



200 SW Clubhouse Drive  
PO Box 430  
Estacada Or 97023

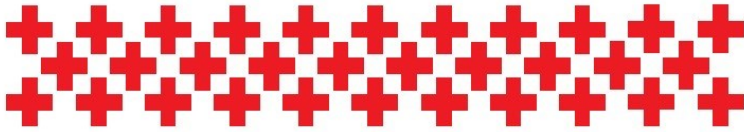
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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

***JULY—AUGUST 2024 ECCHO — Estacada Community Center Helping Others***

***Inside this issue: BIRTHDAYS***  
***BLOOD PRESSURE CHECKS LUNCH MENU***  
***EMBROIDERY W/JANICE***  
***PROGRAMS AND ACTIVITIES DINNER DANCE***  
***REFIT W/TINA***  
***REV & FLOW W/TINA SUMMER BUS TRIPS***  
***FOOTCARE BUNCO***  
***BLOOD DRIVE COMING IN AUGUST WEEKLY BREAKFAST***  
***CENTER CLOSED JULY 4TH***

Give blood. Help save lives.



**Blood Drive**  
Estacada Community @  
Estacada Community Center

Dining Hall  
200 SW Club House Drive  
Estacada, OR 97023

Thursday, July 18<sup>th</sup>  
1-6

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

or visit [www.redcrossblood.org](http://www.redcrossblood.org);  
Sponsor Code: EstacadaCommunity



Scan to schedule  
an appointment.

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

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ESTACADA  
PUBLIC LIBRARY  
*Small Town - Big Library!*



**CRAFT AND TECH HELP**

MAKE A SUMMER CRAFT WITH THE LIBRARY LADY,  
MISS ROXANNE -

HAVE QUESTIONS ABOUT YOUR PHONE  
OR COMPUTER?  
BRING THOSE TOO!

**Estacada Community Center**  
**3rd Wednesdays**  
**July 17th**  
**August 21**  
**12:15 p.m. - 1:15 p.m.**

ESTACADA  
PUBLIC LIBRARY  
*Small Town - Big Library!*

**BOOKMOBILE  
VISIT**



- Get a new library card!
- Check out a book or a puzzle!
- Get book recommendations from a librarian!

**Estacada Community Center**

**Fourth Fridays:**  
**July 26**  
**August 23**  
**1:30 p.m. - 2:30 p.m.**



**Aug 23rd at 6 pm @ the**  
**Estacada Community Center**  
There is a \$5 buy in that includes  
a Taco bar, juice, water and tea.  
**Please RSVP**  
**Tina Jones**  
**503-828-6579** or sign up at Center  
All money raised stays at the  
Center.

**JULY AND AUGUST WEEKLY ACTIVITIES AT THE CENTER**  
**CENTER STAFF HOURS 8:30-2:30 MONDAY – FRIDAY**  
 (inclement weather may affect schedules)

<b>MONDAY</b>	ADULT EXERCISE @ 10:30 LUNCH—NOON REFIT W/Tina –6:00 PM
<b>TUESDAY</b>	T.O.P.S. WEIGH IN 9:30 - MEETING STARTS @10:00 LUNCH—NOON
<b>WEDNESDAY</b>	TAI CHI – 10:00 AM LUNCH—NOON WELLNESS W/SHANNON JULY 10 <sup>TH</sup> & AUG 14 <sup>TH</sup> EMBROIDERY w/Janice— JULY 24 <sup>TH</sup> AND AUG 28 <sup>TH</sup> REV & FLOW —6:00 PM w/Tina LIBRARY VISIT w/Roxanne Craft or Tech 12:15 -1:15 July 17 <sup>th</sup> & August 21st
<b>THURSDAY</b>	COMMUNITY BREAKFAST 8:30 (\$6.00) ADULT EXERCISE @ 10:30 AM FOOT CLINIC 8/8 – CALL CENTER TO SCHEDULE <u>SUMMER TRIPS – CALL THE CENTER TO SIGN UP</u> SANDY SHOPPING TRIPS JULY 18 <sup>TH</sup> AUGUST 1 <sup>ST</sup> & 22 <sup>ND</sup> SCENIC BUS TOUR W/SACK LUNCH UP RIVER JULY 11TH HOOD RIVER FRUIT LOOP TRIP AUGUST 15TH
<b>FRIDAY</b>	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM BLOOD PRESSURE CHECKS– 7/19 & 8/16 BUNCO 8/23 @ 6PM – CALL CENTER SIGN UP BOOKMOBILE VISIT 1:30- 2:30 JULY 26 <sup>TH</sup> AND AUGUST 23 <sup>RD</sup>
<b>SATURDAY</b>	DINNER DANCE FUNDRAISER (\$12.00) SATURDAY JULY 20 <sup>TH</sup> & AUGUST 17TH @5PM MUSIC BY CLASSIC COUNTRY CONNECTIONS. POUND CLASS WITH TINA – JULY 27 <sup>TH</sup> & AUGUST 24TH @9:30
<b>TRANSPORTATION</b>	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.

**CENTER CLOSED JULY 4TH IN OBSERVANCE OF  
INDEPENDENCE DAY A FEDERAL HOLIDAY**

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



**SATURDAY DINNER DANCES**  
**JULY 20<sup>TH</sup> & AUGUST 17<sup>TH</sup>**  
 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,  
 50/50 Fundraiser benefiting Meals on Wheels



**Where:** Estacada Community Center 200 SW Clubhouse Drive, Estacada  
**When:** July 20<sup>th</sup> & August 17<sup>th</sup> @ 5:00 PM Dinner, Beer & Wine 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
  - \$4.00 Beverage Ticket (beer & wine)
  - \$5.00 Music only – includes Dessert, Coffee, Water or Tea

*only cash or checks accepted*

**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

**REV & FLOW**

AT THE ESTACADA COMMUNITY CENTER

**Wednesdays @ 6PM**

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.



**JOIN US FOR  
 WELLNESS  
 BINGO!**

**TOPICS CHANGE EACH MONTH  
 MEDICARE, NUTRITION, SCAMS  
 and MORE! LEARN! HAVE FUN!  
 WIN PRIZES!**

Wednesday, July 10th  
 Wednesday, August 14th  
 1pm-2pm  
 Estacada Community Center

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

This is a Free Educational Event. All are welcome!



## ECC HOT MEAL MENU – JULY 2024

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

1	2	3	5
Dijon Mustard Chicken Whipped Potatoes Italian Vegetable Blend Sunflower Seed Bread Peaches	Roast Pork w/Hungarian Sauce Sour Cream & Chive Potatoes Brussels Sprouts Dill Bread Dessert	Beef & Black Bean Chili Broccoli & Carrots Bayou Coleslaw Cornbread Fresh Orange	Independence Day Special Kielbasa Sausage Mustard PC Coleslaw Tropical Fruit Hot Dog Bun Ice cream
8	9	10	12
BBQ Diced Chicken Sandwich Potato Salad Baked Beans Hot Dog Bun Seasonal Fresh Fruit	Cheese Lasagna Roll Up w/Alfredo Sauce Spinach Coleslaw French Roll Seasonal Fresh Fruit	Chili Macaroni Mixed Vegetable Blend <b>New!</b> Black Bean & Corn Salad Onion Roll Seasonal Fresh Fruit	Meatloaf w/Gravy Whipped Potatoes California Vegetable Blend Cracked Wheat Bread Seasonal Fresh Fruit
15	16	17	19
Around the World <b>New!</b> Korean Beef & Turkey Bibimbap Rice Bowl Spinach <b>New!</b> Red Cabbage Salad Wheatberry Sprouted Bread Mandarin Oranges	Sloppy Joe Chuckwagon Corn Coleslaw Whole Wheat Hamburger Bun Hot Spiced Peaches	Roast Pork w/Apple Chutney Whipped Sweet Potatoes Broccoli & Cauliflower Sunflower Bread Cinnamon Applesauce	Beef Sukiyaki over Brown Rice Peas & Carrots Beet & Mandarin Orange Salad French Roll Seasonal Fresh Fruit
22	23	24	26
Beef Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Beans Rye Bran Bread Fresh Banana	Spaghetti & Meat Sauce Broccoli Tossed Salad w/Raspberry Dressing Garlic Roll Seasonal Fresh Fruit	Around the World <b>New!</b> Carne Asada (Beef) Whole Kernel Corn Coleslaw Flour Tortilla Dessert	Turkey Cranberry Walnut Salad over Spinach Romaine Lentil Soup/Crackers (1 pkt) Rye Bran Roll Pineapple Tidbits
29	30	31	<p style="text-align: center; font-size: 2em; font-weight: bold;">HAPPY INDEPENDENCE day</p>
Beef Taco with Lettuce, Tomatoes, and Cheese Mixed Beans Coleslaw Flour Tortilla Seasonal Fresh Fruit	Beef Patty w/Peppers & Onion Gravy Whipped Potatoes Brussels Sprouts Wheatberry Sprouted Bread Mandarin Oranges	<b>New!</b> Chicken Chile Relleno Bake Southwest Corn Mandarin Carrot Slaw Squash Roll Seasonal Fresh Fruit	



## ECC HOT MEAL MENU – AUGUST 2024

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

			<p><b>2</b></p> <p>Hearty Turkey Stew Green Peas with Onions Creamy Cucumber Salad Dill Roll Seasonal Fresh Fruit</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>
<p>Western Beef Goulash Green Beans w/Red Peppers Marinated Zucchini Salad Honey Whole Wheat Roll Seasonal Fresh Fruit</p>	<p>Western Pork Stew Mixed Vegetable Blend Kidney Bean Salad Seven Grain Roll Seasonal Fresh Fruit</p>	<p>Pasta Primavera Sliced Carrots Garden Vegetable Salad Balsamic Vinaigrette Rye Bran Roll Seasonal Fresh Fruit</p>	<p>Cheese Lasagna Roll Up w/Alfredo Sauce Spinach Apple Cranberry Coleslaw French Roll Seasonal Fresh Fruit</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>16</b>
<p>Beef Swiss Steak w/Sauce Sour Cream &amp; Chive Potatoes Italian Vegetable Blend Squash Bread Pineapple Tidbits</p>	<p>Dog Days of Summer Beef Hot Dog w/Sauerkraut &amp; Mustard Ranch Beans Coleslaw Hot Dog Bun Watermelon</p>	<p>Breaded Fish w/Tartar Sauce PC Chuckwagon Corn Broccoli Whole Wheat Hamburger Bun Hot Spiced Peaches</p>	<p>BBQ Smokehouse Chop Garlic Whipped Potatoes Peas &amp; Carrots Seven Grain Bread Fresh Fruit Bowl (Strawberry &amp; Melons)</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>23</b>
<p>Around the World Vegetarian Romanoff Spinach <b>New!</b> Red Cabbage Salad Wheatberry Sprouted Bread Mandarin Oranges</p>	<p>Chicken a la King Whipped Potatoes California Vegetable Blend Cracked Wheat Bread Seasonal Fresh Fruit</p>	<p>Spaghetti &amp; Meat Sauce Broccoli Tossed Salad w/Raspberry Dressing Garlic Roll Seasonal Fresh Fruit</p>	<p>Egg Salad Half Sandwich Shredded Lettuce Split Pea Soup/Crackers (1 pkt) <b>New!</b> Garbanzo Bean Salad Wheatberry Sprouted Bread Fresh Strawberries</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>30</b>
<p>Beef Sukiyaki over Brown Rice Peas &amp; Carrots Beet &amp; Mandarin Orange Salad French Roll Seasonal Fresh Fruit</p>	<p>Beef Country Fried Steak w/Country Gravy Garlic Whipped Potatoes Green Beans Rye Bran Bread Mandarin Oranges</p>	<p>Turkey Apple Meatballs w/Glaze Whipped Potatoes Brussels Sprouts Wheatberry Sprouted Bread Seasonal Fresh Fruit</p>	<p>Labor Day Special Breaded Chicken Patty BBQ Sauce Whole Kernel Corn Cilantro Coleslaw Hamburger Bun Dessert</p>

## JULY BIRTHDAYS

4-Karen Hovda  
8-Terry Anglin  
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  
Rick Rogers  
28-Bonnie Newman

## AUGUST BIRTHDAYS

2-David Lawrence  
3-Pauline Nelson  
5-Chuck Stenbridge  
6-Millie Huckins  
Lois Easton  
7-Theodore Donley  
9-Leana Spidell  
11-Debi Thompson  
Jensina Evans  
12-Valerie Renteria  
13-John McAdoo  
15-Gail Oliver  
21-Belinda Gregg  
22-Lloyd Nielson  
27-Paulette DeSeranno  
28-Gary Barden

***BIRTHDAYS -DON'T SEE YOUR BIRTHDAY CALL THE CENTER AND HAVE IT ADDED TO THE BIRTHDAY LIST!! 503-630-7454***



Celebrate monthly birthdays with us during the first Friday of each month.

## SUMMER BUS TRIPS

**SIGN-UP AT THE CENTER OR CALL 503.630.7454**



### **Sandy Shopping Trips**

**JULY 18<sup>TH</sup>**

**AUGUST 1<sup>ST</sup>**

**AUGUST 22<sup>ND</sup>**

**Bus leaves the Center after Breakfast around 9am**

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### **SUMMER SCENIC BUS TOUR W/SACK LUNCH UP RIVER**

**JULY 11TH**

**Bus leaves the Center after BREAKFAST @ AROUND 9:00AM**

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**Hood River Fruit Loop**

### **BUS TRIP – AUGUST 15<sup>TH</sup>**

**Bus leaves the Center after BREAKFAST @ AROUND 9:00AM**