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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

# JULY 2025 ECCHO — Estacada Community Center Helping Others

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SUMMER BASH W/CODY & THE CROSSROADS BAND
BIRTHDAYS LUNCH MENU PHOTO CONTEST

T.O.P.S WALK & ROLL ALONG THE RIVER GAME
TIME BUNCO POUND CLASS BUS TRIPS REFIT
BINGO REV & FLOW TAI CHI
ADULT EXERCISE PROGRAMS & ACTIVITIES FLIER
WELLNESS W/SHANNON CLOSED 4TH OF JULY

Seeking Board Candidates—Interested? contact Valerie

at the Center 503-630-7454 or email

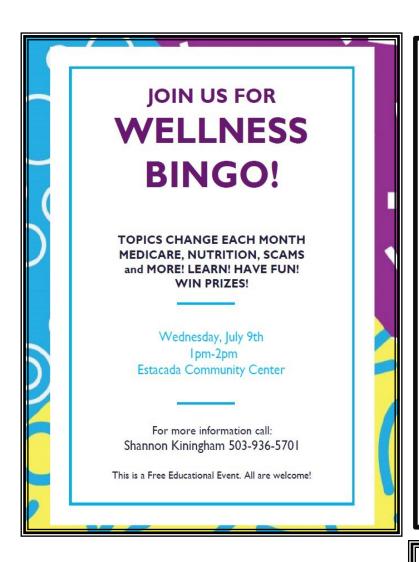
valerie@estacadacommunitycenter.org



# ECC HOT MEAL MENU - JULY 2025

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

	7/1	7/2	7/4
7/7	Shaved Turkey Half Sandwich Broccoli and Cheese Soup Kidney Bean Salad Sprouted Wheatberry Bread Pineapple Tidbits 7/8	Potato Crusted Fish New! w/Alfredo Basil Sauce Orzo Pasta Spinach Pineapple Slaw Wheat Bread Mixed Fruit	7/11
Pork Sausage Patty w/Cheese Tater Tots California Vegetables Biscuit Seasonal Fresh Fruit	BBQ Pulled Chicken Baked Beans Coleslaw Hamburger Bun Dessert	Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Club Spinach French Bread Fresh Orange	Around the World Greek Chicken Thigh Cucumber-Yogurt Sauce Broccoli, Tomato, Cucumber, & Feta Salad Pita Bread Spiced Peaches
7/14	7/15	7/16	7/18
Ham & Swiss Cheese Half Sandwich Shredded Lettuce Lentil Soup Coleslaw Whole Wheat Bread Tropical Fruit	Ground Beef Stew Whole Kernel Corn Kidney Bean Salad Multigrain Roll Fresh Banana	Pineapple Chicken Oven Roasted Potatoes Glazed Carrots Cracked Wheat Bread Fresh Apple	New! Chicken Cobb (bacon) Salad with Ranch Dressing over Spinach Romaine Pickled Beets Wheat Roll Tropical Fruit
7/21	7/22	7/23	7/25
Chicken Spanish Rice California Vegetables Black Bean Corn Salad Oat Bran Wheat Roll Fresh Banana	BBQ Hamburger w/bun Shredded Lettuce and Sliced Tomatoes Ranch Beans Coleslaw Seasonal Fresh Fruit	Cheese Lasagna Roll with Alfredo Sauce Stewed Tomatoes Broccoli Seven Grain Roll Fresh Orange	Herbed Chicken Patty with Country Gravy Whipped Potatoes Spinach Onion Bread Pineapple Tidbits
7/28	7/29	7/30	<b>*</b>
Breaded Fish with Tartar Sauce Delmonico Potatoes Mixed Vegetables Rye Bran Bread Fresh Apple	Chicken Fajita Bowl Fiesta Vegetables Cilantro Coleslaw Oat Bran Wheat Roll Fresh Banana	Pizza Pasta (pork) (rotini) Bake Broccoli and Cauliflower Garbanzo Bean Salad French Roll Seasonal Fruit	



# FOOT CARE CLINIC THURSDAY JULY 17<sup>TH</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

# ESTACADA COMMUNITY CENTER

200 SW CLUBHOUSE DRIVE ESTACADA



#### **American Red Cross**

Give blood. Help save lives.



## **Blood Drive**

Estacada Community @ Estacada Community Center

Dining Hall 200 SW Club House Drive Estacada, OR 97023

Thursday, JULY 17TH 1-6

To schedule your appointment or for more information, please call 1-800-RED-CROSS

or visit www.redcrossblood.org; Sponsor Code: EstacadaCommunity



1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App



# SUMMER BASH LIVE BAND BENEFIT CONCERT & DINNER

Hosted by Cody Alan And the Crossroads Band & The Estacada Community Center All proceeds benefit Estacada Community Center's Meals on Wheels Program

Where: Estacada Community Center 200 SW Clubhouse Drive, Estacada

When: July 12th - Dinner at 6:00 & Music Starts at 7:00 PM.



### Costs:

\$12.00 Dinner Tickets — Cheese Burger Basket, Coffee, Water or Tea \$3.00 Root Beer Float \$5.00 Music only —Coffee, Water or Tea

50/50 raffle

\$1.00 p/ticket \$20.00 for 25 tickets

only cash or checks accepted

ESTACADA	REGULAR WEEKLY ACTIVITIES AT THE CENTER
- Comment	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
CONTROL TY CENTER	On-site Programs & Activities can 505-650-7454 for more into
MONDAY	ADULT EXERCISE @ 10:30AM
	LUNCH—NOON (NO BUS 7/7)
	GAME TIME AFTER LUNCH (CARDS, BOARD GAMES)
	REFIT W/Tina –6:00 PM
TUESDAY	WALK & ROLL ALONG THE RIVER8:30AM
	T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00
	LUNCH—NOON (NO BUS 7/8)
	BINGO AFTER LUNCH
	POUND CLASS W/TINA 6PM
WEDNESDAY	TAI CHI – 10:00 AM
	LUNCH—NOON (NO BUS 7/2)
	WELLNESS BINGO WITH SHANNON – JULY 9TH AFTER LUNCH
	REV & FLOW —6:00 PM w/Tina
THURSDAY	COMMUNITY BREAKFAST 8:30 (\$6.00)
	FOOT CARE JULY 17TH (CALL TO SIGN-UP)
	ADULT EXERCISE @ 10:30 AM
	RED CROSS BLOOD DRIVE THURSDAY JULY 17 1PM-6PM
FRIDAY	TAI CHI - 10:00 AM
	JULY 4TH – CLOSED FOR THE HOLIDAY
	LUNCH—NOON
	BINGO—1 PM AFTER LUNCH
	BUNCO – JUNE 25TH 6PM-BRING FOOD TO SHARE
SATURDAY	3 <sup>rd</sup> Saturday of the month -Classic Country Connection Band
	Dinner/Dance resumes in August!!
	JULY 12TH - SUMMER BASH W/ CODY ALAN AND THE CROSSROADS -
	CONCERT BENEFITING MEALS ON WHEELS
SUNDAY	
RIDES	Estacada Seniors need a ride to the Center 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.
	Shirts available for purchase at the Center

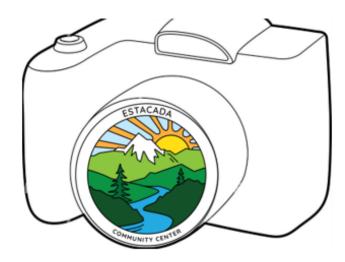
WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at www.estacadacommunitycenter.org

### **JULY BIRTHDAYS**

4	Karen Hovda	
12	Gokul Shrestha Larry Manley	
13	Linda Wood Dorothy Baxter	
17	Gary Warkentin	
18	Sherry Anderly	
21	Sue Dumolt	
23	Lori Lee	
25	Karen Vanzant	
27	Julie Soots	
28	Bonnie Newman Chrissy Geary	
30	Gary Sischo	



Celebrate July Birthdays with us Friday July 11th 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.



Entry (ies) Paid Date

# 1<sup>st</sup> Annual 2026 Estacada Community Center 2026 Calendar Photo Contest

The Estacada Community Center is having a Photo Contest! Winners will have their photo displayed in the 2026 Estacada Community Center's 2026 Calendar. Winners will be decided by a committee of Center Members, Board Members, and staff. Each Winner will receive a calendar and have their name/business mentioned. There will be a \$10.00 entry fee per photo, multiple entries accepted. You will have the opportunity to designate the photo for a specific month if you wish. Complete the registration form below to submit entries.

+			
	2026 Estacada Community Center Photo Contest Registration		
	Name		
	Street Address		
	City, State, Zip		
	Contact Phone Number		
	Contact Email		
	# of photos submitting		
	Note: Photos must be a digital image at least 1600 pixels wide, horizontal images only. No nude photos please. Emai photo to <a href="mailto:eccphotocontest@gmail.com">eccphotocontest@gmail.com</a> . Save your photo as your name and entry number 1,2,3 etc. depending on # or photos entering. Separate email for each photo, include the month you would like the photo to be considered in the body of the email along with the contest registration details. Payment must be made to the Center by Cash or Check by August 15th 2025. If you would like an invoice sent to pay by direct bank withdrawal include that information in your email.		
	Center Use Only (date and initial)		
	Entry (ies) Received Date		
	Photo Entry Approved		