



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

SEPT 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
ART & CRAFT FAIR THURSDAY BREAKFAST BLOOD DRIVE
POUND CLASS REFIT REV & FLOW TAI CHI ADULT EXERCISE
FOOT CARE ANNUAL REPORT HIGHLIGHTS**

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.
- ◇ Center is closed Labor Day September 6th

Estacada Senior Center

Use this QR Code to donate



ECC HOT MEAL MENU – SEPT 2026

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

	1	2	3	4
	Breaded Fish w/ Tartar Sauce Delmonico Potatoes Rye Bran Bread Fresh Apple	Pasta Primavera Mixed Vegetables Pineapple Slaw Seven Grain Bread Tropical Fruit	Mozzarella Chicken (Breaded Patty) w/ Marinara Sauce Topped w/ Mozzarella Cheese Broccoli and Cauliflower Garbanzo Bean Salad French Roll Seasonal Fresh Fruit	BBQ Pork Rib Patty Garlic Whipped Potatoes Mixed Vegetables Honey Wheat Bread Peaches
7	8	9	10	11
	Pork Sausage Gravy Red Potatoes Broccoli Biscuit Cinnamon Applesauce	Sloppy Joe w/Bun Green Peas Carrots Pineapple Tidbits	Breaded Fish w/Bun w/Cheese Slice w/Tartar Sauce Baked Beans Macaroni Salad Gelatin w/Fruit	White Bean Chicken Chili Peas and Carrots Cucumber and Red Onion Salad Squash Bread Fresh Apple
14	15	16	17	18
Meatloaf Half Sandwich Dijonnaise Sauce Potato Onion Soup Spinach Salad w/Radishes Balsamic Dressing Tropical Fruit	Beef Soft Taco (meat filling) w/ Shredded Lettuce w/ Shredded Cheddar Cheese w/ Picante Sauce Packet Coleslaw Pinto Beans Flour Tortilla Mandarin Oranges	Roasted Turkey w/ Poultry Gravy Whipped Potatoes Stewed Tomatoes Garlic Bread Ice Cream	Ground Beef Stew Mixed Vegetables Marinated Corn Salad Multigrain Roll Seasonal Fruit	Homestyle Turkey Patty w/ Poultry Gravy Diced Red Potatoes San Francisco Vegetables French Bread Fresh Orange
21	22	23	24	25
Beef Chili w/Beans Spinach Coleslaw Cornbread Fresh Apple	(Chicken) Pollo a la Crema Broccoli Black Bean and Corn Salad Onion Roll Spiced Peaches	Tuna Noodle Bake California Vegetables Kidney Bean Salad Oat Bran Wheat Roll Fresh Orange	Beef Patty w/BBQ Sauce w/Bun Cheese Slice Shredded Lettuce Baked Beans Coleslaw Seasonal Fresh Fruit	Pineapple Chicken Oven Roasted Potatoes Glazed Carrots Cracked Wheat Bread Fresh Apple
28	29	30		
Spaghetti & Meat Sauce Green Beans Spinach Romaine Salad French Dressing Garlic Roll Seasonal Fruit	Sausage w/Sauerkraut w/Bun Corn w/Peppers German Potato Salad (serve warm) Chocolate Cake w/whipped Topping	Chicken w/Dijon Mustard Sauce Delmonico Potatoes Mixed Vegetables Rye Bran Bread Fresh Apple		

CENTER ANNUAL REPORT HIGHLIGHTS

NOTE: THE FULL ANNUAL REPORT AND BUDGET DETAILS CAN BE FOUND ON THE CENTER WEBSITE UNDER THE MEMBER INFO TAB AT www.estacadacommunitycenter.org

The Estacada Senior Center/Estacada Community Center is formally incorporated as Friends of Estacada Community Center, Inc., a 501c(3) public benefit non-profit corporation with members.

GOVERNING BOARD OF DIRECTORS	CENTER EMPLOYEES	CENTER MISSION/WHO WE SERVE
Janet Gilliland Board Chair	Valerie Renteria Center Director	The mission of the Estacada Senior Center/Estacada Community Center is to enhance the quality of life for the citizens in Estacada and the surrounding area with an emphasis on seniors and the disabled, by providing nutritional, social, recreational, and educational services, thereby helping them remain safely in their homes.
Shannon Kiningham Vice Chair/Secretary	Mikaela O'Brien Center Assistant	
Tami Latham Treasurer	Treena Syring Nutrition Programs Coordinator	
Connie Erikson Member	Tina Jones Outreach Coordinator	
Simon DeBruin Member	Tom Cherry Transportation Programs Coordinator	The Center primarily serves Senior and Disabled citizens in Estacada and the outlying area which includes Barton, Carver, Damascus, Dodge, Eagle Creek, Garfield, George, Porter, and Springwater.
Lot Scholz Member	Kayla Shuman Programs Assistant	
Abby Lewis Member	Linda Steffanson Client Services Coordinator	

HOW DOES THE CENTER HELP SENIORS?

NUTRITION SERVICES

- **Home Delivered Meals** to qualifying homebound and disabled seniors.
- Partner with the **Estacada Food Bank** to allow homebound seniors to shop and get up to 2 food box deliveries p/month.
- Partner with **FIDO** – to provide homebound seniors with pet food.

SOCIAL SERVICES

- Lunch at the Center 5 days a week
- Breakfast on Thursdays
- Homebound client care calls/wellness check ins
- 8 fitness classes weekly (Tai Chi, Senior Adult Exercise, Refit, Pound, Rev & Flow)
- Weekly & Monthly Activities – Bingo, games, Dinner Dances, Foot Care, Medicare help, Paint days, and much more....

TRANSPORTATION SERVICES

- Shuttle to the Center for lunch and after lunch activities
- Recreational Senior Bus Trips
- Shuttle services for homebound seniors in Estacada for shopping or errands
- Partner with Sandy and Clackamas County to inform clients of transportation options.

2025-2026 TOP FISCAL YEAR PRIORITIES

NUTRITION PROGRAM -MANAGE THE NUTRITION PROGRAM'S EXPECTED 25%-30% OAA FUNDING DECLINE

- Regularly contacted home delivered meal clients to ensure the number of meals delivered are consumed, adjusted as necessary
- When onboarding clients ensured clients met the Home Delivered Meal Program criteria and were not able to attend in-person lunches
- Focused on increasing fundraisers and donations throughout the year
- Reduce expenses in other areas to help with shortfall

CLIENT SERVICES PROGRAM -HIRED A PART-TIME OUTREACH COORDINATOR

- Increased program participation
- Improved attendance in fitness classes
- Hosted more fundraisers and income producing events
- Hosted more learning classes
- Greatly improved client service units

BUILDING -SIDING PROJECT COMPLETED

- After County delays siding project was completed in early 2026

TRANSPORTATION ATTRACT VOLUNTEERS FOR COUNTY TRANSPORTATION PROGRAMS

- It has been challenging to find volunteers for this program

TRACKED SERVICE UNITS SCORECARD 2025-2026

SENIOR CENTER TRACKED SERVICE UNITS	NUTRITION - 278 CLIENTS				CLIENT SERVICE UNITS										TRANSPORTATION
	HDM	Congregate	Fundraisers	Total Meals	Animal Information	Care and Wellness	Medical Equipment	Tai Chi Attendance	Recreation, Bingo, Games & Informational workshops	TOPS Weight Management Attendance	Adult Exercise Attendance	Evening Class Attendance	Total Client Service Units	Total Transportation Rides	
July	2462	128	120	2710	46	75	16	18	96	134	32	112	189	718	49
August	2384	195	128	2707	52	77	46	18	88	205	29	86	164	765	106
September	2234	198	143	2575	52	83	23	17	78	208	41	53	216	771	59
October	2183	208	136	2527	52	83	75	18	115	218	28	79	174	842	100
November	2121	156	112	2389	52	75	35	17	87	164	20	85	157	692	60
December	2233	118	202	2553	54	81	16	18	81	124	40	85	89	588	97
January	2100	188	136	2424	54	63	33	18	150	197	35	73	134	757	63
February	2027	187	143	2357	44	72	26	16	136	196	34	105	158	787	64
March	2276	200	154	2630	44	75	28	18	118	210	39	91	150	773	85
April	2263	223	135	2621	40	56	9	17	134	234	32	93	175	790	87
May	2254	221	197	2672	0	67	36	18	122	232	29	61	147	712	70
June	2193	191	168	2552	40	71	35	17	52	201	24	71	137	648	54
TOTAL	26730	2213	1774	30717	530	878	378	210	1257	2324	383	994	1890	8844	894
Total Service Area Units: 40,455															
ANNUAL CITY OF ESTACADA SERVICE UNITS	HDM	Congregate	Fundraisers	Total Meals	Animal Information	Care and Wellness	Medical Equipment	Tai Chi Attendance	Recreation, Bingo, Games & Informational workshops	TOPS Weight Management Attendance	Adult Exercise Attendance	Evening Class Attendance	Total Client Service Units	Total Transportation Rides	
	13632	1129	905	15666	270	448	193	107	641	1185	195	507	964	4510	456
Total City of Estacada Service Units: 20,632															

Defined as:

- Meal provided
- Assistance (help with a task, problem, or issue)
- Information provided resulting in a referral or needed resource
- Wellness checks/contacts – resulting in a conversation about mental or physical well-being
- Medical equipment/supplies provided
- Class or workshop attendance
- *Note: a quick phone call, questions, volunteer time, administrative functions are NOT part of the TRACKED service units.*

FISCAL YEAR ENDING TRACKED SERVICE UNITS HIGHLIGHTS

- All the services the Center provides are donation based with the exception of Fundraiser events as 70% of the clients served are on a low fixed income. The Center receives approx. 43% of budget from County, State or Federal Funding. The City of Estacada provided 6% of the budget towards nutrition services. The rest of the program funding comes from donations and fundraisers.
- The Center provided 40,455 total tracked service units, up from prior year. Nutrition and Client Service programs are both up, down in the transportation program.
- The Center provided 20,632 total City only tracked service units (51% of total clients), up 12% from the prior fiscal year.

BE A CENTER VOLUNTEER

- Home Delivered Meal and Food Bank Food Box Drivers
- Fundraiser Volunteers
- Center Program Volunteers



JOIN US FOR LUNCH, BINGO, A CLASS OR FUNDRAISER



ESTACADA SENIOR COMMUNITY CENTER HOSTS

BAKED
GOODS

A CRAFT, ART & VENDOR FAIR

RAFFLE
PRIZES

Proceeds Benefit the Center Meals on Wheels Program

Saturday, September 26th

9:00 – 3:00

200 SW Clubhouse Drive Estacada

FOOD

ART

WANTED

VENDORS

Costs:

INDOOR 8 X 8 BOOTH - \$25.00 (center
supplies chairs no cost)

OUTDOOR 9 X 15 BOOTH - \$35.00

Table Rental (8ft long or 5ft round) - \$5.00

Plus, a **VENDOR GIFT** towards event raffle
benefiting the meals on wheels program.

Contact the Center to get your vendor packet
and reserve your vendor space today!

Call 503-630-7454 or email

valerie@estacadacommunitycenter.org

Support Local
Artists & A
Great Cause

CRAFTS
Fun for all ages

SHOP EARLY FOR
THE HOLIDAYS!



SATURDAY DINNER DANCES

SEPTEMBER 19TH

5:00 - Spaghetti 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 Spaghetti Dinner, Dance, and The
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 – Summer Themed 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



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 CENTER CLOSED LABOR DAY SEPT. 6TH
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 – SEPTEMBER 9TH 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 – SEPTEMBER 17TH 1:00-6:00 LUNCH – NOON REFIT W/Tina –6:00 PM (EXCEPT 9/17/2026)
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH
SATURDAY	SPAGHETTI DINNER/DANCE W/BAND MONTHLY FUNDRAISER-SEPT 19TH @ 5pm A CRAFT, ART & VENDOR FAIR – SEPTEMBER 26 TH 9:00-3:00
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	

SEPTEMBER BIRTHDAYS

- 1 BOB BLOCKER
- GINNY MOOREHOUSE
- 2 EARLINE MASSE
- 3 MICHAEL MALONY
- 4 REX LAYTON
- 6 RETA HANSEN
- 7 BRUCE HERMSTEAD
- 9 DELORES SEASTONE
- MO RUSTAM
- 11 ELIZABETH HOLLIDAY
- 13 SHARRY GRAHAM
- TWILA JOHNSON
- 15 SIMON DEBRUIN
- 16 CHARLEE SAWYER
- 19 JOHN KIRKPATRICK
- 23 DIANNE KIRKPATRICK
- 25 BENNY PARMELE
- 26 LORRAINE CALCAGNO
- 29 HAROLD MAAG
- LORINE STONE
- TAMARA WOOLDRIDGE
- 30 CHERYL LAFOUNTAIN



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.