



200 SW Clubhouse Drive
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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

NOVEMBER 2025 ECCHO — Estacada Community Center Helping Others

Inside this issue:

MENNONITE LUNCHEON

LADIES HOLIDAY LUNCHEON TEA PARTY

BIRTHDAYS LUNCH MENU T.O.P.S

WEEKLY PROGRAMS & ACTIVITIES FLIER

MEDICARE OFFICE HOURS

BUNCO BINGO POUND CLASS REFIT

REV & FLOW TAI CHI ADULT EXERCISE

SATURDAY DINNER DANCE

valerie@estacadacommunitycenter.org

ECC HOT MEAL MENU – NOV 2025

Proposed Menu subject to change. Meals come with a ½ pint of 1% milk.

3	4	5	7
Beef Patty w/Pepper Onion Gravy Whipped Potatoes Broccoli & Carrots Squash Bread dessert	Chicken w/Paprika Cream Sauce Garlic Whipped Potatoes Stewed Tomatoes Cracked Wheat Bread dessert	Beef Spanish Rice Chuckwagon Corn Apple Cranberry Coleslaw Cornbread Fresh Orange	Cheese Lasagna Roll Up w/ Marinara Sauce Harvard Beets California Vegetables Mandarin Oranges
10	11	12	14
BBQ Smokehouse (beef) Cheesy Shredded Hash browns Winter Vegetables Hoagie Bun Fresh Sliced Apples		Meatballs w/ Marinara Sauce Spaghetti Club Spinach (hot) Italian Vegetables Applesauce	New! Chicken Thigh Mole - Taco Sauce Pinto Beans Cilantro Coleslaw Corn Tortilla (2 each) Hot Spiced Fruit
17	18	19	21
Cheese Omelet w/ Cheese Sauce Diced Red Potatoes Broccoli Wheat Bread Tropical Fruit	Roasted Pork w/ Apple Chutney Brown Rice Mixed Vegetables Brussels Sprouts Fresh Sliced Apples	Breaded Fish w/ Tartar Sauce Rice Pilaf Italian Vegetables Carrot Mandarin Salad Pineapple Tidbits	Chicken Caesar Salad French Roll Spinach Romaine Corn Chowder Tropical Fruit
24	25	26	27 TH & 28 TH
Around the World New! Chicken (Thigh) Teriyaki New! Coconut Jasmine Rice Kyoto Vegetables Coleslaw Mandarin Oranges	BBQ Chicken Breast Garlic Whipped Potatoes Mixed Vegetables Squash Bread Fresh Orange	Thanksgiving Special Roasted Turkey w/cranberry sauce w/Poultry Gravy Mashed Spiced Yams Green Beans Onion Bread Dessert	

CENTER CLOSED

VETERANS DAY NOVEMBER 11TH

THANKSGIVING NOVEMBER 27TH & 28TH



Ladies Holiday Luncheon Tea Party

Estacada Senior/Community Center

Thursday, December 11th, 12:00-3:00

200 SW Clubhouse Drive-Estacada

RSVP by December 5th required: 503-630-7454

Purchase your ticket in advance

Luncheon Ticket \$12.00: Includes tea, coffee, water, salad, ham, scallop potatoes, veggies & dessert

Tea & Dessert Only Ticket \$6.00: Tea, coffee, water & dessert



Gift Exchange: Bring a gift – get a gift. Limit value \$25.00 or less
Center 50/50 Raffle Fundraiser =Bring cash to purchase raffle tickets \$1.00 p/ticket or \$5.00 for 7 tickets.

Dress in festive attire



Mennonite Luncheon

Saturday December 6th @ Noon

Sponsored by the Porter Mennonite Youth Group

@ the Estacada Senior Community Center

Call 503.630.7454 by December 1st to

Reserve Your Seat Now!

Or order ahead to pick up a lunch at the
Center during the luncheon.



SATURDAY DINNER DANCES

NOVEMBER 15TH

DECEMBER 20TH

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, and Band 50/50 Fundraiser benefiting Meals on Wheels!



Where: Estacada Community Center 200 SW Clubhouse Drive, Estacada

When: Third Saturday of the month Dinner 5pm, non-acholic 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
- \$5.00 Music only – includes Dessert, Coffee, Water or Tea
- \$1.00 non-acholic beverage when available

only cash or checks accepted

real PEOPLE

Lose Weight with TOPS

YOU'RE INVITED

Check out our local TOPS chapter—it's free to try.



Day/Date: *Tuesdays*

Time: *9:30AM*

Location: *Estacada Senior community Center*

Contact: *Dorothy 503.830.1649*

Real People. Real Weight Loss.™

www.tops.org (800) 932-8677



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JOIN US NOVEMBER 22ND FOR THE CENTERS HOLIDAY CRAFTING OPEN HOUSE DROP IN TO MAKE YOUR OWN PERSONALIZED CHRISTMAS DECORATION. SUPPLIES PROVIDED AND DONATIONS GRACIOUSLY ACCEPTED.

*The Cost is \$15.00-\$40.00 p/item depending on the item made
Price includes: Supplies & Refreshments*

Please RSVP w/Tina directly by calling/texting 503-828-6579, or call the Center at 503-630-7454. You can also sign-up in person at the Center.

Hope to see you there!!

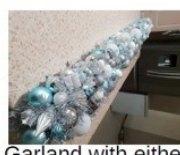
CRAFTING DAY



wreaths



centerpieces



Garland with either pool noodles or pine



swag garland



swags

NEED MEDICARE HELP?

DROP BY AND GET YOUR MEDICARE QUESTIONS ANSWERED

**SHANNON KININGHAM
INDEPENDENT BROKER & MEDICARE
SCHOLAR WILL BE HOLDING OFFICE HOURS**

**TUESDAY & FRIDAY DURING
ANNUAL ENROLLMENT**

October 15th - December 7th

NOON - 4 PM

ESTACADA SENIOR CENTER
200 SW Clubhouse DR, Estacada, OR

For more information or to make an appointment call:
Shannon Kiningham 503-936-5701
Appointments for other days and times available upon request

	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 REFIT W/Tina –6:00 PM
TUESDAY	T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00 LUNCH—NOON BINGO AFTER LUNCH POUND CLASS W/TINA 6PM TUESDAY, NOVEMBER 11TH – CENTER CLOSED MEDICARE HELP TUESDAYS NOON-4:00 CALL SHANNON 503.936.5701
WEDNESDAY	TAI CHI – 10:00 AM LUNCH—NOON FOOT CARE NOVEMBER 5th & DECEMBER 3rd (CALL TO SIGN-UP 503-630-7454) REV & FLOW –6:00 PM w/Tina
THURSDAY	COMMUNITY BREAKFAST 8:30 (\$6.00) ADULT EXERCISE @ 10:30 AM REFIT W/Tina –6:00 PM THURSDAY NOVEMBER 27TH – CENTER CLOSED
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH MEDICARE HELP FRIDAY NOON-4:00 CALL SHANNON 503.936.5701 FRIDAY NOVEMBER 28TH – CENTER CLOSED
SATURDAY	Dinner/Dance Fundraiser- November 15th & December 20th Wreath Making – Saturday November 22nd call to RSVP Mennonite Luncheon – Saturday December 6th – Call to RSVP Ladies Tea Luncheon – Thursday December 11th-Call to RSVP
DROP IN	MONDAY – FRIDAY 9:00-2:00 - FOR COFFEE, PLAY GAMES, CHESS, PUZZLES, PAINT ROCKS, VISIT – BRING FRIENDS
RIDES	Estacada Seniors need a ride to the Center weekdays 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.
<i>Shirts available for purchase at the Center</i>	
WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at www.estacadacommunitycenter.org	

NOV BIRTHDAYS

- | | |
|----|---|
| 9 | Alfred Thoreson
Lori Kaser |
| 12 | Kitty Nicholes |
| 13 | Judith Mertes
Wendy Cross
Tess Reed
George Redmond |
| 14 | Linda Haddan
Leslie Palmateer |
| 15 | Van Moore |
| 17 | Ann Rosenstock |
| 22 | Pam Jewell |
| 23 | Jeannie Hughes |
| 26 | Judith Williams |
| 29 | Linda Bjagan |





















 Celebrate monthly Birthdays with us on the first Friday 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. 















