Estacada Senior 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

NOVEMBER 2026 ECCHO — Estacada Community Center Helping Others

Inside this issue:

BIRTHDAYS LUNCH MENU WEEKLY PROGRAMS & ACTIVITIES FLIER
LUNCH TIME ACTIVITIES: BINGO BRIDGE BUNCO WELLNESS DINNER DANCE
MEDICARE OPEN ENROLLEMENT THURSDAY BREAKFAST FOOT CARE
POUND CLASS REFIT REV & FLOW TAI CHI ADULT EXERCISE
HOLIDAY CENTERPIECES AND WREATH MAKING NOVEMBER BLOOD DRIVE

BOARD NOTICE:

◊ Board Meeting Information:
E-mail valerie@estacadacommunitycenter.org To RSVP to the Board Meeting and/or get on the Agenda. November/December Meeting is scheduled for December 17th due to the holiday schedule.

CENTER CLOSED:

VETERANS DAY NOV. 11TH

THANKSGIVING HOLIDAY NOV. 26TH & 27TH

CHRISTMAS 12/24 CLOSE AT NOON & CLOSED 12/25

Estacada Senior Center

Use this QR Code to donate

ECC HOT MEAL MENU – NOVEMBER 2026

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

2	3	4	5	6
Beef Mushroom Patty Garlic Whipped Potatoes Stewed Tomatoes Cracked Wheat Roll Pumpkin Bar	BBQ Rib Patty Diced Sweet Potatoes Peas & Carrots Wheat Roll Fresh Orange	Creamy Pasta & Vegetables Chuckwagon Corn Coleslaw Purchased Wheat Roll Fresh Orange	Spaghetti and Meat Sauce Green Beans Spinach Romaine Salad w/Raspberry Vinaigrette Dressing Pineapple Tidbits	Cheese Lasagna Roll Up w/ Marinara Sauce Harvard Beets California Vegetables Mandarin Oranges
9	**10**	**11**	**12**	**13**
New! Philly Cheesesteak Sandwich Ranch Beans Mixed Vegetables Hoagie Bun Tropical Fruit	Roasted Pork w/ Blueberry Chutney Orzo Pasta Winter Vegetables Creamy Coleslaw Hot Cinnamon Applesauce		Beef Stroganoff Whipped Potatoes Green Beans Garlic Roll Fresh Apple Slices	***Veteran's Day Special*** BBQ Chicken Sandwich Whole Kernel Corn Potato Salad Hamburger Bun Confetti Cake
16	**17**	**18**	**19**	**20**
Around the World Szechuan Pork Basmati Rice Peas and Carrots Broccoli Hot Spiced Mixed Fruit	Scalloped Potatoes & Turkey Garlic Spinach Black Bean & Corn Salad Seven Grain Roll Fresh Orange	Swiss Patty w/ Swiss Sauce Rice Pilaf Mixed Vegetables Coleslaw Pineapple Tidbits	Vegetarian Meatballs w/ Alfredo Sauce and Pasta California Vegetables Green Salad w/Italian Dressing Rye Bran Roll Mixed Fruit	Chicken Caesar Salad Caesar Dressing Spinach Romaine Corn Chowder French Roll Tropical Fruit
23	**24**	**25**	**26**	**27**
Southern Pork and Noodles Chuckwagon Corn Broccoli Oat Bran Wheat Roll Fresh Orange	Around the World New! Korean BBQ Chicken Coconut Jasmine Rice Kyoto Vegetables Pineapple Coleslaw Mandarin Oranges	Thanksgiving Special Roasted Turkey w/Poultry Gravy Mashed Spiced Yams Green Beans Onion Roll Baked Pumpkin Custard Cranberry Sauce		
30	**Thursday Community Breakfast Menu**			
Cheese Lasagna Rollup in Marinara Sauce Broccoli & Cauliflower Carrots Purchased Wheat Roll Peaches	**November 5**	**Sausage, egg & cheese croissant sandwich w/fruit**		
	November 12	**Biscuits & Gravy Breakfast**		
	November 19	**Pancakes, Eggs & Bacon Breakfast**		
	November 26	**CLOSED FOR THANKSGIVING**		
	Breakfast is $6.00 – Note: price increase to $8.00 effect Jan 2027			

COME CREATE SOME HOLIDAY MAGIC AND CHEER WITH US THIS HOLIDAY SEASON



FALL CRAFTS





CHRISTMAS CRAFTS





wreaths





centerpieces



JOIN US FOR HOLIDAY CRAFT CLASSES

FALL CRAFTS NOVEMBER 21ST – 10AM-2PM

X-MAS CRAFTS DECEMBER 12TH – 10AM-2PM

CALL TO RESERVE YOUR SPOT 503-630-7454

ESTACADA SENIOR COMMUNITY CENTER

200 SW CLUBHOUSE DRIVE – ESTACADA

Price various – depending on materials used

Typically, between $15.00-$45.00

SATURDAY DINNER DANCES

November 21ST

5:00 -DINNER SERVICE

6:00 - 8:00 Music by

CLASSIC COUNTRY CONNECTIONS BAND

(please don't arrive earlier than 4:30)

Join Us at the Center - Dinner, Dance, and The Band 50/50 Fundraiser benefiting Meals on Wheels!



Menu

Salad

Salmon Dinner

Penne Pasta

Veggies

Dessert

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 – Breakfast for 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

Note-Dinner Ticket price increase to $14.00 effective January 2027

ESTACADA SENIOR COMMUNITY CENTER PRICING CHANGES AND DONATION OPPORTUNITIES

EFFECTIVE JANUARY 1, 2027

MONTHLY DINNER/DANCE TICKETS	$14.00
THURSDAY MORNING BREAKFAST	$8.00
WEEKDAY CONGREGATE LUNCH UNDER 60 YEARS OLD	$5.00
FUNDRAISING EVENTS	PRICE VARIES

DONATATIONS APPRECIATED

MONETARY DONATIONS FOR PROGRAMS-MEALS ON WHEELS
MEALS ON WHEELS RECIEPIENTS
HOMEBOUND OVER 60 AND/OR QUALIFIED DISABLED THRU DHS
WEEKDAY CONGREGATE LUNCH 60+
TRANSPORTATION TO THE CENTER
SUGGESTED DONATIONS FOR BUS TRIPS VARIES
FITNESS CLASSES
BINGO PRIZES (CASH TO PURCHASE BINGO PRIZES)

IN-KIND DONATIONS ACCEPTED

MEDICAL EQUIPMENT/SUPPLES
FOOD/SNACKS FOR SENIORS HELPING STUDENTS PROGRAM
GREETING CARDS
PUZZLE BOOKS
PUZZLES
OFFICE SUPPLIES
CRAFT SUPPLIES
PERSONAL CARE ITEMS (SOAP, SHAMPOO, LOTION, CHAPSTICK, TOOTHPASTE, TOOTHBRUSHES, DEORDORANT, SOCKS ETC.)
REDEEMABLE CANS/BOTTLES
HOLIDAY DECORATION AND CRAFT SUPPLIES

ESTACADA COMMUNITY CENTER

200 SW CLUBHOUSE DRIVE

ESTACADA

SENIOR ADULT EXERCISE

MONDAY & THURSDAYS 10:30 -11:30

WITH STRETCHING UNTIL NOON



TAI CHI

Wednesday & Friday

Starts at 10:00 am

Join Us!

Free – Accepting Donations
for the Center programs



ESTACADA SENIOR COMMUNITY CENTER

FOOT CARE CLINIC

$45.00

1ST WEDNESDAY

OF EACH MONTH

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

Give blood. Help save lives.

Blood Drive

Estacada Community @
Estacada Community Center

Dining Hall
200 SW Club House Drive
Estacada, OR 97023

Thursday November
19th 1pm-6pm

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

or visit www.redcrossblood.org;
Sponsor Code: EstacadaCommunity

Scan to schedule an appointment

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

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NEED MEDICARE HELP?

COME BY AND GET YOUR MEDICARE QUESTIONS ANSWERED

**SHANNON KININGHAM &
ELISABETH KININGHAM
INDEPENDENT BROKERS & MEDICARE SCHOLARS WILL BE HOLDING OFFICE HOURS**

TUESDAY & FRIDAY DURING ANNUAL ENROLLMENT

October 15th- December 7th

ESTACADA SENIOR CENTER
200 SW Clubhouse DR, Estacada, OR

Shannon 503-936-5701 or Elisabeth 971-509-6452
Appointments for other days and times available upon request



ESTACADA COMMUNITY CENTER

COMMUNITY BREAKFAST

THURSDAYS

8:30 AM

COST $6.00

COFFFEE, WATER, TEA INCLUDED

REFIT @ The Estacada Community Center
Mondays @ 6pm
Taught by REFIT instructor ***Tina Jones***
All Ages Welcome—Center accepts donations



POUND CLASS
TUESDAYS @ 6PM

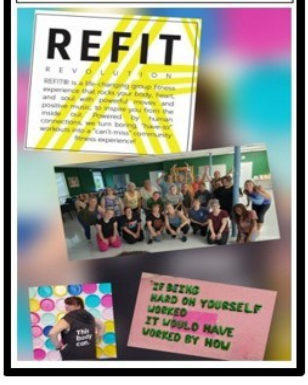
POUND is a drumming-inspired, 45-minute full-body cardio jam session that combines light-impact movement with strength training and yoga/Pilates-inspired poses. Using lightly weighted drumsticks called "Ripstix," participants burn up to 900 calories while improving rhythm, speed, and endurance to loud, energetic music.

JOIN TINA FOR EVENING FITNESS CLASSES AT THE CENTER

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



REFIT KICKBOXING
THURSDAYS AT 6PM



HOLIDAY CLOSURES

VETERANS DAY NOVEMBER 11TH

THANKSGIVING HOLDAY
NOVEMBER 26TH & 27TH

CHRISTMAS EVE
DECEMBER 24TH—CLOSE AT NOON

CHRISTMAS DAY DECEMBER 25TH

NEW YEARS DAY—JANUARY 1ST

	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**
WEDNESDAY	TAI CHI – 10:00 AM **BRIDGE FOR FUN 10AM-NOON - 1ST & 3RD WEDNESDAY** LUNCH—NOON (THANKSGIVING LUNCH NOVEMBER 25TH) **FOOT CARE – FIRST WEDNESDAY OF THE MONTH (CALL TO SIGN-UP)** REV & FLOW —6:00 PM w/Tina **CLOSED VETERANS DAY NOVEMBER 11TH**
THURSDAY	WEEKLY COMMUNITY BREAKFAST 8:30 ($6.00) -CLOSED THANKSGIVING **ADULT EXERCISE @ 10:30 AM** RED CROSS BLOOD DRIVE – NOVEMBER 19TH 1:00-6:00 **LUNCH – NOON** REFIT W/Tina –6:00 PM **CLOSED FOR THANKSGIVING HOLIDAY NOVEMBER 26TH**
FRIDAY	TAI CHI - 10:00 AM **LUNCH—NOON** BINGO—1 PM AFTER LUNCH **CLOSED FOR THANKSGIVING HOLIDAY NOVEMBER 27TH**
SATURDAY	DINNER/DANCE W/BAND MONTHLY FUNDRAISER-NOVEMBER 21ST @ 5pm **HOLIDAY CRAFTS – NOVEMBER 21ST / DECEMBER 12TH 10AM-2PM**
DROP IN	MONDAY – FRIDAY 9:00-1:00 - 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.**
WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at www.estacadacommunitycenter.org	

NOVEMBER BIRTHDAYS

1	JAMIE	PLATZ
3	LAUREL	BROWN
8	RUTH	LAZOTT
9	ALFRED	THORENSON
	LORI	KASER
13	GEORGE	REDMOND
	JUDITH	MERTES
	TESS	REED
14	LESLIE	PALMATEER
	LINDA	HADDAN
15	EVANGELINE	MOORE
	GARY	SCHMIDT
16	JOY	JOSSI
17	ANN	ROSENSTOCK
23	JEANNIE	HUGHES
24	VIRGIL	HUTSON
29	LINDA	BJUGAN



Check the Centers webpage for details on specific events listed above—

www.estacadacommunitycenter.org

Or call the Center at 503.630.7454

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.