



**Estacada Senior Community Center**

200 SW Clubhouse Drive

PO Box 430

Estacada Or 97023

Non Profit

US Postage Paid

Estacada Oregon

Permit #20

ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

**APRIL 2026 ECCHO — Estacada Community Center Helping Others**

***Inside this issue:***

***BIRTHDAYS LUNCH MENU***

***WEEKLY PROGRAMS & ACTIVITIES FLIER***

***LUNCH TIME ACTIVITIES: BUNCO BINGO BRIDGE YAHTZEE***

***SENIOR CONNECTIONS WELLNESS BINGO***

***MOTHER'S DAY LUNCHEON AND FASHION SHOW***

***DINNER DANCE BUNCO NITE***

***POUND CLASS REFIT REV & FLOW TAI CHI ADULT EXERCISE***

***FOOT CARE***

---

**BOARD NOTICE: EMAIL [valerie@estacadacommunitycenter.org](mailto:valerie@estacadacommunitycenter.org)**

**TO RSVP OR GET ON THE AGENDA**



# ECC HOT MEAL MENU – APRIL 2026

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

<b>LUNCH AT NOON!</b> <b>BINGO ON</b> TUESDAYS AND FRIDAYS @1PM <i>NEW! BRIDGE ON 1<sup>ST</sup> &amp; 3<sup>RD</sup> WEDNESDAY @ 10</i> BEFORE LUNCH – 4 PLAYERS MINIMUM <b>BUNCO ON THURSDAYS AFTER LUNCH</b> 8 PLAYERS MINIMUM TO PLAY.		4/1	4/2	4/3
		4/6	4/7	4/8
Chicken Supreme Mashed Spiced Yams California Vegetables Seven Grain Bread Fresh Banana	½ Turkey Sandwich w/ Dijonnaise Sauce Shredded Lettuce <i>New!</i> Butternut Squash Soup Garbanzo Bean Salad Wheat Bread Mixed Fruit	Lime Chicken Brown Cilantro Lime Rice Whole Kernel Corn Fiesta Vegetables Fresh Apple Slices	Roast Pork w/ Pork Gravy Whipped Potatoes Peas and Carrots Oat Bran Bread Fresh Orange	Around the World New! Mongolian Chicken Brown Rice Kyoto Vegetables Ginger Carrots Fresh Banana
4/13	4/14	4/15	4/16	4/17
BBQ Chicken Mini Salad w/ Ranch Dressing Over Greens Pickled Beets Herb Roll Tropical Fruit	Macaroni & Cheese Stewed Tomatoes Garlic Spinach Rye Bran Roll Pears	Butter Chicken Jasmine Rice Sesame Green Beans Carrots Fresh Apple Slices	Around the World Breaded Fish w/ Tartar Sauce Orzo Lemon Pasta Tomato, Cucumber, Feta Salad Blushing Pears	Chicken Parmesan Sandwich Brussels Sprouts Marinated Zucchini Salad Hamburger Bun Spiced Peaches
4/20	4/21	4/22	4/23	4/24
Egg Salad Half Sandwich Lentil Soup Kidney Bean Salad Wheat Bread Pineapple Tidbits	Sloppy Joe Baked Beans California Vegetables WG Hamburger Bun Fresh Orange	Pork Sausage Patty w/Cheese Diced Potatoes California Vegetables Biscuit Applesauce	Beef Spanish Rice Whole Kernel Corn Coleslaw Seven Grain Roll Fresh Orange	Hawaiian Chicken w/Sauce Delmonico Potatoes Mixed Vegetables Oat Bran Bread Fresh Apple Slices
4/27	4/28	4/29	4/30	
Potato Crusted Fish w/ Lemon Caper Sauce Orzo Pasta (Hot) Club Spinach Pineapple Slaw Focaccia Bread Fresh Pear	Sesame Diced Pork Brown Rice Broccoli and Carrots Coleslaw Mandarin Oranges	Beef Kettle Lasagna Winter Vegetables Pineapple Mandarin Salad Sunflower Roll Fresh Apple Slices	Swiss Style Beef Patty w/ Brown Gravy Diced Potatoes Carrots Squash Bread Peaches	



**Estacada Senior Community Center Presents**

**A Mother's Day Luncheon, Tea party and  
Fashion Show**

**Join us Thursday May 7<sup>th</sup> @ Noon**

Sign up to participate in the Fashion Show, we are seeking Participants and Judges. There will be prizes and/or awards for your participation.

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

**When:** *May 7th Tea & Luncheon starts at Noon.*

**Costs:**

- \$12.00 Luncheon Tickets available now for purchase— includes Starter, Main Course, Dessert, Tea, Water, Coffee & Strawberry Lemonade
- Fundraiser 50/50 drawing – tickets \$1.00 each or 25 for \$20.00

*only cash or checks accepted at the Center  
QR Code available for card purchases (3% fee)*

**Questions? Call 503-630-7454**

***Seeking Luncheon Participants  
and Judges to be part of the  
Fashion Show***

***Interested?*** Sign-up by registering at the Center or calling 503-630-7454.

There will be awards by category for participants.

# A Mother's Day Luncheon Fashion Show Registration Form

(Must be a luncheon attendee to participate)

Name:	
Phone:	
Email:	

Choose from no more than 2 categories.

- RETRO THEME – PICK A DECADE (20'S-90'S)
- HATS THEME – WEAR YOUR BEST – BIGGER THE BETTER
- FORMAL – THINK HIGH SCHOOL PROM
- GARDEN THEME – SPRING, FLOWERY, GARDEN ATTIRE
- TWINING – TWINS NAME HERE: \_\_\_\_\_

Choose your fashion walk song: \_\_\_\_\_

- Check box if you would like the host to select a song
- I don't want to dress up and walk, so sign me up to judge.

Prize awarded to BEST in category as selected by the judges.

Sign-up for the Center Thrift Shopping Trip on April 20<sup>th</sup> – Leaving the Center at 9:00am. Call 503-630-7454 to get on the list.



**YAHTZEE-BRING FRIENDS**

New—  
starting April

YAHTZEE BEGINNERS WELCOME

COME IN FOR LUNCH MONDAYS-STAY AND PLAY  
YAHTZEE AFTERWARD

*NO COST – CENTER GLADLY ACCEPTS DONATIONS*

QUESTIONS? CALL 503-630-7454

**JOIN US FOR BINGO!**

after lunch on Tuesdays and Fridays @ 1pm

**BINGO FOR PRIZES**

**PRIZE DONATIONS &**

**CASH DONATIONS TO THE PRIZE FUND IS  
GREATLY APPRECIATED**

**JOIN US FOR WEEKDAY ACTIVITIES AT THE CENTER**

**PLAY BINGO OR BUNCO AFTER LUNCH—OR BRING FRIENDS, SOCIALIZE AND DROP IN TO PLAY**



**BRING A FRIEND AND/OR DROP IN AT THE CENTER**

JOIN US TO PLAY CARDS, TABLE GAMES, CHESS, PUZZLES  
ETC.

DROP IN WEEKDAYS BETWEEN 9AM-1PM

ALWAYS SERVING COFFEE OR JOIN US FOR LUNCH AT  
NOON (MON, TUE, WED, FRI-THURSDAYS STARTING 3/19)

(Donations of games, puzzles, playing cards gladly accepted)

THURSDAYS AFTER LUNCH

BUNCO FOR PRIZES

8 PLAYERS MINIMUM TO PLAY

BEGINNERS WELCOME

*CENTER IS ACCEPTING DONATIONS FOR BUNCO GIFTS*



# JOIN US FOR WELLNESS BINGO!

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

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

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

This is a Free Educational Event. All are welcome!

# BUNCO NIGHT

APRIL 24<sup>TH</sup> @ 6PM

THE BUY IN IS \$5.00 WHICH ALL  
PROCEEDS STAY AT THE CENTER. THERE  
WILL ALSO BE TICKETS FOR \$1.00 EACH  
OR 6 @ \$5.00 FOR A 50/50 RAFFLE. THE  
WINNER GETS HALF THE POT AND THE  
CENTER GETS THE OTHER HALF. RAFFLE  
WILL BE CALLED AT 8PM THAT NIGHT

THIS IS A POTLUCK SO BRING YOUR  
FAVORITE DISH. WILL HAVE COFFEE AND  
WATER.

RSVP WITH TINA @  
503/828/6579

## DON'T BE A FOOL—JOIN US AT THE CENTER!!



### SATURDAY DINNER DANCES

APRIL 18<sup>TH</sup>

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:** 5:00-5:30 pm DINNER SERVED - 6:00-8:00 pm MUSIC & DANCING

**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*



### PARTY BRIDGE FOR FUN-HOSTED BY WENDY WRIGHT

BRIDGE PLAYERS WELCOME TO JOIN US ON THE

1<sup>ST</sup> & 3<sup>RD</sup> WEDNESDAY 10 AM-NOON

*New - starting April* STAY FOR LUNCH @ NOON  
4 PLAYERS MINIMUM TO PLAY

**NO COST – CENTER GLADLY ACCEPTS DONATIONS**

STAY TUNED FOR A BEGINNERS BRIDGE WORKSHOP-INTERESTED? CALL TO GET YOUR NAME ON  
THE LIST @ 503-630-7454

**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

**NEW EXERCISE CLASS *REV & FLOW***  
AT THE ESTACADA COMMUNITY CENTER  
**Wednesdays @ 6PM—STARTING MARCH 13TH**

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.



**JOIN A FITNESS CLASS!**

**CLASSES ARE FREE –DONATATIONS GLADLY ACCEPTED.**

**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





**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

<b>MONDAY</b>	<b>ADULT EXERCISE @ 10:30AM</b> LUNCH—NOON <b>YAHTZEE WITH FRIENDS – AFTER LUNCH (NEW)</b> REFIT W/Tina –6:00 PM <b>THRIFT SHOPPING - BUS TRIP APRIL 20<sup>TH</sup> – CALL TO SIGN-UP</b>
<b>TUESDAY</b>	<b>T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00</b> LUNCH—NOON <b>BINGO AFTER LUNCH</b> POUND CLASS W/TINA 6PM
<b>WEDNESDAY</b>	<b>TAI CHI – 10:00 AM</b> BRIDGE FOR FUN 10AM-NON - 1 <sup>ST</sup> & 3 <sup>RD</sup> WEDNESDAY (NEW) <b>LUNCH—NOON</b> Wellness class – Wednesday April 8th <b>FOOT CARE MARCH APRIL 1<sup>ST</sup> &amp; MAY 6<sup>TH</sup> (CALL TO SIGN-UP 503-630-7454)</b> REV & FLOW —6:00 PM w/Tina
<b>THURSDAY</b>	<b>COMMUNITY BREAKFAST 8:30 (\$6.00)</b> ADULT EXERCISE @ 10:30 AM <b>SANDY SHOPPING BUS TRIP 4/30 – LEAVE AT 9:00 AM – CALL TO SIGN-UP</b> <i>LUNCH – NOON (NEW)</i> <b>BUNCO AFTER LUNCH – (NEW)</b> REFIT W/Tina –6:00 PM <b>MOTHER’S DAY LUNCHEON, TEA, FASHION SHOW MAY 7<sup>TH</sup> @ NOON</b>
<b>FRIDAY</b>	TAI CHI - 10:00 AM <b>LUNCH—NOON</b> BINGO—1 PM AFTER LUNCH <b>SENIOR CONNECTIONS (TENTITIVE 4/24) @ 11: 00 AM</b> BUNCO NITE APRIL 24 <sup>TH</sup> @ 6PM
<b>SATURDAY</b>	<b>DINNER/DANCE MONTHLY FUNDRAISER- APRIL 18TH @ 5pm</b>
<b>DROP IN</b>	<b>MONDAY – FRIDAY 9:00-1:00 - FOR COFFEE, PLAY GAMES, CHESS, PUZZLES, PAINT ROCKS, VISIT – BRING FRIENDS</b>
<b>RIDES</b>	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.
<b>WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at <a href="http://www.estacadacommunitycenter.or">www.estacadacommunitycenter.or</a></b>	

**APRIL BIRTHDAYS**

- 1 KATHY SMITH
- 2 APRIL PUNLEY
- 15 TAMI LATHAM
- 18 KAYLA SHUMAN
- 19 MAURINE RAGER
- 21 WILLIAM GILMORE
- 23 AMBER PHILLIPS
- 23 APRIL WILDHARBER
- 23 ROSANNA RAINES
- 28 DOROTHY RHONE
- 30 ASA LEWIS



**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.**