

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

MARCH 2023 ECCHO — Estacada Community Center Helping Others

Inside this issue:

BLOOD PRESSURE CHECKS LUNCH MENU MEDICARE BINGO
BLOOD DRIVE WEEKLY COMMUNITY BREAKFAST FITNESS CLASSES

Dinner Dance Fundraiser MARCH 18th

Center & Board News! OPEN HOUSE

March Birthdays!

HOW CAN YOU HELP?

Become a member Donate Volunteer Refer



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, February 18th** 5:00
PM Dinner, Band and Dancing Starts at
6:00 PM.

Costs:

- \$12.00 Dinner Tickets – includes Salad,
Dinner, Dessert, Coffee, Water or Tea
- \$ 5.00 Music only – includes Dessert,
Coffee, Water or Tea
only cash or checks accepted

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At the February Dinner Dance, we Celebrated our wonderful volunteers who support the Center. Our **THANK YOU** wall is full of appreciation from clients.

Estacada Community Center

Open House—Get involved in your community

Thinking about serving your community, and would like to know more? Do you have a heart of service and helping others, but don't know where to start?

Join us at the Estacada Community Center-Open House on Thursday, March 16th @ 6pm to learn more about what the Estacada Community Center has to offer.

Learn about some of the programs we offer!

Meals on Wheels

Fitness programs

Congregate Dining and Socialization

Find out what volunteer positions are or will be available.

MOW Drivers—*Hear from a driver about what to expect*

Transportation Reaching People—Ride to Care—*Learn more*

Board Member Service—*hear from an existing Board Member*

refreshments will be served

Interested in serving, can't attend? Call Valerie at the Community

Center at 503.630.7454 for more information.



ECC HOT MEAL MENU – March 2023

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

	1		3
	Shoyu Chicken Brown Rice <u>Kayoto</u> Blend Vegetables Coleslaw Lemon Lime Gelatin		Chicken Pomodoro California Vegetable Creamy Cucumber Salad Seven Grain Roll Dessert
6	8	10	
White Bean Chicken Chili Green Beans Confetti Coleslaw Wheat Roll Dessert	Herbed Chicken Patty Poultry Gravy Whipped Potatoes Scandinavian Vegetable Blend Sunflower Seed Bread Dessert	Beef Swiss Patty w/Swiss Sauce Garlic Whipped Potatoes Winter Blend Vegetables Cracked Wheat Bread Dessert	
13	15	17	
Scalloped Potatoes & Turkey Ham Carrots Tossed Salad Multigrain Roll French Dressing Dessert	Beef Patty w/Pepper & Onion Gravy Whipped Sweet Potato Spinach Whole Wheat Bread Mandarin Oranges	Roast Pork w/Pork Gravy Whipped Potatoes Red Cabbage & Apples Squash Bread Dessert	
20	22	24	
Tuna Salad Sandwich Half Carrot Raisin Salad Cream of Cauliflower Wheat Bread Pineapple Tidbits	Beef Stroganoff w/Pasta Green Peas Glazed Carrots Garlic Roll Dessert	Shaved Turkey Sandwich Half Shredded Lettuce <u>Dijonaise</u> Sauce Potato Onion Soup Marinated Broccoli Salad Wheat Bread Applesauce	
27	29	31	
Beef Mushroom Patty Whipped Potatoes Brussels Sprouts French Bread Lime Whip	Pork Fried Rice Mixed Vegetables Pineapple Tidbits Wheat Roll Dessert	Italian Sausage Sandwich Winter Vegetable Blend Coleslaw Orange Gelatin w/Mandarin Hoagie Bun	

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

**JOIN US FOR
MEDICARE
BINGO!**

**LEARN ABOUT MEDICARE!
HAVE FUN!
WIN PRIZES!**

Wednesday March 8, 2023
12:30-2:00 pm
ESTACADA COMMUNITY CENTER
200 SW Club House Dr, Estacada, OR 97023

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

This is a Free Educational Event. All are welcome!

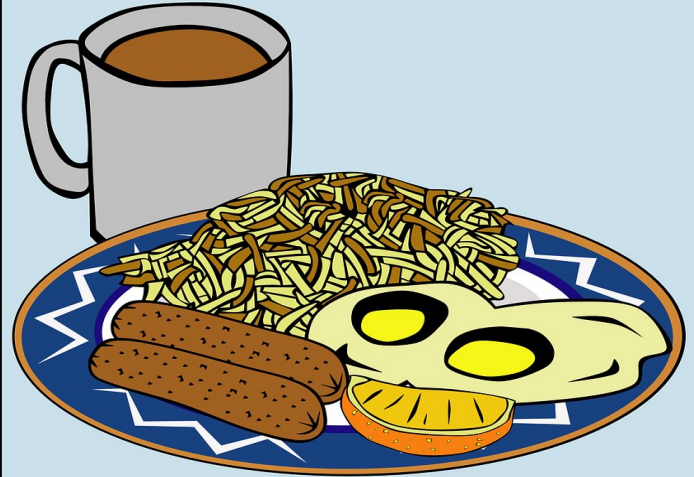
**ESTACADA COMMUNITY
CENTER BREAKFAST**

Join us—THURSDAYS

8:30 AM

COST \$6.00

COFFEE, WATER, TEA INCLUDED



BLOOD PRESSURE CHECKS

BY KONNIE

EVERY THIRD FRIDAY OF THE MONTH

DURING LUNCH & BINGO

BETWEEN 1:30-2:30

@ The Estacada Community Center

200 SW Clubhouse Drive



ESTACADA COMMUNITY CENTER

200 SW CLUBHOUSE DRIVE

ESTACADA

TAI CHI

Wednesday & Friday

Starts at 10:00 am

Join Us!

**Free – Accepting Donations
for the Center programs**



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

WEEKLY HEALTH & FITNESS CLASSES AT THE CENTER (inclement weather may affect schedules)	
MONDAY	ADULT EXERCISE @ 10:30 LUNCH—NOON Refit —6:00 PM starting March 13th
TUESDAY	T.O.P.S. WEIGH IN 9:30 MEETING STARTS @10:00 REFIT—6:00 PM on Tuesday March 6th only
WEDNESDAY	TAI CHI – 10:00 AM LUNCH—NOON YOGA W/DEBRA BUFTON—6:30 PM
THURSDAY	BREAKFAST 8:30 ADULT EXERCISE @ 10:30 AM
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—AFTER LUNCH APPROX 1PM

- 7 Larry Weyand
- 9 Huston Duggan
- 10 Richard Pirtle
- 11 Judith Burrows
Trudi Christensen
- 14 Hugh Irvin
Joe Costa
- 15 Dee Conrad
Jan Gilliland
Mary Workman
- 21 Kay Alexander
Robert Hildebrandt
Terry Brown
- 23 Eial Mendoza
- 26 Tony Moore
- 27 Violet Sullivan
Jan Melcher
- 29 Tom Waybrandt
- 30 Debbie Carr



Community Center Blood Drive - Main Hall

200 Clubhouse Drive Estacada

Thursday, March 2nd 12:00 p.m.—5:00 p.m.

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

Sponsor Code: Estacada Community



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