

ESTACADA COMMUNITY CENTER

200 SW Clubhouse Drive
PO Box 430
Estacada Or 97023

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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

JULY 2022 ECCHO — Estacada Community Center Helping Others

***Inside this issue: JULY BIRTHDAYS VOLUNTEERS WANTED
BLOOD DRIVE BOARD MEETING NOTICE INTERNATIONAL JOKE DAY
PROGRAMS AND ACTIVITIES DINNER & DANCE LUNCH MENU
COMMUNITY BREAKFASTS ARE BACK! REFIT STARTS AT THE CENTER!***

HOW CAN YOU HELP?

Become a member Donate Volunteer Refer

The Estacada Community Center is seeking volunteers for a fundraising committee to plan-promote-participate in raising funds for the Center. If you would like to take part in making a difference and raising funds for the Center please call Valerie at 503-630-7454.

Board News

BOARD POSITION AVAILABLE—2 years remaining on term

Do you want to.....serve? Help the Center help Seniors and others in our community? Share all the wonderful work the Center does to assist seniors and community with your friends and family.? Then serving on the Board may be for you! For more details about becoming a Board Member, please call the Center at 503-630-7454.

Annual Review

Annual Fiscal Year Report will be included in the August ECCHO Newsletter, so the entire Fiscal Year can be viewed.

Volunteers— We are seeking volunteer Meals on Wheels drivers to support our growing program. Our clients have doubled and the meals we deliver have tripled year over year. As a result, we need more volunteers in preparation to return to daily deliveries in the future. If you have a couple hours mid-morning during weekdays and are interested in service to others please call the Center at 503-630-7454 to get the volunteer process started. All candidates will be required to pass a background check.

July Board Meeting

Please be advised the July Board Meeting is 7/28 @ 4:30 . The annual Fiscal Year Report will be reviewed at the Meeting. Contact the Center if you would like to attend or have an Agenda item.

Center Staff

Valerie Hansen-Renteria
Center Director

Open Position
Client Services

Linda Haddan
Bookkeeper

Sabrina Rogers
Kitchen Coordinator

Mikaela O'Brien
Center Assistant

Tom Cherry
Transportation Coordinator

Patrick Burns
Bus Driver / Maintenance

Board

Jan Gilliland
Chair/Interim Secretary

Peggy Ayles-Hartwig
Vice Chair

Tami Latham
Treasurer

Open Position

Susan Wagner
Member

Mike Renteria
Member

Simon DeBruin
Member



Oregon Department of Human Services

Oregon Department of Human Services (ODHS) would like to invite you to join us for an information session.

In this information session, ODHS will provide:

- a brief overview* of the different programs and benefits available
- answer questions
- help schedule appointments for those interested in applying.

July 22, 2022

Presentation 1:30 PM*

*will be available for questions after, too.

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New Exercise Class at the Estacada Community Center

Mondays @ 6pm - Starting July 11th

Taught by REFIT instructor *Tina Jones*

All Ages Welcome—Center accepts donations



REFIT® REVOLUTION

FITNESS THAT FITS EVERYBODY

OUR PHILOSOPHY

WE BELIEVE FITNESS SHOULD CHANGE MORE THAN YOUR BODY. Because this type of change doesn't come easy, we've created a fitness experience that has helped thousands of people change from the inside out. Whether you're new to fitness or a seasoned exercise junkie, REFIT® offers something for everyone.

OUR WORKOUT

The REFIT experience combines powerful movements and positive music for a cardio-based workout that is challenging, effective and fun for everybody. The 60-minute workout uses an interval system to provide a challenging, yet effective, cardio experience.



Meet for Breakfast

Join us at the Estacada Community Center
200 SW Clubhouse Drive for Community
Breakfast on Thursday Mornings @ 8:30.

Cost is just \$6.00 and includes beverage of
Coffee, Tea, Milk or Water. Questions??
please call 503.630.7454.



Join the Estacada Community Center and the Classic Country Connections Band for a Dinner & Dance Fundraiser

Where: Estacada Community Center
200 SW Clubhouse Drive, Estacada
When: **Saturday July 16th** 5:00 PM
Dinner, Band and Dancing Starts at
6:00 PM.

Costs:

- \$12.00 Dinner Tickets – includes Dinner Meal, Dessert, Coffee, Water or Tea
- \$ 5.00 Music only – includes Dessert, Coffee, Water or Tea

only cash or checks accepted

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Seeking Volunteer Cook and Servers for the Dinner/Dance Fundraiser! If you are interested in volunteering, contact Valerie at the Center. 503-630-7454

ECC HOT MEAL MENU – July 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef w/Onion & Pepper Gravy Whipped Potatoes Italian Mixed Vegetables Seven Grain Bread Dessert
4		6		8
		Kielbasa Sausage Sauerkraut/Yellow Mustard Chuckwagon Corn Confetti Coleslaw Hot Dog Bun Dessert		Cheese & Green Chili Bake Corn O'Brien Garden Vegetable Salad FF Italian Dressing Rye Bran Roll Dessert
11		13		15
Herbed Chicken Patty w/Poultry Gravy Whipped Potatoes Capri Vegetable Blend Whole Wheat Bread Dessert		Lasagna Cheese Roll Up Italian Vegetables Coleslaw Whole Wheat Roll Mandarin Oranges		BBQ Smokehouse Chop Au Gratin Potatoes Tossed Salad Balsamic Vinaigrette Dressing Cracked Wheat Roll Dessert
18		20		22
Parmesan Chicken Delmonico Potatoes Broccoli Garlic Bread Dessert		Sloppy Joe Baked Beans Potato Salad Hamburger Bun Dessert		Santa Fe Chicken Salad over Spinach Romaine Green Split Pea Soup Onion Roll Pears
25		27		29
Garlic Chicken Parslied Potatoes San Francisco Vegetable Blend Seven Grain Bread Dessert		Chicken Pomodoro Winter Vegetable Blend Carrot Raisin Salad Multigrain Roll Dessert		Mexican Pasta Bake Glazed Carrots Marinated Zucchini Salad Oat Bran Wheat Roll Seasonal Fruit

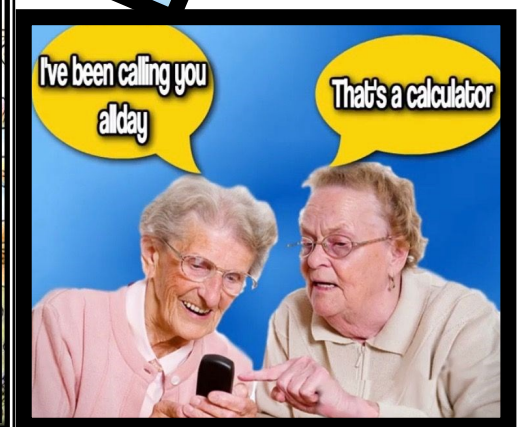
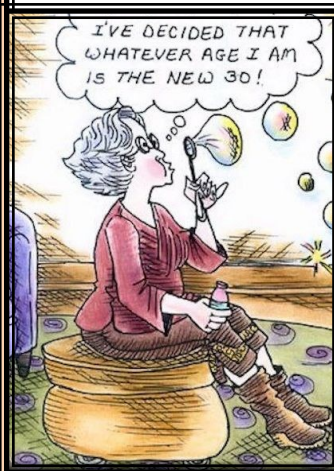
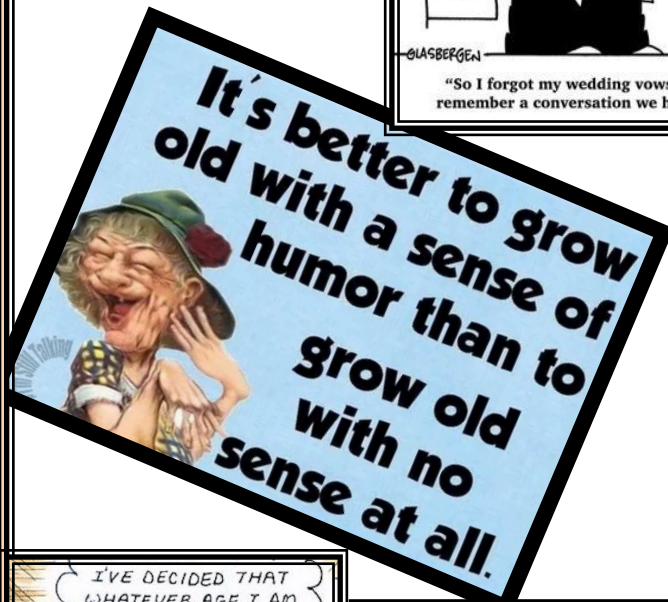
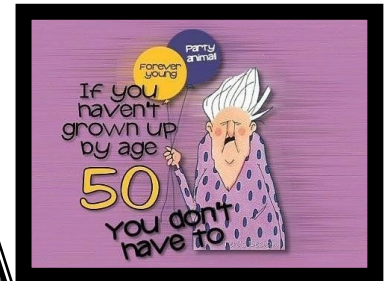
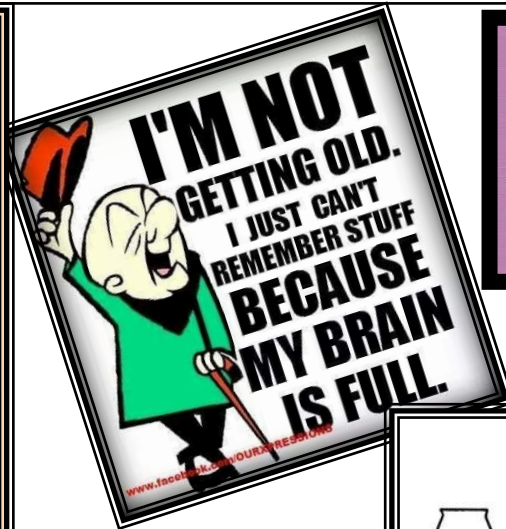
Join us for lunch at the Center on Monday, Wednesday or Fridays at Noon. Lunch is \$4.00 or Donation for over 60.

INTERNATIONAL JOKE DAY!

The international joke day was created by the famous American author and graphic artist "Wayne Reinagel" in the year of 1994. He said that he made July 1 the international day because it is the end of half-year as well as the beginning of the next half-year. This international day was created to encourage laughing.

Perks of being over 60

1. Kidnappers are not very interested in you.
2. In a hostage situation, you are likely to be released first.
3. No one expects you to run -- anywhere.
4. People call at 9 PM (or 9 AM) and ask, 'Did I wake you?'
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4 PM.
9. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your joints are more accurate meteorologists than the national weather service.
16. Your secrets are safe with your friends because they can't remember them either.
17. Your supply of brain cells is finally down to a manageable size.
18. You can't remember who sent you this list.



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

Foot Care Clinic—July 14

The foot care is performed by Jenelle Balzer-Ediger, RN. appointments available, so please call the Center to make an appointment 503.630.7454.

Join us at Noon for **LUNCH & BINGO** at the Center **MONDAY, WEDNESDAY & FRIDAY**. Lunch is \$4.00 for ages up to 60, over 60 is \$4.00 as a suggested donation. Wednesdays Ant Farm Summer Camp Students will join us for lunch and a game or craft activity.

Adult Exercise is Back!

Mondays! Starting July 11th
at 10:30-11:30,
Stay for lunch if you like

T.O.P.S.—The Estacada T.O.P.S (Take off pounds sensibly) group has resumed in person meetings at the Estacada Community Center. Weigh-in @ 9:30 Meeting 10:00am-11:00am Tuesdays. Contact Dorothy Hoffman at 503-830-1649 for more information.

Tai Chi for Better Balance in-person only

Interested? classes will be held Wednesday and Friday mornings 10:00-11:00.

Community Breakfast Thursdays 8:30

Join us for Breakfast each Thursday's. Cost will be \$6.00 includes coffee, tea and water.

Community Center Blood Drive - Main Hall

200 Clubhouse Drive Estacada

Thursday July 21st— 12:00 p.m. to 5:00 p.m.

To schedule call 1-800-RED-Cross or Visit www.redcrossblood.org

Sponsor Code: Estacada Community

HAPPY BIRTHDAY!

JULY Birthdays

4—Karen Hovda

12—Sabitri Shrestha

13—Linda Wood

15—Doug Barnes

17—Gary Warkentin

18—Sherry Anderly

21—Sue Dumolt

23—Lori Lee

25—Karen Vanzant

