetarian Meatballs w/ Country Gravy Whipped Potatoes w/Country Gravy Broccoli & Cauliflower Rye Bran Bread Tropical Fruit	Turkey Pot Pie Chuckwagon Corn Brussels Sprouts Biscuit Applesauce	Spaghetti & Meat Sauce Garlic Spinach Tossed Salad Italian Dressing Garlic French Roll Fresh Melon
16	17	18	20
	Sweet & Sour Pork Brown Rice Ginger Carrots Broccoli Peaches	Chicken Piccata Garlic Whipped Potatoes Carrots Sunflower Seed Bread Diet Chocolate Cake w/Whipped Topping	California Cheese Bake Winter Vegetables Corn and Black Bean Salad Cracked Wheat Roll Blushing Pears
23	24	25	27
Turkey A La King Whipped Potatoes Italian Vegetables Sunflower Roll Peaches	Chicken Gumbo Dirty Rice Succotash Carrots Mandarin Oranges	Tuna Pasta Bake Mixed Vegetables Apple Cranberry Coleslaw Oat Bran Roll Spiced Peaches	Homestyle Pork Patty w/ Pork Gravy Mashed Spiced Yams California Vegetables Seven Grain Bread Mandarin Oranges

CENTER IS CLOSED PRESIDENTS DAY FEBRUARY 16TH

IF YOU HAVEN'T ALREADY DONE SO,

We invite you to join the 2026 Membership/Donation/Volunteer Drive for the Estacada Senior Community Center!

Our Mission - The mission of the Center is to enhance the quality of life for the citizens in Estacada and the surrounding area, with an emphasis on seniors and the disabled, by providing nutritional, social, recreational, and educational services, thereby helping them remain safely in their homes.

Who Are We – The Center is formally incorporated as **Friends of Estacada Community Center, Inc., AKA: Estacada Community Center & Estacada Senior Center**: a 501c (3) public benefit non-profit corporation with members.

Who We Serve - The Center primarily serves seniors and qualifying individuals with disabilities in the greater Estacada area - Barton, Damascus, Dodge, Eagle Creek, Garfield, George, Porter, and Springwater.

How we help! Nutrition - During the prior fiscal year our volunteers and staff **delivered 26,490 meals to 164 homebound clients**, driving 18K+ miles with volunteers donating their time, driving their own vehicles. The Center also served **2,481 in person meals** at the Center. The Center partnered with Estacada Food Bank, Dave's Killer Bread, FIDO animeals (pet food) and other local farmers to provide extra food to help home bound clients and their pets. Volunteer delivery drivers delivered over **700 food boxes**. **Transportation** – The Center provided **1771 rides** to the Center, local points of interest, shopping, field trips, and appointments in Estacada. **Recreational and Social** – The Center provided **350 fitness classes** all classes are donation based and most are volunteer lead. **Reassurance, Resources and Assistance** - The Center **assisted 1,410 clients** with resources, information and care calls and visits.

How can you help? Become a member – Includes the mailing of the monthly newsletter and the opportunity to vote for board member/s when there is more than 1 person running in an open position. **Become a Volunteer** – The Center is seeking meals on wheels drivers, typical commitment is an average of 2 hours p/week, 1 route, using own vehicle and volunteer drivers helping seniors get to appointments out of the local area. **Donate** – designate your donation as a memorial, Meals on Wheels, as general support for the operating budget or for a special project or program. **Sponsor the Center** - Businesses/Corporations can be a sponsor of the Center and be recognized on our webpage for the 2026 calendar year (see attached). **Participate in your Employer Giving campaign** – Consider giving through your employer giving campaign and/or matching gifts to Friends of Estacada Community Center, Inc. as a local non-profit donation. **Donate/Participate in fundraisers and events**– The Center collects auction items, food donations and other items for Dinner Dance fundraisers, Bingo, Bunco and craft events call the Center for details on how you can help!

MAJOR GOALS FOR THIS DRIVE

- **Nutrition & Social Programs**-Federal assistance for nutrition funding has declined and is expected to continue to decline 20%-25% this fiscal year with continued declines expected next fiscal year, especially in the Meals on Wheels program.
- **Building** – The Center is the recipient of a Community Development Grant which provides funds to replace old worn-out siding. The project was moved and is expected to be completed by March of 2026 with an additional unexpected cost increase of approx. \$21,000 to complete.
- **Transportation**—Work with Clackamas County and the community to attract volunteers for County transportation programs helping seniors obtain rides to appointments out of the area.



Serving Seniors in the Greater Estacada Community

MULTIPLE WAYS TO DONATE

Checks, Cash or Money Orders mail or drop off checks payable to the Estacada Senior Community Center. When donating cash drop it off at the 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 use of this QR code directly.*



- If you sign up to be a monthly donor (sustainer), you can set up a **reoccurring monthly 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 Friends of Estacada Community Center, Inc.
- Complete membership, donation and volunteer interest application included and mail it to **PO Box 430, Estacada, OR 97023** or drop it off at the Center **200 SW Clubhouse Drive, Estacada** for processing.



SATURDAY DINNER DANCES VALENTINES DAY FEBRUARY 14TH

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: VALENTINES DAY – FEBRUARY 14TH 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

JOIN US FOR MEDICARE BINGO!

2026 MEDICARE UPDATE
LEARN ABOUT MEDICARE!
HAVE FUN!
WIN PRIZES!

Wednesday, February 11th
1pm-2pm
Estacada Senior Center

For more information call:
Shannon Kiningham 503-936-5701

This is a Free Educational Event. All are welcome!

CALL TO SIGN UP 503.630.7454

COST
\$ 30.00

Paint night
Feb 28th
at
6 pm



ESTACADA CHAMBER'S "BROWN BAG & LEARN"

February 19th, 12:00-1:00

Hosted by the Estacada Community Center, 200 SW Clubhouse Drive.

"Grandma I need help, please send money", "Your account shows fraudulent activity" don't panic these are tactics of Scammers who want to steal your money. Join us and learn how to protect yourself and loved ones. A presentation from Estacada Key Bank, Reliance Connects and US Bank.

Bring your lunch and leave armed against these bad people.



KeyBank



RELiance
CONNECTS

usbank

BUNCO NIGHT

FEBRUARY 27 @ 6PM

THE BUY IN IS \$5.00 WHICH ALL PROCEEDS STAY AT THE CENTER. THERE WILL ALSO BE TICKETS FOR \$1.00 EACH OR 6 @ \$5.00 FOR A 50/50 RAFFLE. THE WINNER GETS HALF THE POT AND THE CENTER GETS THE OTHER HALF. RAFFLE WILL BE CALLED AT 8PM THAT NIGHT

THIS IS A POTLUCK SO BRING YOUR FAVORITE DISH. WILL HAVE COFFEE AND WATER.



RSVP WITH TINA @
503/828/6579



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

NEW EXERCISE CLASS **REV & FLOW**

AT THE ESTACADA COMMUNITY CENTER

Wednesdays @ 6PM—STARTING MARCH 13TH

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.



START THE NEW YEAR OFF RIGHT AT THE CENTER

JOIN A FITNESS CLASS! CLASSES ARE FREE –DONATION GLADLY ACCEPTED.

ESTACADA COMMUNITY CENTER

200 SW CLUBHOUSE DRIVE

ESTACADA

SENIOR ADULT EXERCISE

MONDAY & THURSDAYS 10:30 -11:30

WITH STRETCHING UNTIL NOON



TAI CHI

Wednesday & Friday

Starts at 10:00 am

Join Us!

Free – Accepting Donations
for the Center programs






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 CENTER CLOSED MONDAY 2/16
TUESDAY	T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00 LUNCH—NOON BINGO AFTER LUNCH POUND CLASS W/TINA 6PM
WEDNESDAY	TAI CHI – 10:00 AM LUNCH—NOON FOOT CARE FEBRUARY 4 TH & MARCH 4 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 CHAMBER LUNCH & LEARN 2/19 – AVOIDING SCAMS 12:00 AM
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH SENIOR CONNECTIONS 2/27 @ 11: 00 AM BUNCO NITE 2/27 @6PM
SATURDAY	VALENTINES DAY -Dinner/Dance Fundraiser- FEBRUARY 14TH @ 5pm PAINT NIGHT 2/28 – CALL TO SIGN UP
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.
WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at www.estacadacommunitycenter.org	

FEB BIRTHDAYS

1	SHERRIL	OSBORN
2	CAROL	HAUSAFUS
2	MARK	JOHNSON
2	JACLIN	ROBINSON
2	CARRISA	PETRUZZI
3	DEBBIE	KETCHERSID
5	SUSAN	MAAG
6	LINDA	KINCAID
12	ELIZABETH	GRAY
13	JOAN	LAWSON
13	RICHARD	REPP
14	JOY	WOLLANDER
16	BILL	PERRY
16	SULLY	SULLIVAN
24	NANCY	HARTUNG
25	THOMAS	FIRRADELLO
25	DELORES	LUNDBURG
28	MICHELLE	JACKSON



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. 