



RAINIER SENIOR CENTER
A Great Place...For Great People
RIVERSIDE REVIEW
Volume 2015
Issue 4 **April 1, 2015**

Rainier Senior Center
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BOARD MEMBERS:

Randy Bailey President
Rachel Kelley, Secretary
Clint Kelley

Jan Rich, Vice President
Marilyn Tift, Treasurer
Keith Ekstrom

Newsletter Editor- Liz Sandahl

The Membership Meeting will be held **Wednesday, April 22nd 1:00.** Come to the meeting to see what is planned for 2015.

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Easy Exercise Class with Rachel: Rachel is holding an exercise class on **Thursdays at 9:30.** She will make it fun for all! Light exercises.

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Sponsor Lunch: The sponsor lunch will be held on **Monday, April 6th.** Our sponsor is

Movie Night: We will be showing movie on **Wednesday, April 16th at 5:00.** The movie is "True Lies". Free Popcorn.

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Potluck: There will be a potluck dinner at **5:00 on Thursday, April 23rd.** Bring a "share" food and come visit with members and others. Bring your own plate and table service.

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Susannah's Supper: Susannah's Suppers will be on **Friday, April 24th at 6:30.** This is a free meal to the public, not just seniors. Donations are very much appreciated.

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Five Area Luncheon: The 5 Area Luncheon will be at **the Clatskanie Senior Center** this month on April 27th. A signup sheet is at the front desk.

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Volunteer of the Month: The March Volunteer of the Month is **Shirley Emerick**. For the past year Shirley has been in charge of arrange for the volunteers who work in the Center whether it is at the desk, servers or special events. She was asked to coordinate our Volunteer of the Month program and has proven to successfully balance the support given by our members with the mission of the Center. Shirley is generous with her time as she also works as a server or fills in when necessary. Thank you for all you do Shirley!

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Irish Luck of the Draw Raffle: **Thank You** to all of our sponsors that donated items for the raffle, the members that worked hard to sell tickets, and the generosity of those that purchased tickets, our raffle was a great success raising \$610.00! We all enjoyed the Center's leprechaun (Clint Kelley) who was on hand to draw out the winning tickets and pass out prizes. We gave out 36 prizes with the top prizes of Horse Tail Bed & Breakfast; \$100.00 Ace Hardware certificate; True value paper shredder; Country Financial Garden Basket; \$25 Fashion Chic; Head Hunter Hair cut; and numerous food tickets.

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Health Cartoon:



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Veteran Service Officer: Veterans Service Officer Russ Clark will be in our Rainier Senior Center on **Thursday, April 9th at 1:00.** Russ will answer questions and supply information regarding educational benefits, housing assistance, health care, scholarships and other service benefits. You can also reach him at his office at the Community Action Team in St Helens by calling 503-366-6580.

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HAPPY BIRTHDAY TO OUR APRIL BIRTHDAY MEMBERS!

Birthday: Sweet Pea Birthday Stone: Diamond

If your birthday is not listed or wrong, please contact the reception desk.

04/01 Olga Boyko
04/02 Les Tucker
04/06 Judy Doving
04/06 Cecil Ryan
04/07 Harold White
04/07 Judith Ribelin
04/09 Genio Crowe
04/09 David Jones
04/10 John Woolf
04/11 Toni Johnson
04/12 Lola Smith
04/13 Michael Davis
04/13 Ron Fadden
04/13 George Heuth
04/19 Gerald Price
04/22 Bud Sitala
04/25 Shirley Fowler
04/25 Allen Miller
04/25 Joyce Olivia
04/27 Mary Lou Jamieson
04/29 Mary Tucker

Holidays

04/01 April Fools' Day
04/03 Good Friday
04/05 Easter
04/22 Earth Day

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Morning Bingo: For those who enjoy BINGO, but do not want to come out at night, we are going to have morning BINGO sessions **on EVERY Tuesday, at 10:30**. Cards are \$3.00. Come have fun and stay for lunch.

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BP Checks: Lowell Norbom R.N will be here on Mondays at 11:00 to do **free** blood pressure and oxygen checks. Be sure to have yours checked!

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Breakfast is Being Served: OPEN TO THE PUBLIC: Come to the center for breakfast from **8:30 to 10:30** weekdays. The menu is: 2 Pancakes with 2 eggs and bacon for a suggested donation of \$4.00,(or @2.50 for smaller orders); Hash browns with 2 eggs and bacon for \$4.00; Biscuits and Gravy \$4.00; oatmeal is \$1.75; side order of bacon (4) is \$2.50; and 2 eggs is \$1.75. A really good deal!

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Fred Meyer Community Rewards: The Rainier Senior Center can earn donations from Fred Meyer by members that shop at Fred Meyers, and by signing up for the Community Rewards program by linking their card at **www.fredmeyer.com/communityrewards** or call **1-800-576-4377** and select **option 3**. You can search for us by name-**Rainier Senior Center**- or use our non-profit number of **94223**. You will still get your reward points, fuel point, and rebates just the same. **This will help our senior center earn money!**

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Special Event Lunch: The center is now offering a ***Special Luncheon for 2*** with anyone that would like to celebrate an anniversary, birthday, or for any other special occasion for **\$20.00 for two**. Amenities will include a special table with tablecloths & decorations, glassware, flutes with a bottle of sparkling cider, and a personal waiter to serve your lunch. If you have questions, or want to make reservations, contact the front desk.

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Senior Fair: The 8th Annual Senior Fair at the Three Rivers mall will be on May 6th and we will have a table again this year. Volunteers are needed to man the table, preferably in two hour shifts. It starts at 9:00am and runs until 3:00. No money can exchange hands but we will be handing out items, and promoting our Fred Meyer Community Rewards Program.

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Foot Care: Starting on April 9th the Center will be offering foot care. Lowell Norbaum, retired RN, will require 45 minutes for an initial appointment. He will trim toenails, and relieve corns and calluses. The cost will be \$15 which will go the Center. **Call the center for an appointment at 503-556-3889.** The available dates are **April 9th, 14th, 21st and 28th starting at 10:00.**

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The Cornerstone Cafe: Take a well earned break from the stress of getting those taxes done, and have a meal at the Cornerstone Café on **April 15th between 4-8pm.** WHY? Because the Cornerstone is donating **20%** of their sales to the Rainier Senior Center and you'd be supporting a local business as well as helping your Senior Center!

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**Know what's below.
Call before you dig.**

Want to avoid spending a day in the dark? It's as simple as 8-1-1. Are you planning a yard or patio project? Planting a tree? Installing a fence? Replacing your mailbox? Installing a pond or fountain? Please WAIT! There's an important – and free - phone call that you should make first. 8-1-1 is the phone number to dial before you dig anywhere on public or private property.

Call 8-1-1 a few days prior to digging and your call will be routed to your local One Call Center. Tell the operator where you're planning to dig and a locator will be sent to mark the locations of buried lines, pipes and cables so you'll know what's below – and be able to dig safely.

Remember; always call 8-1-1 before you start any digging project! You'll avoid injury, expense and a day in the dark.

For more information, or to make an online request for utilities to be marked, call 8-1-1 or visit www.digsafelyoregon.com

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Kitchen Inspection: Thanks to our kitchen staff we received 100% on our inspection in February!

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Meals Served: We served 611 meals in the month of February, and 328 volunteer hours for February.

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I Am Thankful:

I am thankful for the wife, who says it's hot dogs tonight, because she is home with me, and not out with someone else.

I am thankful for the husband who is on the sofa being a couch potato, because he is home with me and not out at the bars.

I am thankful for the teenager who is complaining about doing dishes because it means she is at home, not on the streets.

I am thankful for the taxes I pay because it means I am employed(or retired with money).

I am thankful for the mess to clean after a party because it means I have been surrounded by friends.

I am thankful for the clothes that fit a little too snug because it means I have enough to eat.

I am thankful for my shadow that watches me work because it means I am out in the sunshine.

I am thankful for a lawn that needs mowing, windows that need cleaning, and gutters that need fixing because it means I have a home.

I am thankful for all the complaining I hear about the government because it means we have freedom of speech.

I am thankful for the parking spot I find at the far end of the parking lot because it means I am capable of walking and I have been blessed with transportation.

I am thankful for my huge heating bill because it means I am warm.

I am thankful for the lady behind me in church who sings off key because it means I can hear.

I am thankful for the pile of laundry and ironing because it means I have clothes to wear.

I am thankful for weariness and aching muscles at the end of the day because it means I have been capable of working hard.


I am thankful for the alarm that goes off in the early morning, or for just waking up because it means I am alive.

Live well, laugh often & love with all your heart because you can! Be thankful for all the things in your life.

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Activity Menu for April 2015

		1	2 Exercise with Rachel 9:30 Pinochle 1:00	3 Eric & Cheri on Banjo  Cake
6 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	7 Bingo 10:30 Women's VFW 1:30 Men's VFW 6:30	8 WIC 9-11:00 Movie 5:00	9 Exercise with Rachel 9:30 Foot Care Vet. Service Officer 1:00	10
13 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	14 Bingo 10:30 Foot Care	15 Board Meeting 1:00	16 Exercise with Rachel 9:30 Pinochle 1:00	17
20 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	21 Bingo 10:30 Foot Care	22 Membership Meeting 1:00	23 Exercise 9:30 Pot Luck 5:00	24 Susannah's Supper 6:30
27 <i>3 of us</i> 5 Area Lunch Clatskanie Bingo 6:00	28 Bingo 10:30 Foot Care	29	30	

APRIL 2015 Rainier Senior Center Activities www.RainierSeniors.com

Music Begins at 11:00am at the center.

Events are subject to change without notice.

Sponsor Lunch: A sponsor will introduce themselves on **Monday, Apr. 6th** during lunch.

Morning Bingo: Bingo every Tuesday morning, at 10:30. \$3.00 per card.

Evening Bingo: Bingo is played in the evening every Monday at 6:00. \$5.00 per card.

Exercise class: Exercise with Rachel every Thursday at 9:30.

Movie: Free movie on Wednesday, Apr 8th at 5:00. "True Lies" & free Popcorn

Potluck: Potluck will be Thursday, Apr. 23rd at 5:00.

Susannah's Supper: Will be on Friday, Apr. 24th at 6:30.

5 Area Lunch : Clatskanie on Monday, Apr. 27th. Signup sheet at the front desk..

LUNCH MENU FOR APRIL 2015

LUNCH IS SERVED AT

AT NOON AT THE CENTER!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pinto Bean & Ham Soup Waldorf Salad Spinach Corn Bread	2 Baked Chicken Stuffing Capri Mixed Veggies Jell-O w/ Fruit	3*<i>Music/Cake</i>  Beef Stroganoff w/Egg Noodles 3 Bean Salad Carrots
6 *<i>Music</i> Crispy Chicken Salad Vegetable Soup Cranberry Muffins	7 BLT Creamy Chicken Soup Coleslaw w/Carrots Cottage Cheese	8 Hot Dogs & Sauerkraut Multi-Bean Soup Carrots Onions & Cukes Salad	9 Pizza Garden Salad Peaches	10 Swiss Steak Mashed Spuds w/Gravy Green Salad
13 *<i>Music</i> Ham Scalloped Spuds Pineapple Green Beans Garden Salad	14 Quiche Fruit Bowl Cottage Cheese Bran Muffin	15 Chicken & Dumplings Broccoli & Carrots Green Salad Jell-O w/Strawberries	16 Chicken Fried Steak Mashed Spuds Carrots Peaches	17 Pot Roast Mashed Spuds w/Gravy Yams Greens Salad Roll
20 *<i>Music</i> Meatloaf Baked Spuds Green Beans Coleslaw w/Pineapple	21 Tacos Corn Shells Beans Rice Fruit Bowl w/Cantaloupe	22 Beef Stew Green Salad Roll	23 Stir Fry Pork Oriental Vegetables Noodles Pea Salad	24 BBQ Spare Ribs Potato Carrots Green Salad Baked Apples
27 *<i>Music</i> Chicken Casserole Rice	28 Chicken & dumplings Green Beans	29 Tuna Sandwich Tomato Soup Sliced Oranges	30 Grilled Ham & Cheese Coleslaw	

Spinach Plum Halves Roll	Fruit Salad Roll	Crackers	w/Carrots Banana	
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RAINIER SENIOR CENTER LUNCH MENU 503-556-3889 www.RainierSeniors.com
Call in and carry out orders need to be in no later than 10:30am. Menu is subject to change without notice. Suggested donation is \$5 for over age 60 and \$6 for under age 60 for lunch.
Breakfast is served weekday mornings from 8:30-10:30 for a suggested \$4.00 donation.
Rainier Jr./Sr. High School: Thank you to the history class for bringing the "Wall of Healing", along with the City of Rainier, to our park in honor of the Vietnam Veterans, and all veterans.

6th Annual Rainier Revisited will be held on April 11th at 10:00-4:00 at the Beaver Homes Grange, 31105 Beaver Homes Road, Rainier. Cost is 1 can of food or donation for H.O.P.E.

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Who would have ever thought in the year 1955?

1. Have you seen the new cars coming out next year? It won't be long before \$1,000.00 will only buy a used one!
2. If they raise the minimum wage to \$1.00, nobody will be able to hire outside help at a store.
3. I am afraid to send my kids to the movies anymore. Ever since they let Clark Gable get by with saying DAMN in "Gone with the Wind", it seems every new movie has either Hell or Damn in it.
4. I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas.
5. Did you see where some baseball player just signed a contract for \$50,000.00 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the President.
6. I never thought I'd see the day all our kitchen appliances would be electric. They're even making electric typewriters now.
7. It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet.
8. I'm afraid the Volkswagen car is going to open the door to a whole lot of foreign businesses.
9. Thank goodness I won't live to see the day when the government takes half our income in taxes. I sometimes wonder if we are electing the best people to government.
10. There is no sense going on short trips anymore for a weekend. It costs nearly \$2.00 a night to stay in a hotel.

11. No one can afford to be sick anymore. At \$15.00 a day in the hospital, it's too rich for my blood.

12. If they think I'll pay 30 cents for a haircut, forget it!

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SPONSORS THAT SUPPOR OUR CENTER

**Birdbaths
City of Rainier
Country Financial
Deli Store
El Tapatio
Fashion Chic'
Fred Meyer
Jack-in-the-Box
Knot Just a Bear
Means Nursery
Olivia Brothers Rentals
Rainier Chevron Food Mart
Rainier Exhaust & Tire
Rainier Liquor Store
Rainier True Value
St Helens Ace Hardware
Shari's Restaurant
The Cornerstone Cafe
United Methodist Church**

**Burger King
Columbia River PUD
Deer Island Grange
Eagles
Evergreen Pub & Café
Foster Farms
Horse Tail Flats B & B
J&R Sales
Lower Columbia Insurance
Nys Tree Farm
Rainier Appliance
Rainier Church of God
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Brothers
United Way**



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