



200 SW Clubhouse Drive
PO Box 430
Estacada Or 97023

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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

APRIL 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 SALAD BAR LUNCHEON BLOOD DRIVE

FOOTCARE WEEKLY BREAKFAST

MOTHER-DAUGHTER TEA PARTY COMING IN MAY

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 to assist seniors with your friends and family. 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's

Mother's Day Tea Party



**Come Celebrate Mother's Day with the Estacada
Community Center**



Thursday, May 9th, 1:00-2:30pm

200 SW Clubhouse Drive Estacada OR, 97023

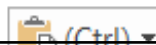
RSVP To: Sabrina Rogers

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





DINNER DANCE

SATURDAY, APRIL 20TH

5:00 - Dinner

6:00 - 8:00 Music

(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: April 20th 5:00 PM Dinner, Beer & Wine beverage service, Band and Dancing starts at 6:00 PM.

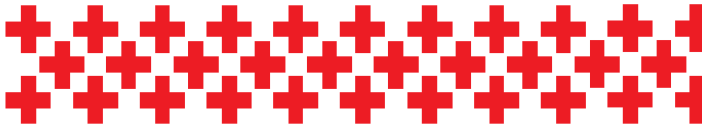
Costs:

- \$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, APRIL 25TH
1-6pm**

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

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



1-800-RED-CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

FOOT CARE CLINIC

THURSDAY APRIL 11TH

WITH

JENELLE BALZER-EDIGER, RN

Check and Cash accepted, make checks payable to Jenelle Balzer-Ediger, RN



Call the Center to schedule

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.



ESTACADA
PUBLIC LIBRARY
Small Town - Big Library!

Spring

CRAFT AND TECH HELP

**MAKE A SPRING CRAFT WITH THE LIBRARY
LADY, MISS ROXANNE -
HAVE QUESTIONS ABOUT YOUR PHONE
OR COMPUTER?
BRING THOSE TOO!**

Wednesday, April 17

12:30 - 1:30 pm

Estacada Community Center

**JOIN TINA ON MONDAYS
AT 6PM
BEGINNERS WELCOME!**



REFIT® REVOLUTION
FITNESS THAT FITS EVERYBODY

CENTER SHOPPING SHUTTLE TO SANDY



Shopping Days are **Tuesday, April 9th** and **Tuesday, April 23rd**. Shuttle Bus leaves the Center after lunch at 1pm. Call or sign-up at the Center at 503.630.7454 to reserve your seat on the bus. Other shopping locations may be available. Ask your driver on the shopping day.



ESTACADA COMMUNITY CENTER

COMMUNITY BREAKFAST

THURSDAYS

8:30 AM

COST \$6.00

COFFEE, WATER, TEA INCLUDED

Estacada Community Center Salad Bar Community Luncheon Fundraiser



Second Thursday of the Month

Thursday, April 18th

Noon – 1:30

\$5.00 p/plate

200 SW Clubhouse Drive

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

MONDAY	ADULT EXERCISE @ 10:30 LUNCH—NOON Refit —6:00 PM W/Tina
TUESDAY	T.O.P.S. WEIGH IN 9:30 MEETING STARTS @10:00 LUNCH—NOON
WEDNESDAY	TAI CHI – 10:00 AM LUNCH—NOON Lunch and Learn APRIL 10TH Wellness w/Shannon APRIL 17TH Estacada Library Activity APRIL 24TH Embroidery w/Janice— accepting embroidery donations for hoops, tread, floss. Rev & Flow —6:00 PM w/Tina
THURSDAY	BREAKFAST 8:30 ADULT EXERCISE @ 10:30 AM SALAD BAR LUNCHEON FUNDRAISER APRIL 18TH NOON-1:30 BOARD MEETING 4/25 @ 4:30 FOOT CARE 4/11—call to make appt BLOOD DRIVE 4/25 @ 1-6
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM BLOOD PRESSURE CHECKS— 3/150FRIDAY BOOKMOBILE—4/19
SATURDAY	DINNER DANCE FUNDRISE —APRIL 20TH 5PM.



APRIL BIRTHDAYS

- 1 Fred Lins
- 2 April Punley
Troy Thompson
- 3 Janice Slater
- 7 Ann Rose
Sue Jones
- 9 John Foster
- 15 Tami Latham
- 18 Larry Hare
- 21 William Gilmore
Frank McColloch
- 23 Rosanna Raines
April Wildhaber



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