



200 SW Clubhouse Drive  
PO Box 430  
Estacada Or 97023

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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

## **MAY 2024 ECCHO — Estacada Community Center Helping Others**

*Inside this issue: BIRTHDAYS*

**BLOOD PRESSURE CHECKS    LUNCH MENU    EMBROIDERY W/JANICE**

**PROGRAMS AND ACTIVITIES    DINNER DANCE    REFIT W/TINA**

**REV & FLOW W/TINA    SANDY SHOPPING    BLOOD DRIVE    FOOTCARE**

**WEEKLY BREAKFAST    SALAD OF THE MONTH -**

**MOTHER'S DAY TEA PARTY    AARP DRIVING CLASS**

**CENTER CLOSED MEMORIAL DAY MAY 27TH**

**Seeking Board Candidates**—It's that time of year again. We are seeking candidates to serve on the Board. Do you want to help the Center serve Seniors and others in the community? And share all the wonderful work the Center does. Then serving on the Board may be for you! For more details about becoming a Board Member call the Center at 503-630-7454.



ESTACADA COMMUNITY CENTER



# Mother's Day Tea Party



ESTACADA COMMUNITY CENTER

Thursday, May 9th, 12:00-2:00

200 SW Clubhouse Dr. Estacada

RSVP: 503-630-7454



Bring your mom, dress in your best tea party outfit, and come enjoy some refreshments, tea and coffee, good company, and BINGO!

Donations Accepted

**CALL TO RESERVE YOUR SEAT TODAY!**

**503.630.7454**



# DINNER DANCE

## SATURDAY, MAY 18TH

5:00 - Dinner

6:00 - 8:00 Music by James

Call the center with song suggestions

503.630.7454

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

Join Us at the Estacada Community Center for a Dinner, Dance,  
50/50 Fundraiser benefiting Meals on Wheels



**Where:** Estacada Community Center 200 SW Clubhouse Drive, Estacada  
**When:** **May 18th 5:00 PM** Dinner, Beer & Wine beverage service, Music and Dancing starts at 6:00 PM.

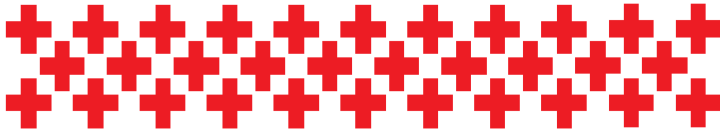
**Costs:**

- \$12.00 Dinner Tickets – includes Salad, Dinner, Dessert, Coffee, Water or Tea
- \$6.00 Kids under the age of 12
- \$4.00 Beverage Ticket (beer & wine)
- \$5.00 Music only – includes Dessert, Coffee, Water or Tea

*only cash or checks accepted*

American Red Cross

Give blood. Help save lives.



### Blood Drive Estacada Community @ Estacada Community Center

Dining Hall  
200 SW Club House Drive  
Estacada, OR 97023

Thursday, May 23rd  
1-6pm

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

or visit [www.redcrossblood.org](http://www.redcrossblood.org);  
Sponsor Code: [EstacadaCommunity](http://EstacadaCommunity)



Scan to schedule  
an appointment.

1-800-RED-CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

### 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

### 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.



### REFRESH YOUR DRIVING SKILLS

- Take the AARP Smart Driver™ classroom course and you could save money on auto insurance!\*
- » Learn techniques for handling left turns, right-of-way, following distance, and roundabouts.
- » Understand how to reduce traffic violations, crashes, injury risk, and learn state specific items.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

#### THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

##### Date & Time:

Saturday, May 5, 2024  
9:00A to about 4:15P (30 minutes for lunch)  
Bring a lunch – no food service on Saturdays

##### Location:

Estacada Senior Center  
200 SW Clubhouse Drive  
Estacada OR 97023

##### Register Now:

Class limited to 25 persons. Call or see  
Estacada Senior Center for registration. (503-  
630-7454.)

Prefer fee payment by check to AARP at class  
or exact cash OK too. No debit/credit. Please  
provide your name and phone for a reminder  
call prior to the class.

**Note the Saturday venue to better  
accommodate age 50+ working people.**

##### CLASSROOM COURSE

\$20 for AARP members  
\$25 for non-members

##### FOR MORE INFORMATION

Call: 1-503-676-6727 AARP NW Oregon area  
Visit: [www.aarp.org/drive](http://www.aarp.org/drive)

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Estacada Community Center  
May Salad Lunch  
Featuring Cobb Salad  
Thursday May 16<sup>th</sup>  
@ Noon  
Cost \$5.00



DONATIONS APPRECIATED

# JOIN US FOR **WELLNESS BINGO!**

**TOPICS CHANGE EACH MONTH  
MEDICARE, NUTRITION, SCAMS  
and MORE! LEARN! HAVE FUN!  
WIN PRIZES!**

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Wednesday, May 8th  
1pm-2pm  
Estacada Community Center

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

This is a Free Educational Event. All are welcome!

## ECC HOT MEAL MENU – MAY 2024

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

| <b>Mother's Day Tea</b>  | <b>Cobb Salad Luncheon</b>   | <b>1</b>  | <b>3</b>   |
|--|--|---|--|
| <b>May 9<sup>th</sup><br/>@ Noon<br/>See Flier or call the<br/>Center for details</b>  | <b>May 16<sup>th</sup><br/>@ Noon<br/>See Flier or Call the<br/>Center for details</b>                             | BBQ Chicken<br>Whipped Potatoes<br>Tossed Salad w/Ranch<br>Multigrain Roll<br>Cherry Whip<br>Dessert          | Macaroni & Cheese<br>Stewed Tomatoes<br>Carrot Raisin Salad<br>Rye Bran Roll<br>Dessert  |
| <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>10</b>  |
| Cinco De Mayo Special<br>Chicken Mole<br>Pinto Beans<br>Spinach Romaine Salad<br>w/Ranch<br>Seven Grain Bread<br>Dessert                   | Pork Carnitas<br>Chuckwagon Corn<br>Zucchini Slices<br>Tortilla<br>Cinnamon Choc Pudding<br>Picante Sauce          | Western Pork Stew<br>Italian Vegetable Blend<br>Coleslaw<br>Squash Bread<br>HS Lemon Pudding                  | Mother's Day Special<br>Cheese Lasagna Rollup<br>in Marinara Sauce<br>Tossed Salad w/Italian<br>Peas & Carrots<br>Whole Wheat Bread<br>Dessert |
| <b>13</b>  | <b>14</b>  | <b>15</b>   | <b>17</b>  |
| Turkey Club (Bacon)<br>Salad<br>w/Ranch Dressing<br>over Spinach Romaine<br>Cream of Cauliflower<br>Soup<br>Wheat Roll<br>Mandarin Oranges | Roast Pork<br>w/Blueberry Chutney<br>Sauce<br>Au gratin Potatoes<br>Green Beans<br>Sunflower Seed Bread<br>Dessert | BBQ Smokehouse Chop<br>Red Diced Potatoes<br>Brussels Sprouts<br>Cracked Wheat Bread<br>Golden Fruit Cup      | Chicken Salad Half<br>Sandwich<br>Shredded Lettuce<br>Vegetarian Split Pea Soup<br>Confetti Coleslaw<br>Wheat Bread<br>Applesauce              |
| <b>20</b>  | <b>21</b>  | <b>22</b>   | <b>24</b>  |
| Cowboy Campfire Stew<br>Mixed Vegetable Blend<br>Spinach<br>Oatmeal Roll<br>Seasonal Fruit   | Meatloaf<br>w/ Brown Gravy<br>Delmonico Potatoes<br>Parslied Carrots<br>French Bread<br>Dessert                    | Sweet & Sour Chicken<br>w/Brown Rice<br>Broccoli & Cauliflower<br>Pickled Beets<br>White Dinner Roll<br>Pears | Swedish Meatballs<br>w/Bavarian Sauce<br>Lyonnaise Potatoes<br>Spinach<br>Rye Bran Roll<br>Lime Whip   |
| <b>27</b>  | <b>28</b>  | <b>29</b>   | <b>31</b>  |
|    | Chicken Rice Bake<br>Green Beans w/Red<br>Peppers<br>Coleslaw<br>Purchased Wheat Bread<br>Peaches                  | Kielbasa Sausage<br>w/Sauerkraut<br>Baked Beans<br>Potato Salad<br>Hot Dog Bun<br>Dessert                     | Ground Beef Stroganoff<br>Peas & Carrots<br>Tossed Salad w/Thousand<br>Island Dressing<br>French Bread<br>Applesauce Gingerbread               |

**WEEKLY WELLNESS AND FITNESS CLASSES AT THE CENTER**  
(inclement weather may affect schedules)

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | <b>ADULT EXERCISE @ 10:30</b><br><b>LUNCH—NOON</b><br><b>REFIT—6:00 PM W/Tina</b>  |
| <b>TUESDAY</b>   | <b>T.O.P.S. WEIGH IN 9:30</b><br><b>MEETING STARTS @10:00</b><br><b>LUNCH—NOON</b>   |
| <b>WEDNESDAY</b> | <b>TAI CHI – 10:00 AM</b><br><b>LUNCH—NOON</b><br><b>Lunch and Learn</b><br><b>MAY 8TH Wellness w/Shannon</b><br><b>MAY 22ND Embroidery w/Janice—accepting embroidery donations for hoops, tread, floss.</b><br><b>REV &amp; FLOW —6:00 PM w/Tina</b>  |
| <b>THURSDAY</b>  | <b>BREAKFAST 8:30</b><br><b>ADULT EXERCISE @ 10:30 AM</b><br><b>MOTHERS DAY TEA MAY 9TH @ NOON</b><br><b>SALAD LUNCHEON FUNDRAISER MAY 16TH NOON-1:30</b><br><b>BOARD MEETING 5/23 @ 4:30</b><br><b>BLOOD DRIVE 5/23 @ 1-6</b><br><b>SHOPPING IN SANDY 5/23 AFTER BREAKFAST @ 9AM</b><br><b>SPIRIT MOUNTAIN CASINO TRIP 5/16—MEET @ THE CENTER AT 2PM.</b> |
| <b>FRIDAY</b>    | <b>TAI CHI - 10:00 AM</b><br><b>LUNCH—NOON</b><br><b>BINGO—1 PM</b><br><b>BLOOD PRESSURE CHECKS— 5/17</b><br><b>LIBRARY EVENT BOOKMOBILE—5/31</b>  |
| <b>SATURDAY</b>  | <b>DINNER DANCE FUNDRAISER —MAY 18TH 5PM</b>   |



**MAY BIRTHDAYS**

- 2 Deborah Lukado
- 5 Frank Robinsen
- 7 Vickie Pemberton
- 8 Jessie "Rita" Muniz
- 9 Shirlee Parsons
- 12 Carla Anderson  
Chuck Gardner
- 13 Rick Hollingsworth
- 19 Alice Smith
- 23 Violet Thomas
- 24 Arline Hansen
- 28 Geoff Lund
- 31 Ed Matthews

**CENTER CLOSED MONDAY**  
**MAY 27TH**



**MEMORIAL**  
**DAY**

HONORING ALL WHO SERVED

**BIRTHDAYS -DON'T SEE YOUR BIRTHDAY CALL THE CENTER AND HAVE IT ADDED TO THE BIRTHDAY LIST!! 503-630-7454**

***On-Site Programs & Activities Call 503-630-7454 for updates***