

Schedule of Senior Drop-In Activities at EPCC

| DAY | ACTIVITY | AGENCY |
|-------------------------------------|--|---------------|
| MONDAY | | |
| 9:00am-3:00pm | LOUNGE OPEN FOR DROP-IN ACTIVITIES | CBS/IRCO/PP&R |
| 9:00am-11:30am | BUNCO | CBS |
| 9:00am-3:15pm (Once a quarter ONLY) | HEARING HEALTH (By appointment ONLY; 503-484-6371) | IRCO |
| 11:30am-1:00pm | LUNCH | MOW People |
| NOON-3:00pm | PINOCHLE | PP&R |
| 1:00pm-2:30pm (1st & 3rd ONLY) | DIABETES SUPPORT GROUP | IRCO |
| TUESDAY | | |
| 9:00am-3:00pm | LOUNGE OPEN FOR DROP-IN ACTIVITIES | CBS/IRCO/PP&R |
| 8:00am-10:00am | SENIOR BASKETBALL (FEE) | PP&R |
| 10:00am-11:30am | WRITING YOUR LIFE STORY | IRCO |
| NOON-3:00pm | PINOCHLE | PP&R |
| 11:30am-1:00pm | LUNCH | MOW People |
| 12:15pm-3:15pm | BRIDGE | CBS |
| WEDNESDAY | | |
| 9:00am-3:00pm | LOUNGE OPEN FOR DROP-IN ACTIVITIES | CBS/IRCO/PP&R |
| 10:00am-11:15am | ESL | IRCO |
| 10:00am-11:00am | BINGO | MOW People |
| 11:30am-1:00pm | LUNCH | MOW People |
| NOON-3:00pm | PINOCHLE | PP&R |
| BY APPOINTMENT 9:00am-12 noon | SHIBA (By appointment ONLY; 503-484-6371) | IRCO |
| THURSDAY | | |
| 9:00am-3:00pm | LOUNGE OPEN FOR DROP-IN ACTIVITIES | CBS/IRCO/PP&R |
| 8:00am-10:00am | SENIOR BASKETBALL (FEE) | PP&R |
| BY APPOINTMENT 9:00am-12noon | SHIBA (By appointment ONLY; 503-484-6371) | IRCO |
| 9:00am-3:00pm (2nd & 4th Thursday) | FOOT CARE (By appointment ONLY; 503-484-6371) | IRCO |
| 10:00am-11:30am (3rd Thursday only) | LOW VISION SUPPORT GROUP | IRCO |
| 11:30am-1:00pm | LUNCH | MOW People |
| NOON-3:00pm | PINOCHLE | PP&R |
| 1:00pm-3:45pm | SENIOR LAW PROJECT (By appointment ONLY; 503-484-6371) | IRCO |
| FRIDAY | | |
| 9:00am-3:00pm | LOUNGE OPEN FOR DROP-IN ACTIVITIES | CBS/IRCO/PP&R |
| 8:00am-11:30am & NOON-3:00pm | PINOCHLE | PP&R |
| 11:30am-1:00pm | LUNCH | MOW People |
| 12:15pm-12:55pm | BINGO PRESALE | CBS |
| 1:00pm-3:00pm | BINGO (FEE- Open to all adults, age 18 years & up) | CBS |

**EAST PORTLAND COMMUNITY CENTER LOUNGE IS OPEN FOR SENIORS WEEKDAYS 9AM – 3PM.
COME PLAY GAMES, WORK PUZZLES, VISIT OR READ.**

Check with IRCO Office for Blood Pressure Screening Dates or call 503-484-6371.

MOW People = Meals on Wheels People

IRCO = IRCO Mid-County Senior Services Provider

CBS = Cherry Blossom Seniors

PP&R = Portland Parks & Recreation

Volunteer drivers are needed for Meals on Wheels. Be the One to help your community - call 503-953-8104.

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