



Estacada Senior Community Center

200 SW Clubhouse Drive

PO Box 430

Estacada Or 97023

Non Profit

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Estacada Oregon

Permit #20

ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

OCTOBER 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
THURSDAY BREAKFAST NOVEMBER BLOOD DRIVE
POUND CLASS REFIT REV & FLOW TAI CHI ADULT EXERCISE
FOOT CARE HALLOWEEN FUN/COSTUME CONTEST**

BOARD NOTICE:

- ◇ E-mail valerie@estacadacommunitycenter.org To RSVP to the Board Meeting and/or get on the Agenda. Meeting is 4th Thursday @4:30pm
- ◇ Fiscal year end annual report is posted on the webpage: www.estacadacommunitycenter.org under the member tab or you can call the Center for a copy.

Estacada Senior Center

Use this QR Code to donate



ECC HOT MEAL MENU – OCTOBER 2026

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



			1	2
			Turkey Tetrazzini Fiesta Vegetables Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	Cheese Lasagna Roll w/ Alfredo Sauce Stewed Tomatoes Apple Cranberry Coleslaw Seven Grain Roll Tropical Fruit
5	6	7	8	9
New! Kofta Meatballs Brown Rice Sesame Green Beans Carrots Fortune Cookie	Herbed Chicken Patty w/ Country Gravy Whipped Potatoes Spinach Onion Roll Fresh Orange	Roasted Pork w/ Apple Chutney Brown Rice Mixed Vegetables Romaine Salad W/Ranch Fresh Sliced Apples	Beef Stroganoff Whipped Potatoes Green Beans Garlic Bread Fresh Banana	Turkey Salad Half Sandwich Lentil Soup Kidney Bean Salad Wheatberry Sprouted Bread Tropical Fruit
12	13	14	15	16
Spicy Southwest Pasta Garlic Spinach Black Bean & Corn Salad Seven Grain Roll Fresh Orange	New! Baked Chicken w/ Tikka Masala Sauce Basmati Rice Peas and Carrots Broccoli Hot Spiced Mixed Fruit	Cowboy Campfire Stew (Beef) California Vegetables Green Salad W/Italian Rye Bran Roll Mixed Fruit	Turkey Club Mini Salad Ranch Dressing Spinach Romaine Corn Chowder French Roll Tropical Fruit	Southern Pork and Noodles Chuckwagon Corn Broccoli Raisin Salad Oat Bran Wheat Roll Applesauce- Gingerbread
19	20	21	22	23
Around the World New! Korean BBQ Chicken Coconut Jasmine Rice Kyoto Vegetables Sesame Slaw Mandarin Oranges	Swiss Patty w/ Swiss Sauce Rice Pilaf Mixed Vegetables Carrot Mandarin Salad Pineapple Tidbits	Meatloaf w/ Brown Gravy Garlic Whipped Potatoes Carrots Cracked Wheat Bread Fresh Orange	Sesame Pork Brown Rice Sesame Green Beans Marinated Zucchini Salad Spiced Peaches	Macaroni & Cheese Fiesta Vegetables Romaine Salad w/Balsamic Cornmeal Roll Tropical Fruit
26	27	28	29	30
Hearty Turkey Stew Peas and Carrots Creamy Coleslaw Oat Bran Wheat Roll Pineapple Tidbits	Western Style Beef Steak w/ Country Gravy Delmonico Potatoes Garlic Spinach Rye Bread Fresh Pear	Turkey Tetrazzini Mixed Vegetables Pineapple Slaw Garlic Roll Tropical Fruit	Sweet & Sour Pork Brown Rice Kyoto Vegetables Carrot Pineapple Salad Blushing Pears	Halloween Special Roasted Turkey w/ Poultry Gravy Whipped Potatoes Broccoli & Carrots Squash Bread Red Devil Beet Cake

JOIN US ON FRIDAY OCTOBER 30TH
FOR SOME HALLOWEEN FUN!



Where: Estacada Senior Community Center
200 SW Clubhouse Drive, Estacada
503.630.7454

When: October 30th @ Noon—During Lunch & Bingo

What: Peers will vote—prizes for top 3 Costumes

INVITE YOUR FRIENDS—HALLOWEEN FUN!



SATURDAY DINNER DANCES

OCTOBER 17TH

5:00 - BREAKFAST FOR DINNER

6:00 - 8:00 Music by

CLASSIC COUNTRY CONNECTIONS BAND

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

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



BREAKFAST FOR DINNER AT THE
OCTOBER DINNER DANCE

FRENCH TOAST CASSEROLE

SAUSAGE

SCRAMBLED EGGS

FRUIT

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

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

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. 📺 YouTube +3



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



LOW IMPACT TRAINING

Builds individual strength and
endurance and is designed for all age,
shapes sizes and abilities.



REFIT KICKBOXING THURSDAYS AT 6PM



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

SENIOR ADULT EXERCISE

MONDAY & THURSDAYS 10:30 -11:30

WITH STRETCHING UNTIL NOON



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



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

JOIN US FOR PAINT NITE

OCTOBER 23RD @ 6PM

ESTACADA SENIOR COMMUNITY CENTER

200 SW CLUBHOUSE DRIVE

CALL THE CENTER 503-630-7454 OR TINA @ 503.828-6579

COST IS \$30.00 FOR MATERIALS

WITH PROCEEDS GOING TO MEALS ON WHEELS



**ESTACADA COMMUNITY
CENTER**

COMMUNITY BREAKFAST

THURSDAYS

8:30 AM

COST \$6.00

COFFEE, WATER, TEA INCLUDED

JOIN US FOR MEDICARE BINGO!

**2027 MEDICARE UPDATE
LEARN ABOUT MEDICARE!
HAVE FUN!
WIN PRIZES!**

Wednesday, October 14th

1pm - 2pm

Estacada Senior Center

200 SW Clubhouse Dr

Estacada, OR 97023

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

This is a Free Educational Event. All are welcome!



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 - 1 ST & 3 RD WEDNESDAY LUNCH—NOON WELLNESS BINGO – OCTOBER 14TH AFTER LUNCH FOOT CARE – FIRST WEDNESDAY OF THE MONTH (CALL TO SIGN-UP) REV & FLOW —6:00 PM w/Tina
THURSDAY	WEEKLY COMMUNITY BREAKFAST 8:30 (\$6.00) ADULT EXERCISE @ 10:30 AM RED CROSS BLOOD DRIVE – NOVEMBER 19TH 1:00-6:00 LUNCH – NOON REFIT W/Tina –6:00 PM (EXCEPT 10/15/2026)
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH PAINT NITE OCT 23RD @ 6PM CALL TO RESERVE YOUR SPOT
SATURDAY	BREAKFAST FOR DINNER/DANCE W/BAND MONTHLY FUNDRAISER-OCT 17TH @ 5pm
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	

OCTOBER BIRTHDAYS

1	MICHAEL	PERRY
	PAMELA	BURGESS
	SHARON	MCGINNIS
2	TRISHEL	STARK
4	TAMELA	TUCKER
5	VICTORIA	BOETTCHER
7	DIANA	BAUMGARDER
10	MARLENE	ZINK
	SHARON	OSTEEN
12	STEPHEN	FOLTZ
14	CONNIE	ERICKSON
16	ADDIE	WALLAERT
	EARLEAN	MARSH
19	PATRICK	BURNS
23	PEGGY	HARTWIG
24	SAM	ELLIS
26	JOHN	SANGREN
	KEN	RICKENS
29	MIKE	RENTERIA
30	KATHY	PERRY
31	EMILY	BITTNER
	TOM	CHERRY

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.