



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

JANUARY 2026 ECCHO — Estacada Community Center Helping Others

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CRAFT NIGHT SATURDAY DINNER DANCE

SENIOR CONNECTIONS BIRTHDAYS LUNCH MENU

WEEKLY PROGRAMS & ACTIVITIES FLIER

***BUNCO BINGO POUND CLASS REFIT REV & FLOW TAI
CHI ADULT EXERCISE FOOT CARE***

Reminder: Memberships Due Now!!

BOARD NOTICE: JANUARY BOARD MEETING 1/22 @ 4:30 PM—

EMAIL valerie@estacadacommunitycenter.org

TO RSVP OR GET ON THE AGENDA



ECC HOT MEAL MENU – JAN 2026

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

REMEMBERING MARTIN LUTHER KING JR. JANUARY 19 TH			2
			Teriyaki Meatballs Brown Rice Glazed Carrots Marinated Veggie Salad Coconut Treasure Cake Yellow Cake w/Whipped Topping
5	6	7	9
Herbed Chicken Patty w/ Cordon Bleu Sauce Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Orange	Turkey Tetrazzini Fiesta Vegetables Peas Cornmeal Roll Tropical Fruit	Sliced Ham w/ Raisin Sauce Garlic Whipped Potatoes Italian Vegetables Squash Bread Splenda Sugar Cookie	Breaded Pollock Fish Tartar Sauce Rice Pilaf Spring Chef Cut Vegetables Kidney Bean Salad Rye Bran Bread Hot Spiced Applesauce
12	13	14	16
Breaded Chicken Patty Parslied Potatoes Coleslaw WG Hamburger Bun Ketchup and Mustard Fresh Orange	Orange Glazed Chicken Brown Rice Ginger Carrots Green Peas Diced Peaches	A1 Chopped Steak Garlic Whipped Potatoes Club Spinach (Hot) Onion Bread Tropical Fruit	Chicken Gumbo Dirty Rice Succotash Romaine Iceberg Salad Ranch Dressing Mandarin Oranges
19	20	21	23
Closed Martin Luther King Holiday	Roast Pork w/ Apple Cranberry Sauce Whipped Potatoes Italian Vegetables Sunflower Roll Peaches	Sloppy Joe Broccoli Coleslaw WG Hamburger Bun Blushing Pears	Hearty Turkey Stew Mixed Vegetables Apple Cranberry Coleslaw Oat Bran Roll Spiced Peaches
26	27	28	30
Meatloaf w/ Brown Gravy Whipped Potatoes w/Brown Gravy Peas and Carrots Rye Bran Bread Pineapple Tidbits	Chicken and Mushroom Bake San Francisco Vegetables Whole Kernel Corn Multigrain Roll Tropical Fruit	Beef Patty w/Peppers & Onions Rosemary Red Diced Potatoes Creamed Spinach Oat Bran Roll Golden Fruit Cup	Salisbury Steak w/ Brown Gravy Whipped Potatoes w/Brown Gravy Brussels Sprouts Glazed Carrots Multigrain Roll Fresh Apple Slices

CENTER CLOSED – January 19th



SATURDAY DINNER DANCES JANUARY 17TH

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

S E N I O R

CONNECTIONS

In December the center kicked-off a new program called **SENIOR CONNECTIONS**. The Center is partnering with the High School Honor Students for their service project. The Honor students will be at the Center once a month connecting with our seniors during a lunch on Fridays. In December, they came and led our Reindeer Games



Join us January 23rd for our next **SENIOR CONNECTIONS** event. The participating Estacada High School Honor Students will be here on January 23rd at 11 am to connect and share “**How To’s**” navigating smart phones. Bring your questions. Hope to see you then. |

We are seeking Volunteers for our **GREETING CARD PROJECT**. Do you want to help us complete Holiday, Birthday and thinking of you cards for our folks on meals? This is a GREAT way to add some cheer to our Meals on Wheels Clients and those who visit the Center. We know we miss folks birthdays from time to time, so hopefully with volunteers helping we will not miss as many. If you would like to be added to the birthday list. Contact us and let us know. 503-630-7454. Thanks

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 1/19
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 JANUARY 7TH & FEBRUARY 4TH (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 CENTER CLOSED THURSDAY - JANUARY 1ST
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH SENIOR CONNECTIONS 1/23 @ 11: 00 AM BUNCO NITE 1/23 @6PM
SATURDAY	Dinner/Dance Fundraiser- January 17th @ 5pm MAKE YOUR OWN WELCOME MAT CRAFT DAY 1/24 @ 10:30
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	

JAN BIRTHDAYS

- 3 Al Bomotti
- 5 Sandy Pense
Shirley Hackerott
- 10 Susan Dixon
- 15 Mary Ann Layton
- 17 Tricia Bennett
Adam Renteria
- 19 Cindra Boyles
- 21 Leanne Bodda
- 22 Linda French
- 25 Larry Flower
- 27 Mike Komurka
- 28 Bud Simpson
Jim Beltramo
- 29 Chuck Reed
- 31 Yolanda Lins

