



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

MARCH 2026 ECCHO — Estacada Community Center Helping Others

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FOOT CARE SANDY SHOPPING TRIP

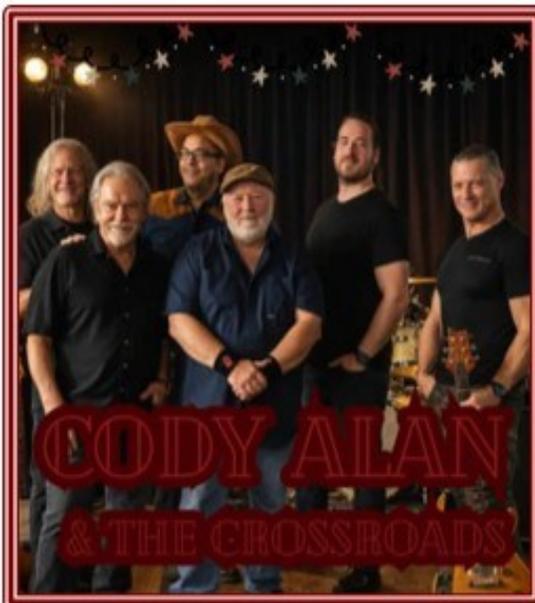
BOARD NOTICE: EMAIL valerie@estacadacommunitycenter.org
TO RSVP OR GET ON THE AGENDA



ECC HOT MEAL MENU – MARCH 2026

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

2	3	4		6
Shaved Turkey Half Sandwich w/dijonnaise, Lettuce Butternut Squash Soup Garbanzo Bean Salad Wheat Bread Mixed Fruit	Meatloaf w/ Brown Gravy Whipped Potatoes w/Brown Gravy Peas and Carrots Rye Bran Bread Pineapple Tidbits	Lasagna Cheese Rollup in Turkey Bolognese Sauce Italian Vegetables Pickled Beets Garlic Roll Tropical Fruit		Beef Soft Taco Lettuce & Tomato Shredded Cheese Picante Sauce & Sour Cream Flour Tortilla Pinto Beans Chuckwagon Corn Pineapple Tidbits
9	10	11		13
Shoyu Chicken Pineapple Brown Rice Broccoli Coleslaw Fresh Orange	Salisbury Steak w/ Brown Gravy Whipped Potatoes w/Brown Gravy Brussels Sprouts Glazed Carrots Multigrain Roll Fresh Apple Slices	Chicken in Peanut Sauce Rice Pilaf Broccoli & Cauliflower Rye Bran Bread Mandarin Oranges		Butter Chicken Jasmine Rice Green Beans Carrot Raisin Salad Rye Bran Roll Fresh Orange
16	17	18	19	20
Beef Patty w/ Swiss Style Steak Sauce Whipped Potatoes w/Swiss Style Steak Sauce Spinach Cracked Wheat Bread Pears	BBQ Hamburger Patty Shredded Lettuce and Tomatoes Baked Beans Coleslaw WG Hamburger Bun St. Patty's Day Sugar Cookie *Splenda Sugar Cookie	Turkey Pot Pie Chuckwagon Corn Broccoli Biscuit Tropical Fruit	Macaroni and Cheese Green Beans w/Red Peppers Broccoli Ranch Coleslaw Wheat Bread Shamrock Cake *Diet Yellow Cake w/Whipped Topping	Garden Chicken Mini Salad Caesar Dressing over Spinach Romaine Corn Chowder Herb Roll Pineapple Tidbits
23	24	25	26	27
Orange Glazed Chicken Brown Rice Ginger Carrots Diced Beets (Hot) Mandarin Oranges	Breaded Pollock Fish Tartar Sauce Brown Rice Spring Chef Cut Vegetables Kidney Bean Salad Rye Bran Bread Hot Spiced Applesauce	Roast Pork w/Apple Cranberry Sauce Whipped Potatoes Italian Vegetables Sunflower Roll Peaches	Teriyaki Chicken Sandwich Broccoli Carrot & Mandarin Salad Hamburger Bun Fresh Apple Slices	BBQ Chicken Quarter Garlic Whipped Potatoes Club Spinach Onion Bread Tropical Fruit
30	31	<p>Now serving lunch 5 days per week. Adding Thursday lunch at Noon starting 3/19 with Bunco after lunch (8 players minimum to play)</p>		
Beef Chili Macaroni Winter Vegetables Corn and Black Bean Salad Cracked Wheat Roll Blushing Pears	Chicken Gumbo Brown Rice Succotash Sliced Carrots Mandarin Oranges			



MARCH FOR MEALS FUNDRAISER

@

THE ESTACADA SENIOR COMMUNITY CENTER

FEATURING CODY ALAN & THE CROSSROADS

Can't go, but still want to support the Home
Delivered Meals program. Donate using code below

**COUNTRY
BLUES
& ROCK**

Estacada Senior Community Center

Use this QR Code to donate



Our Mission - The mission of the Center is to enhance the quality of life for the citizens in Estacada and the surrounding area, with an emphasis on seniors and the disabled, by providing nutritional, social, recreational, and educational services, thereby helping them remain safely in their homes.

Where: Estacada Senior Community Center 200 SW Clubhouse Drive, Estacada
When: **March 7th Braised Corned Beef Dinner 5:00PM**, non-acholic beverage service, Music and Dancing starts at **6:00 PM**.

Costs:

- \$15.00 Dinner Tickets – includes Salad, Dinner, Coffee, Water or Tea
- \$8.00 Kids under the age of 12
- \$5.00 Root beer float
- \$2.00 non-acholic beverage when available - soda, sparkling cider
- 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



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

THURSDAYS AFTER LUNCH
 STARTING MARCH 19TH
 BUNCO FOR PRIZES
 8 PLAYERS MINIMUM TO PLAY
 BEGINNERS WELCOME
 CENTER IS ACCEPTING DONATIONS FOR BUNCO GIFTS

JOIN US FOR WEEKDAY ACTIVITES AT THE CENTER
 PLAY BINGO OR BUNCO AFTER LUNCH—OR BRING FRIENDS, SOCIALIZE AND DROP IN TO PLAY

JOIN US FOR WELLNESS BINGO!

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

Wednesday, March 11th
 1pm-2pm
 Estacada Community Center

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

This is a Free Educational Event. All are welcome!

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)



FITNESS WORKOUT FUNDRAISER

MARCH 14TH @ 6PM

THIS IS A DONATION WORKOUT
BRING WHAT YOU CAN TO SUPPORT FUNDING THE
MEALS ON WHEELS PROGRAM

WE WILL BE DOING 25 MINUTES EACH OF THE FOLLOWING;
REFIT, REV & FLOW, POUND & REFIT KICKBOXING
BRING YOUR MATS, WEIGHTS & DRESS UP.

ACCESSORIES WILL BE PROVIDED AND PICTURES WILL BE TAKEN



Join Tina for BUNCO NIGHT at the Estacada Senior Center.
Bring Friends. The Buy In is \$5.00 with all proceeds used
to fund Center activities.

Bring additional cash to participate in the 50/50 Raffle.
Winner gets half and the Center gets half. Tickets are
\$1.00 or 6 for \$5.00. Raffle will be called at 8pm.

Bring your favorite potluck dish to share. Water, Coffee
or Tea will be provided.

RSVP with Tina @ 503.828.6579

JOIN US FOR FUN WEEKEND EVENTS

AT THE CENTER!



SATURDAY DINNER DANCES

March 21st

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 – 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

HOLD THE DATE

PAINT DAY FUNDRAISER

WITH TINA

Estacada Community Center

200 SW Clubhouse Drive Estacada

Phone: 503.630.7454

MARCH 28TH 11AM-1PM

Tina's Contact Info:

Phone: 503-828-6579

email: Tinas97236@yahoo.com

Cost: \$30.00 (supplies)

SIGN-UP: @ the Center or with Tina directly. Payment arrangements can be made
with Tina directly prior to the event or at the event.

**LIKE & FOLLOW THE ESTACADA COMMUNITY CENTER FACEBOOK PAGE AS MORE
DETAILS WILL BE POSTED THERE.**

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

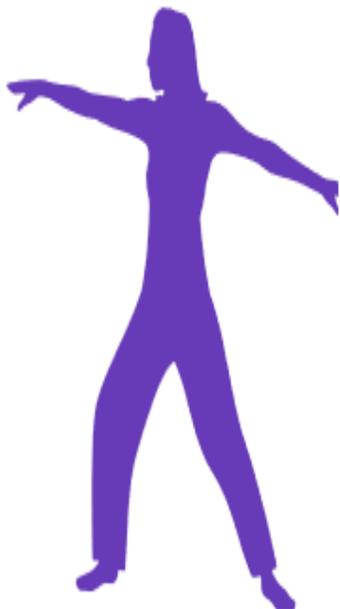
200 SW CLUBHOUSE DRIVE

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

MONDAY	ADULT EXERCISE @ 10:30AM LUNCH—NOON 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 LUNCH—NOON FOOT CARE MARCH 4 TH & APRIL 1 ST (CALL TO SIGN-UP 503-630-7454) REV & FLOW –6:00 PM w/Tina
THURSDAY	COMMUNITY BREAKFAST 8:30 (\$6.00) ADULT EXERCISE @ 10:30 AM SANDY SHOPPING BUS TRIP 3/5 – LEAVE AT 9:00 AM – CALL TO SIGN-UP LUNCH – NOON (STARTING 3/19) NEW BUNCO AFTER LUNCH - NEW REFIT W/Tina –6:00 PM
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH SENIOR CONNECTIONS (TENTITIVE 3/20) @ 11: 00 AM BUNCO NITE MARCH 27 TH @6PM
SATURDAY	MARCH 4 MEALS DINNER & BENEFIT CONCERT 3/7 @ 5:00PM FEATURING CODY ALAN AND THE CROSSROADS FITNESS FUNDRAISER 3/14– MARDI GRAS THEMED @ 6:00PM DINNER/DANCE MONTHLY FUNDRAISER- MARCH 21st @ 5pm PAINT DAY 3/28 @ 11:00AM– CALL TO SIGN UP
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	

MARCH BIRTHDAYS

- 4 SHERYL NASSAR
- 6 DENNIS WAGNER
- 7 LARRY WEYAND
- LISA CARTER
- JAMES POTTER
- SHELLEY POQUETTE
- 8 MARGARET BREED
- 9 TERRY HOY
- KAY STAFFORD
- GREG JOHNSON
- HUSTON DUGGAN
- 13 SUSAN JACKLEY
- JOAN CRADER
- 14 JACKIE FAUSTO
- LINDA RARDIN
- 21 JAN GILLILAND
- MARY WORKMAN
- 23 TERRY BROWN
- 29 VIOLET SULLIVAN
- JAN MELCHER
- 31 DEBBIE CARR



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.