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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

JUNE 2025 ECCHO — Estacada Community Center Helping Others

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BUNCO POUND CLASS BUS TRIPS REFIT BINGO

REV & FLOW TAI CHI ADULT EXERCISE PROGRAMS &

ACTIVITIES FLIER WELLNESS W/SHANNON

**Seeking Board Candidates—Interested? contact Valerie at
the Center 503-630-7454 or email**

valerie@estacadacommunitycenter.org



ECC HOT MEAL MENU – June 2025

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

6/2	6/3	6/4	6/6
Meatloaf w/Brown Gravy Delmonico Potatoes Mixed Vegetables Oat Bran Bread Fresh Apple	Chicken Thigh w/Lemon Caper Sauce Orzo Pasta Spinach Pineapple Slaw Wheat Bread Mixed Fruit	Creole Chicken Diced Potatoes Carrots Squash Bread Seasonal Fresh Fruit	Ground Beef Stew Romaine Iceberg Salad Thousand Island Dressing Rye Bran Roll Seasonal Fresh Fruit
6/9	6/10	6/11	6/13
Chicken Caesar Salad "over Greens" Split Pea Soup Tropical Fruit Salad Multigrain Roll	Vegetarian Meatballs w/Marinara Sauce Penne Pasta California Vegetables Carrot Pepper Coleslaw Garlic Roll Seasonal Fresh Fruit	Chicken Pot Pie Green Beans Carrot Raisin Salad Biscuit Applesauce	Father's Day Special Beef Taco Shredded Lettuce & Tomatoes Pinto Beans Chuckwagon Corn Mixed Fruit
6/16	6/17	6/18	6/20
Broccoli and Beef Rice Peas and Carrots Romaine Iceberg Salad Peaches Sesame Dressing	<i>NEW!</i> A1 Chopped Steak Whipped Potatoes California Vegetables Cracked Wheat Bread Poke n' Pour Cake	Roast Pork w/Pork Gravy Whipped Potatoes Peas and Carrots Oat Bran Bread Applesauce	Spaghetti & Meat Sauce Green Beans Broccoli Cauliflower Craisin Salad Garlic Roll Fresh Orange
6/23	6/24	6/25	6/27
Cowboy Campfire Stew Stewed Tomatoes Marinated Zucchini Salad Rye Bran Roll Fresh Banana	Around the World Lime Chicken New! Brown Cilantro Lime Rice Black Bean & Corn Salad Fiesta Vegetables Hot Cinnamon Applesauce	Around the World New! Kalua Pork w/Teriyaki Sauce Jasmine Rice New! Sesame Green Beans Carrot Mandarin Salad Fresh Banana	Homestyle Turkey Patty w/Poultry Gravy Parmesan Whipped Potatoes California Vegetables Honey Wheat Bread Fresh Apple
6/30	Note: Center Closed – June 19th Federal Holiday.		
Chicken Parmesan Whole Grain Penne Pasta Brussels, Corn, and Carrots Rye Bran Bread Fresh Orange			

FOOT CARE CLINIC

THURSDAY JUNE 12TH

THURSDAY JUNE 17TH

WITH

Check and Cash accepted, make checks payable to Jenelle Balzer-Edgier, RN

JENELLE BALZER-EDIGER, RN



Register at the Front Desk or
Call the Center to schedule

503-630-7454

JOIN US FOR WELLNESS BINGO!

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

Wednesday, June 11th
1pm-2pm
Estacada Community Center

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

This is a Free Educational Event. All are welcome!

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.



SENIORS HELPING
SENIORS' SCHOLARSHIP
FUND
WINNERS!

The Estacada Community Center created a Scholarship Fund in 2023. Funds are raised for this scholarship by the Center collecting cans and direct donations. Each year scholarship awards are based on the amount the fund earns.

Graduating High School Seniors were asked to write an essay sharing their community service work during their High School tenure.

2025 \$500.00 Scholarship winners:

**Juvin Nguyen &
Karina Richards**

Summer Bus Trips @ The Center

**MAY BUS TRIP
SIGN-UP AT THE CENTER OR CALL
503.630.7454**

**SPIRIT MOUNTAIN CASINO
June 5th BUS LEAVES THE CENTER AT 9AM**



**ESTACADA COMMUNITY CENTER
200 SW CLUBHOUSE DRIVE
ESTACADA, OREGON 97023**

Sightseeing Bus Tour & Picnic Lunch June 26th



SIGN UP NOW! JUNE BUS TOUR & PICNIC LUNCH

The bus meets at the Center on June 26th and will leave the Center at 9:30AM and returns at approx. 2:00PM. Center will provide a Picnic Lunch Box for \$6.00 (cash/check) which includes: Hoagie Sandwich, Chips, Fruit, Cookie, Soda/Water. Picnic Lunch Order Form is available at the Center. If you are on the "Wait List" do NOT complete your lunch box order form until you are notified. If you cancel after June 20th there will be NO refund for the lunch box order.



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

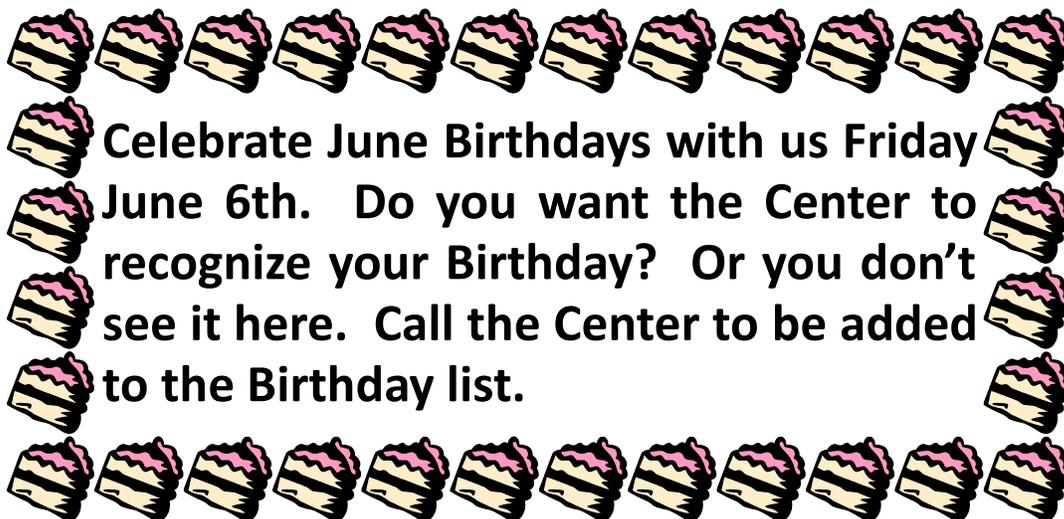
MONDAY	ADULT EXERCISE @ 10:30AM LUNCH—NOON GAME TIME AFTER LUNCH (CARDS, BOARD GAMES) REFIT W/Tina –6:00 PM MEMORIAL DAY HOLIDAY MAY 26 TH – CENTER CLOSED
TUESDAY	WALK & ROLL ALONG THE RIVER8:30AM T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00 LUNCH—NOON BINGO AFTER LUNCH POUND CLASS W/TINA 6PM
WEDNESDAY	TAI CHI – 10:00 AM LUNCH—NOON WELLNESS BINGO WITH SHANNON – JUNE11TH AFTER LUNCH REV & FLOW –6:00 PM w/Tina
THURSDAY	COMMUNITY BREAKFAST 8:30 (\$6.00) CENTER CLOSED JUNE 19TH – FEDERAL HOLIDAY FOOT CARE JUNE 12 TH and JULY 17TH (CALL TO SIGN-UP) ADULT EXERCISE @ 10:30 AM RED CROSS BLOOD DRIVE THURSDAY JULY 17 1PM-6PM CASINO BUS TRIP JUNE 5TH – 9AM – CALL TO SIGN-UP SITESEEING TOUR BUS TRIP JUNE 26 TH – 9:30AM – CALL TO SIGN-UP
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH BUNCO – JUNE 20TH 6PM-BRING FOOD TO SHARE
SATURDAY	<i>3rd Saturday of the month -Classic Country Connection Band Dinner/Dance resumes in August!! Stay tuned to Facebook or our webpage for posts on upcoming events over the summer.</i>
SUNDAY	PAINT CLASS – HOSTED BY TINA-JUNE 29TH 4:00 PM– SIGN-UP. Cost is \$30.00 (\$10.00 goes to Center)
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.

Reminder...submit Estacada Community Center order form for hoodies or shirts.

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

JUNE BIRTHDAYS

2	Terry Donley
6	Leann Montoya
9	Catherine Jimenez Felicia English
13	Dorothy Hoffman Tonette Dennessen
16	Lee Fast
18	Paula Arp
19	Darlene Branam Dorothy Carr Julie Malony
22	Cheryl Dunsmuir Mikaela O'Brien Robert John
23	Carol Coyle Jackie Dittbenner
24	Steve Hartwell Estella Montoya
25	Peggy Piersall
26	Elizabeth Larson Thomas Caldwell
27	Joanna Bryden
28	Maureen O'Connor Carl Stewart
30	Jeff Johnson Jan Dickson



**Celebrate June Birthdays with us Friday
 June 6th. 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.**





1st 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. Email photo to eccphotocontest@gmail.com . Save your photo as your name and entry number 1,2,3 etc. depending on # of 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 July 15 th 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	
Entry (ies) Paid Date	