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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others



SEPTEMBER 2025 ECCHO — ESTACADA SENIOR CENTER

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POUND CLASS REFIT REV & FLOW
TAI CHI ADULT EXERCISE SATURDAY
DINNER DANCE PAINT NIGHT
valerie@estacadacommunitycenter.org

ECC HOT MEAL MENU – SEPT 2025

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

<p>9/1</p> 	<p>9/2</p> <p>Herbed Chicken Patty w/Cheese Tater Tots Italian Vegetables WG Hamburger Bun Pineapple Tidbits</p>	<p>9/3</p> <p>Chicken with Dijon Mustard Delmonico Potatoes Mixed Vegetables Rye Bran Bread Mandarin Oranges</p>	<p>9/5</p> <p>Southwest Chicken Pasta Bake Mixed Vegetables Pineapple Slaw Seven Grain Bread Tropical Fruit</p>
<p>9/8</p> <p>Cheese Omelet Salsa Diced Red Potatoes Broccoli Biscuit Peaches</p>	<p>9/9</p> <p>Mozzarella Chicken Topped w/ Pasta Sauce and Shredded Mozzarella Broccoli and Cauliflower Garbanzo Bean Salad French Roll Fresh Orange</p>	<p>9/10</p> <p>Roasted Turkey & Whipped Potatoes w/ Poultry Gravy California Vegetables Garlic Bread Applesauce *Diet Spice Cake w/Whipped Topping</p>	<p>9/12</p> <p>Herbed Chicken Patty Creole Sauce Lyonnais Potatoes California Vegetables Sunflower Seed Bread Pineapple Tidbits</p>
<p>9/15</p> <p>Turkey 1/2 Sandwich <u>Dijonnaise</u>, Shredded Lettuce, Whole Wheat Potato Onion Soup New! Spinach Salad with Radishes Balsamic Vinaigrette Tropical Fruit</p>	<p>9/16</p> <p>Chicken Fajitas Shredded Cheese Picante Sauce Pinto Beans Romaine Iceberg Salad Lemon Dressing Flour Tortilla Pineapple Tidbits</p>	<p>9/17</p> <p>Chicken Penne Pasta Broccoli & Carrots Bayou Slaw Cornbread Pears (regular and diet)</p>	<p>9/19</p> <p>Homestyle Turkey Patty Poultry Gravy Whipped Potatoes w/ Poultry Gravy Club Spinach French Bread Fresh Orange (</p>
<p>9/22</p> <p>Vegetable Romanoff Whole Kernel Corn Kidney Bean Salad Multigrain Roll Applesauce</p>	<p>9/23</p> <p>New! Greek Chicken Thigh New! Cucumber-Yogurt Sauce Broccoli Carrots Pita Bread Spiced Peaches</p>	<p>9/24</p> <p>Beef Patty w/ BBQ Sauce Shredded Lettuce and Sliced Tomatoes Ranch Beans Coleslaw Hamburger Bun Fresh Orange</p>	<p>9/26</p> <p>Homestyle Pork Patty Pork Gravy Whipped Potatoes w/ Pork Gravy Glazed Carrots Cracked Wheat Bread Pears</p>
<p>9/29</p> <p>Chicken Piccata Green Beans San Francisco Vegetables Garlic Roll Fresh Orange</p>	<p>9/30</p> <p>Sausage (Pork) with Sauerkraut & Bun Corn with Peppers German Potato Salad (Hot) German Chocolate Cake *Diet Chocolate Cake w/Whipped Frosting</p>		



ROCK PAINTING PROJECT SEPTEMBER 8TH

AFTER LUNCH 12:30 APPROX
HOSTED BY KAYLA & TREENA
NO CHARGE

NEED FOLKS TO HELP PAINT ROCKS TO HIDE IN ESTACADA FOR A FUN
COMMUNITY OUTREACH EFFORT



Where: Estacada Community/Senior Center 200 SW Clubhouse Drive, Estacada
When: September 8th after lunch approx.. 12:30pm

*Paint and hide rocks in the community for others to find and post on the Estacada
Community/Senior Center Facebook page.*

Donations to this project are greatly appreciated.



MESSAGE FROM THE BOARD

The Center will have construction starting soon to replace building siding. Check out our webpage, Facebook page for communications as the Center may have some disruptions to schedules or important information and guidelines to follow during construction.

PAINT NIGHT FUNDRAISER

SEPT 19TH @ 6:30 PM

COST IS \$30 DOLLARS (\$20
FOR SUPPLIES AND \$10 FOR
THE CENTER) PROCEEDS
HELP THE MEALS ON WHEELS
PROGRAM.

WE WILL HAVE SNACKS,
WATER AND COFFEE
AVAILABLE.

SIGN UP PLEASE AS THIS
INSURES TO HAVE ENOUGH
SUPPLIES
PAINTING FALL PUMPKINS
RSVP @ 503/828/6579



BUNCO NIGHT

SEPT 26TH @ 6PM

\$5 BUY IN. THIS MONEY STAYS AT
THE CENTER FOR THE MEALS ON
WHEELS PROGRAM. THERE WILL
ALSO BE A 50/50 RAFFLE. TICKETS
ARE \$1.00 EACH OR 6 FOR \$5.00.
THE RAFFLE WILL BE CALLED AT 8
PM.

THIS IS ALSO A POTLUCK SO BRING
YOUR FAVORITE DISH TO SHARE.
NO NEED TO SIGN UP. JUST
GRAB A FRIEND AND COME
JOIN IN THE FUN.



SATURDAY DINNER DANCE

September 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: **September 20th @ 5:00 PM** Dinner, 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

INTRODUCING OUR NEW FITNESS ROOM

(ENTER THROUGH THE CAR PORT AREA DOORS)



SENIOR ADULT EXERCISE

MONDAY & THURSDAYS 10:30 -11:30
WITH STRETCHING UNTIL NOON



STAY ACTIVE

JOIN TODAY!!

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**





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	Center Closed Labor Day September 1st ADULT EXERCISE @ 10:30AM LUNCH—NOON GAME TIME AFTER LUNCH (CARDS, BOARD GAMES) REFIT W/Tina –6:00 PM SEPTEMBER 8TH FREE ROCK PAINTING PROJECT AFTER LUNCH
TUESDAY	WALK & ROLL ALONG THE RIVER 8:30AM 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 LUNCH—NOON FOOT CARE SEPTEMBER 3 RD OR OCTOBER 1 ST (CALL TO SIGN-UP) REV & FLOW —6:00 PM w/Tina
THURSDAY	COMMUNITY BREAKFAST 8:30 (\$6.00) ADULT EXERCISE @ 10:30 AM RED CROSS BLOOD DRIVE THURSDAY SEPTEMBER 18TH 1PM-6PM
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH PAINT NITE SEPTEMBER 19TH 6PM BUNCO – SEPTEMBER 26TH 6PM
SATURDAY	SEPTEMBER 20th 5pm -Classic Country Connection Band Dinner/Dance Fundraiser
SUNDAY	
RIDES	Estacada Seniors need a ride to the Center 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.

Shirts available for purchase at the Center

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 Ginny Morehouse
- 2 Earline Masse
Joyce Rhodes
- 3 Michael Malony
- 4 Rex Layton
- 6 Reta Hansen
- 7 Bruce Hermstad
- 9 Mo Rustam
- 10 Elizabeth Holliday
- 13 Carole Whiteside
Twila Johnson
- 15 Simon DeBruin
- 16 Charlee Sawyer
- 19 John Kirkpatrick
- 25 Melody Irvin
Benny Parmele
- 26 Joseph Fullerton
- 29 Lorine Stone
- 30 Cheryl LaFountain

