



**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

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

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

**FOOT CARE**

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

TO RSVP OR GET ON THE AGENDA



# ECC HOT MEAL MENU – MAY 2026

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



CENTER CLOSED FOR IN PERSON LUNCH ON  
5/7-MOTHER'S DAY LUNCHEON EVENT  
5/25-HOLIDAY – MEMORIAL DAY



				<b>1</b>
				Chicken Caesar Salad over Greens Tropical Fruit Three Bean Salad Multigrain Roll
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Beef Stroganoff Penne Pasta California Vegetables Coleslaw Garlic Roll Fresh Orange	Ground Beef Stew Romaine Iceberg Salad Spinach Rye Bran Roll Fresh Apple Slices Thousand Island	Chicken Sausage Jambalaya Collard Greens Carrot Raisin Salad French Roll Fresh Orange	No Lunch @ the Center Mother's Day Event	Pork Carnitas w/Verde Salsa Corn Cucumber and Red Onion Salad Tortilla Chocolate Pudding
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Turkey a la King Green Beans Creamy Coleslaw Biscuit Fresh Apple Slices	Chicken Breast Supreme Au gratin Potatoes Green Beans Sunflower Seed Bread Dessert	Macaroni & Cheese Stewed Tomatoes Garlic Spinach Rye Bran Roll Pears	Lime Chicken Brown Cilantro Lime Rice Whole Kernel Corn Fiesta Vegetables Lemon Poppy Seed Cake	Roast Pork w/ Pork Gravy Whipped Potatoes Peas and Carrots Oat Bran Bread Fresh Orange
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Around the World New! Sweet & Sour Meatballs Brown Rice Kyoto Vegetables Ginger Carrots Pineapple Tidbits	BBQ Chicken Mini Salad w/ Ranch Dressing Over Greens Pickled Beets Herb Roll Tropical Fruit	Sloppy Joe Baked Beans California Vegetables WG Hamburger Bun Fresh Orange	Butter Chicken Jasmine Rice Sesame Green Beans Carrot Mandarin Salad Fresh Apple Slices	Around the World Baked Chicken New! w/ Mediterranean Sauce Orzo Pasta Tomato, Cucumber, Feta Salad Blushing Pears
				<b>26</b>
				<b>27</b>
				<b>28</b>
				<b>29</b>
<b>CLOSED MEMORIAL DAY HOLIDAY</b>	Chicken Parmesan Sandwich Brussels Sprouts Mixed Vegetables Hamburger Bun Spiced Peaches	BBQ Pulled Pork Pickles Baked Beans Coleslaw WG Hamburger Bun Gelatin w/ Whipped Topping	Pork Sausage Patty w/Cheese Diced Potatoes California Vegetables Biscuit Applesauce	Chicken Mushroom Bake Whole Kernel Corn Coleslaw Seven Grain Roll Fresh Orange



**SATURDAY MAY 23<sup>RD</sup>**  
**ESTACADA SENIOR**  
**COMMUNITY CENTER**  
**FUN STARTS AT 6PM**

**Bingo Nite Fundraiser Benefits Meals on Wheels at the Center**  
**Saturday May 23<sup>rd</sup> @ 6:00PM**  
200 SW Clubhouse Drive, Estacada  
503-630-7454



**\$15.00 SET OF 10 CARDS = 8 GAMES 4 PRIZES**  
**AND 2 BLACKOUT GAMES 4 CASH**

BLACK OUT PAYOUT DEPENDS ON # OF SETS PURCHASED = \$5.00 OF EACH SET PURCHASED GOES TO BLACKOUT POOL 50% OF THE BLACKOUT POOL GOES TO EACH GAME. MINORS CAN PLAY FOR NON-CASH PRIZES ONLY. EACH PLAYER CAN PURCHASE UP TO 2 SETS OF CARDS.

IN ADDITION TO BINGO, BRING CASH FOR A 50/50 RAFFLE, CONCESSION STYLE FOODS AND REFRESHMENTS. BRING OWN DAUBER OR PURCHASE THEM FOR \$1.00 EACH.

*50/50 RAFFLE \$1.00=1 TICKET OR \$20.00 = 25 TICKETS*

*CONCESSION \$1.00-\$5.00 PER ITEM*



**CAN'T MAKE THE EVENT-CONSIDER DONATING DIRECTLY TO THE FUNDRAISER USING THE QR CODE**

**PROCEEDS BENEFIT THE CENTER MEALS ON WHEELS PROGRAM**

**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](mailto: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](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.

# 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

MAY 16TH

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*

# JOIN US FOR WELLNESS BINGO!

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

Wednesday, May 13th  
1pm-2pm  
Estacada Community Center

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

This is a Free Educational Event. All are welcome!

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

JOIN US AT THE SENIOR COMMUNITY CENTER TO LEARN ABOUT  
FOLKTIME'S OLDER ADULT PEER PROGRAM ON FRIDAY MAY 8<sup>TH</sup> @ 11:00AM  
PLAN TO STAY FOR LUNCH AT NOON AND BINGO AT 1PM.

55+ Event

### PEER

## Connection

With

FolkTime's Older Adult Peer Program

We will be sharing details about our older adult peer programming and future connections. Come and learn how your community is being supported through peer connection!

Estacada Community Center  
Friday May 8<sup>th</sup> 11:00am



[www.FolkTime.org](http://www.FolkTime.org)



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>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-NOON - 1 <sup>ST</sup> & 3 <sup>RD</sup> WEDNESDAY (NEW) <b>LUNCH—NOON</b> WELLNESS BINGO – MAY 13 <sup>TH</sup> AFTER LUNCH <b>FOOT CARE MAY 6<sup>TH</sup> &amp; JUNE 3<sup>RD</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>LUNCH – NOON (NEW) – NO LUNCH MAY 7<sup>TH</sup> (MOTHER’S DAY EVENT)</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>FRIDAY</b>	<b>TAI CHI - 10:00 AM</b> LUNCH—NOON <b>BINGO—1 PM AFTER LUNCH</b>
<b>SATURDAY</b>	AARP DRIVING CLASS – CALL THE CENTER TO SIGN-UP 503.630.7454 <b>DINNER/DANCE MONTHLY FUNDRAISER-MAY 16<sup>TH</sup> @ 5pm</b> BINGO NITE FUNDRAISER-MAY 23 <sup>RD</sup> @ 6PM – SEE FLIER FOR DETAILS
<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.org">www.estacadacommunitycenter.org</a></b>	

**MAY**  
**BIRTHDAYS**

1	GERRY BOITANO
2	DEBRA LUCKADO
2	IALA BRAY
3	VIOLET THOMAS
4	ROSE ALBERT
5	MARGARET DUNN
5	DIANE PETERSON
9	ROBBIN NULL
10	GENETTE GATES
10	CINDY BURCHAM
11	PAULA FRESHBUR
12	CHUCK GARDNER
12	KITTY STEVENSON
12	CARLA ANDERSON
13	CYNTHIA COLOMBO
13	MARI LOMBARDO
14	LAURA SMITH
16	JAN CASTLE
19	ALICE SMITH
21	CLINTON PETERSON
22	JAMES RYAN
25	BARBARA BARNES
25	GOPAL GONRAMMA
27	GERALD RANDEL
28	DONNA TRENDELL
29	LIANA WOLD
30	DOUG EVANS

 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. 