



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

JUNE 2026 ECCHO — Estacada Community Center Helping Others

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FATHER'S DAY BREAKFAST-DAD'S EAT FREE

POUND CLASS REFIT REV & FLOW TAI CHI ADULT EXERCISE

FOOT CARE

BOARD NOTICE: EMAIL valerie@estacadacommunitycenter.org
TO RSVP OR GET ON THE AGENDA



ECC HOT MEAL MENU – JUNE 2026

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

| 1 | 2 | 3 | 4 | 5 |
|---|---|--|--|---|
| Hawaiian Chicken w/Sauce Delmonico Potatoes Mixed Vegetables Oat Bran Bread Fresh Apple Slices | Potato Crusted Fish w/ Lemon Caper Sauce Orzo Pasta (Hot) Club Spinach Pineapple Slaw Focaccia Bread Fresh Pear | Ground Beef Stew Romaine Iceberg Salad w/thousand Island dressing Spinach Rye Bran Roll Fresh Apple Slices | Turkey Rice Bake Winter Vegetables Carrot Pineapple Salad Sunflower Roll Fresh Apple Slices | Southwestern Spice Chicken Diced Potatoes Carrots Squash Bread Peaches |
| 8 | 9 | 10 | 11 | 12 |
| Cottage Cheese over Greens Three Bean Salad Multigrain Roll Tropical Fruit | Vegetarian Meatballs w/Marinara Sauce Penne Pasta California Vegetables Coleslaw Garlic Roll Fresh Orange | Beef Chili w/Beans & Green Onion Diced Potatoes Broccoli Cornbread Fresh Orange | Chicken Sausage Jambalaya Collard Greens Carrot Raisin Salad French Roll Dessert | Beef Soft Taco Shredded Lettuce & Tomatoes picante sauce Pinto Beans Chuckwagon Corn Tortilla Mixed Fruit (cup) |
| 15 | 16 | 17 | 18 | 19 |
| Teriyaki Meatballs w/ Sauce Brown Rice Peas and Carrots Romaine Iceberg Salad w/Sesame Dressing Pineapple Tidbits | Chicken Pot Pie Green Beans Creamy Coleslaw Biscuit Fresh Apple Slices | Macaroni & Cheese Stewed Tomatoes Garlic Spinach Rye Bran Roll Pears | Garden Turkey Mini Salad w/ Caesar Dressing Over Greens Pickled Beets Herb Roll Tropical Fruit | CLOSED JUNETEENTH |
| 22 | 23 | 24 | 25 | 26 |
| Around the World New! Mongolian Chicken Brown Rice Kyoto Vegetables Ginger Carrots Fresh Banana | Salisbury Steak New! w/ Balsamic Onion Sauce Scalloped Potatoes California Vegetables Cracked Wheat Bread Dessert | Around the World Baked Chicken New! w/ Mediterranean Sauce Orzo Pasta Italian Vegetables Blushing Pears | New! Buffalo Ranch Chicken Sandwich Baked Beans California Vegetables WG Hamburger Bun Fresh Orange | New! Yogurt Dill Turkey Salad Lentil Soup Kidney Bean Salad Wheat Bread Pineapple Tidbits |
| 29 | 30 | CENTER IS CLOSED JULY 3RD IN RECOGNITION OF INDEPENDENCE DAY | | |
| Kalua Pork w/ Teriyaki Sauce Jasmine Rice Sesame Green Beans Carrots Fresh Apple Slices | Chicken Parmesan Sandwich Brussels Sprouts Marinated Zucchini Salad Hamburger Bun Spiced Peaches |  | | |

Celebrating Father's Day
With a Breakfast at the Center

June 18th @ 8:30 AM

ALL DAD'S EAT FREE

NOT A DAD.....IT'S OK BREAKFAST IS JUST \$6.00

RSVP – 503-630-7454

happy
FATHER'S
day

**CALL THE CENTER TO REGISTER NOW FOR JUNE 503.630.7454
OR SAVE THE DATE FOR OUR PLANNED OCTOBER CLASS.**



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, June 13, 2026
 Saturday October 24, 2026
 8:45A to about 4:00P (45 minutes for lunch)
 Bring a lunch – no food service on Saturdays

Location:

Estacada Community Center
 200 SW Clubhouse Drive
 Estacada OR 97023

Need minimum of 5 people to hold class

Register Now:

Class is limited to 20 persons. To register:

- Call the AARP Central Registration number at 503-594-4024
- Or see Estacada Community Center reception desk
- Or online at registrations@OR-ADS.org

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. Fees collected at class.

CLASSROOM COURSE

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

FOR MORE INFORMATION

Call: 1-503-594-4024 AARP NW Oregon
 Visit: 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 Senior Community Center

Seniors helping Seniors' Scholarship Fund Winners!



Estacada Senior Community Center created a Scholarship Fund in 2023 to award a minimum of one High School Senior a \$500.00 scholarship for their service to the Community. High School Seniors were required to write an essay sharing their community service experiences during their High School Tenure.

The committee review all submissions and the winners will be award their Scholarship at their Annual Senior Recognition Ceremony in early June. This Years winners are;

Jadon Kruse

Dianna Salazar Mendez

Both winners will receive a \$500.00 Scholarship. Congratulations to both of these fine students for their service to our community and we wish them all the best on their future endeavors.

The Center partners with McIver park to collect cans for this award. We also accept direct donations. You can donate by sending a check the Center or using the QR code below – 3% fee applies when using your card.

Estacada Senior Community Center

PO Box 430
Estacada, OR 97023
503-630-7454



Estacada Senior Community Center Mother's Luncheon, Tea and Fashion Show Photos



Yahtzee®



YAHTZEE-BRING FRIENDS

YAHTZEE BEGINNERS WELCOME
COME IN FOR LUNCH MONDAYS-STAY AND PLAY
YAHTZEE AFTERWARD

*Cash donations to the prize fund are greatly
appreciated*

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



THURSDAYS AFTER LUNCH

BUNCO FOR PRIZES

8 PLAYERS MINIMUM TO PLAY

BEGINNERS WELCOME

CENTER IS ACCEPTING DONATIONS FOR BUNCO GIFTS

DROP IN AT THE CENTER

**BRING A FRIEND, VISIT AND ENJOY
A CARD GAME, TABLE GAMES, PUZZLES ETC.**

DROP IN WEEKDAYS BETWEEN 9AM-1PM
ALWAYS SERVING COFFEE OR JOIN US FOR LUNCH AT NOON
(Donations of games, puzzles, playing cards gladly accepted)

QUESTIONS CALL 503-630-7454





SATURDAY DINNER DANCES
JUNE 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: **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

JOIN US FOR WELLNESS BINGO!

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

Wednesday, June 10th
 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

JUNE 26TH @ 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



PARTY BRIDGE FOR FUN-HOSTED BY WENDY WRIGHT
 BRIDGE PLAYERS WELCOME TO JOIN US ON THE
 1ST & 3RD WEDNESDAY 10 AM-NOON
 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

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.



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

| | |
|--|--|
| MONDAY | ADULT EXERCISE @ 10:30AM LUNCH—NOON YAHTZEE WITH FRIENDS – AFTER LUNCH (NEW) REFIT W/Tina –6:00 PM |
| 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 – JUNE 10TH AFTER LUNCH FOOT CARE JUNE 3RD & JULY 1ST (CALL TO SIGN-UP 503-630-7454) REV & FLOW –6:00 PM w/Tina |
| THURSDAY | COMMUNITY BREAKFAST 8:30 (\$6.00) FATHER’S DAY BREAKFAST FREE FOR DAD’S JUNE 18 TH (SEE FLIER FOR DETAILS) ADULT EXERCISE @ 10:30 AM LUNCH – NOON BUNCO AFTER LUNCH – (4TH, 11TH, & 25TH) BINGO AFTER LUNCH – 18 TH (DUE TO THE HOLIDAY ON THE 19 TH) REFIT W/Tina –6:00 PM |
| FRIDAY | TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH (CLOSED JUNE 19 TH) BUNCO – JUNE 26TH @6PM CENTER CLOSED FOR HOLIDAYS-JUNE 19 TH AND JULY 3 RD |
| SATURDAY | AARP DRIVING CLASS JUNE 13TH– CALL THE CENTER TO SIGN-UP DINNER/DANCE MONTHLY FUNDRAISER-JUNE 20TH @ 5pm |
| 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 | |

JUNE BIRTHDAYS

- 6 MARLENA COFFMAN
- 6 TERRY DONLEY
- 8 MARIA VASQUEZ
- 11 SIGRID CLARK
- 12 DARYL FLYNN
- 13 ANTONIA DENESSEN
- 13 DOROTHY HOFFMAN
- 14 GEOFF STIDGER
- 14 JUDY BROWN
- 18 PAULA ARP
- 19 FELICIA ENGLISH
- 22 MIKAELA O'BRIEN
- 22 ROBERT JOHN
- 23 RICHARD KOISE
- 23 RON ANDERSON
- 24 DONALD BENSON
- 24 ESTELLA MONTOYA
- 25 ABBY LEWIS
- 26 ELIZABETH LARSON
- 26 JAMES WOOD
- 27 JOANNA BRAYDEN
- 27 LYNN HACKETT
- 28 BRITTANY JENSEN
- 28 CARL STEWART
- 30 JAN DICKSON

 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. 