



RAINIER SENIOR CENTER
A Great Place...For Great People
RIVERSIDE REVIEW
Volume 2015
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Rainier Senior Center
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BOARD MEMBERS:

<p>Bill Dias- President Rachel Kelley, Secretary Clint Kelley</p>	<p>Randy Bailey, Vice President Marilyn Tift, Treasurer Jan Rich</p>
<p>Keith Ekstrom Newsletter Editor- Liz Sandahl</p>	

The Membership Meeting will be held **Wednesday, February 25th 1:00**. Come to the meeting to see what is planned for 2015.

NOTE: Membership Dues have gone up January 1st to \$15.00 per year. Due to food cost increases and limited funding, the lunches will go up to a suggested donation of \$5.00 on January 1st.

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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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NEW Web Page: We now have a new Web Page and you can check it out at **www.RainierSeniors.Com.** We also have **free WIFI** at the center for members or the public that want to use it.

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Sponsor Lunch: The sponsor lunch will be held on **Monday, February 2nd.** Our sponsor is Nancy from the Chevron Food Mart.

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Movie Night: We will be showing a movie on **Wednesday, February 11th at 3:00.** It will be a John Wayne Western.

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Potluck: There will be a potluck dinner at **5:00 on Thursday, February 26th.** 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, February 27th at 6:30.** This is a free meal to the public, not just seniors. Donations are very much appreciated.

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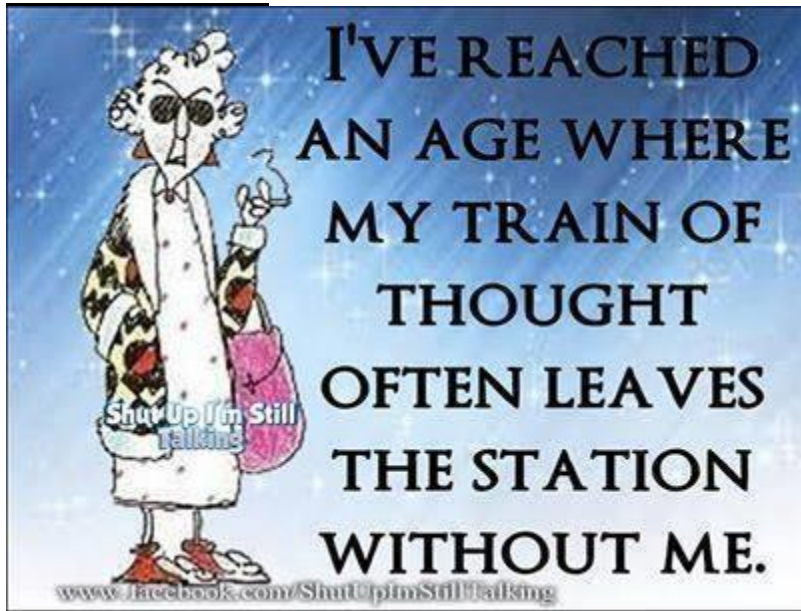
Five Area Luncheon: the 5 Area luncheons will resume each month starting on **Monday, February 23rd in St Helens.** A signup sheet is at the front desk.

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Volunteer of the Month: The January Volunteer of the Month is **Bill Dias.** Bill is the centers manager, and Board President. When our cook is absent, or for special dinners, Bill will volunteer to do the cooking. He has been instrumental in getting our finances into shape, and raising funds for the center. Many hours have been spent by him on lots of projects that make the center a better place to come to for lunches or activities. Be sure to congratulate him on being our **Volunteer of the Month.**

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Health Cartoon:





HAPPY BIRTHDAY TO OUR FEBRUARY BIRTHDAY MEMBERS!

Birthday: Primrose Birthday Stone: Amethyst

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

- 02/01 Floy Witham
- 02/01 Carl Pellham Sr.
- 02/02 Jo Allyn Becket
- 02/02 Jean Clark
- 02/02 Patti Huggins
- 02/05 Ed Hayslip
- 02/05 Karen Budge
- 02/08 Betty Abraham
- 02/08 Billie Sweetland
- 02/08 Sam Tift
- 02/10 Rachael Mc Ardle
- 02/13 Harriet Swengel
- 02.14 Beth Bailey
- 2/17 Willard Conley
- 02/17 Maria Gilman
- 02/18 Gary Holmes
- 02/22 Keith Elliott
- 02/26 Gwen Pellham
- 02/28 Joann Parker

Holidays

- 02/02 Groundhog Day
- 02/12 Lincoln's Birthday
- 02/14 Valentine's Day
- 02/16 Presidents' Day Observed
- 02/18 Ash Wednesday
- 02/22 Washington's Birthday

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Veteran Service Officer: Veterans Service Officer Russ Clark will be in our Rainier Senior Center on Tuesday, February 10th 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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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, starting on February 3rd, at 10:30.** Cards are \$3.00. Come have fun and stay for lunch.

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Valentine's Day Dinner: Bring a special person to this dinner celebrating Valentine's Day on **Saturday, Feb 7th at 5:00.** It does not have to be a spouse, just someone that is special to you. **Tickets are now on sale.** The dinner choices will be **Salmon for \$12.00 each, or Chicken for \$10:00 each.** **There will be live music provided by Ted Boursaw and his Classic Country Band.** So come enjoy dinner and dance if you want to.

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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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Hat Contest: Rachel Kelley-1st prize of lunch tickets; Verna Gilbert- 2nd prize of a gift bag; and Jim Grimes-3rd prize of a gift bag.

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Irish Fishing:

The rain was pouring and there was a big puddle in front of the Irish pub. A raggedy old man was standing there with a rod and string hanging into the puddle.

A curious gentleman came over to him and asked what he was doing.

"Fishing" the old man said simply.

"Poor old fool," the gentleman thought and he invited the old man in for a drink. Feeling he should start some conversation while they were sipping their whiskies, the gentleman asked, "And how many have you caught?"

"You're the eighth!" the old man answered.

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Columbia River People’s Utility District is offering efficiency upgrades to low- income customers.

If you’re living on a limited income you might need a little help to afford adding insulation to your home, or to improve your heating system. Maybe Columbia River PUD can help. The PUD is offering a pilot program to provide insulation upgrades and ductless heat pump installations for low-income customers. The PUD’s funding may cover the full cost of insulation upgrades. For ductless systems funding will cover a significant portion of the cost.

To qualify, you must have an income level that is at or below 60% of the state median income and own your own home. The home must be site-built and electrically heated. See the table to determine if your income level qualifies.

Number in Household	Income Limit
1	\$21,506
2	\$28,123
3	\$34,740
4	\$41,357
5	\$47,974
6	\$54,591
7	\$55,832
8	\$57,073
9	\$58,313
10	\$59,554

Enrollment for this pilot program will be open through March 6, 2015. To enroll, contact the PUD’s Energy Experts at (503) 366-5470. The PUD expects to complete energy efficiency improvements on five homes through this pilot project. If more than five homeowners sign up, participants will be randomly selected from among the pool of qualified applicants.

If you have questions, or would like to find out if you qualify, please contact the Columbia River PUD Energy Experts at (503) 366-5470.



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Rainier Jr./Sr. High School:

Members of the History Club are working in collaboration with the City of rainier to being the Wall That Heals-a moving Vietnam Memorial Wall-to Rainier in March 2015. For details on making a donation, email Mayor Jerry Cole at **jerrycole@q.mail.com** or the club advisor, Andrew Demko at **andrew_demko@rsd.k12.or.us**

They are also trying to raise money for the 2016 England & Scotland educational trip.

6th Annual Rainier Revisited is a step back into time to the year 1853-a living history reenactment of Rainier and local history. It will be held on **Saturday, April 11th from 10:00-4:00 at the Beaver Homes Grange, 31105 Beaver Homes Rd., Rainier. Cost is 1 can of food, or a cash donation for HOPE.**

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Breakfast is Being Served: Come to the center for breakfast from **8:30 to 10:30** weekdays. The menu is: 2 Pancakes with 2 eggs and bacon for \$4.00; 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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Irish Luck of the Draw Raffle is coming in March. Lots of items to be raffled including monthly lunch tickets, gift certificates, and other items. More information in the next newsletter, or you can inquire at the center for price of tickets. Drawing will be on St Patrick's Day at lunch, on March 17th.




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Meals on Wheels: We seriously need some volunteers for delivering our Meals on Wheels. If you are interested, please contact the center at 503-556-3889, or Keith Ekstrom at 503-556-7303. Marge will be here every Tuesday from 9:30-1:00 to help with signups for Meals on Wheels.

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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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 2 <i>3 of Us</i> Sponsor Lunch- Bingo 6:00	3 Bingo 10:30	4	5 Exercise with Rachel 9:30 Pinochle 1:00	6 Eric & Cheri on Banjo  Cake
9 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	10 Bingo 10:30 Vet. Service Officer 1:00 Women's VFW 1:30 Men's VFW 6:30	11 WIC 9-11:00 <i>Ron Burton</i> Movie 3:00	12  Exercise with Rachel 9:30	13
16 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	17 Bingo 10:30	18 Board Meeting 1:00	19 Exercise with Rachel 9:30 <i>Vern Kennedy</i> Pinochle 1:00	20
23 <i>3 of Us</i> BP Check- 11:00 5 Area St Helens Bingo 6:00	24 Bingo 10:30	25 Membership Meeting 1:00	26 Pot Luck 5:00	27 Susannah's Supper 6:30

February 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, Feb.2nd** 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.**

Valentine's Dinner: Dinner will be on **Saturday, February 7th at 5:00, Tickets are \$10-\$12.**

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

Movie: Free movie on **Wednesday, Feb. 11th at 3:00.**

Potluck: Potluck will be **Thursday, Feb. 26th at 5:00.**

5 Area Lunch at St Helens: **Monday, February 23rd.** Signup sheet at front desk.

LUNCH MENU FOR FEBRUARY 2015
LUNCH IS SERVED AT
AT NOON AT THE CENTER!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Music  Meat Loaf Mashed Potatoes w/Gravy Cal. Veggies Salad	3 Bacon & Eggs Waffles Peaches w/Cottage Cheese	4 Lima Bean Soup w/Carrots Green Salad Apricots	5 Chicken Ala King W/Peas & Carrots Pears w/Strawberries	6*Music/Cake  Fish & Chips Slaw w/Carrots Baked Potato Mixed Fruit
9 *Music Spaghetti w/Meat Balls Tossed Salad Med. Veggies Garlic Bread	10 Stuffed Bell Peppers Broccoli & Cheese Soup	11 *Music Salad Bar Apricots	12  Baked Chicken Cal. Veggies Rice Strawberries	13 BBQ Ribs Baked Potatoes Carrot Salad
16 *Music Clam Chowder Cole Slaw w/Carrots Egg Salad Sandwich	17 Stir Fry Rice Sweet & Sour Chicken	18 Swiss Steak Dill Carrots Romaine Salad Roll	19 *Music Taco Salad w/Chips	20 Roast Beef Baked Potatoes Green Beans Roll
23*Music Pork Roast Scalloped Potatoes Brussels Sprouts w/Carrots Roll	24 Swedish Meat Balls Mashed Potatoes Carrots Tossed Salad	25 Split Pea Soup Ham & Cheese Sandwich Pineapple	26 Cheese Burgers Potato Salad 3 Bean Salad Fruit Carrot Salad	27 Pulled Pork Sandwich Mixed Veg. w/Carrots Pork N Beans Peaches & Oranges

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.

A \$4.00 Breakfast is served weekday mornings from 8:30-10:30. See menu at the center or on webpage.

WE DID 865 MEALS IN THE MONTH OF DECEMBER!!

A Little Humor:

I very quietly confided to my best friend that I was having an affair. She turned to me and asked, "Are you having it catered?" And that my friend is the definition of "OLD!"

Reporters interviewing a 104-year old woman "And what do you think is the best thing about being 104?" the reporter asked.
She simply replied "No peer pressure!"

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.

"Wal-Mart? The preacher exclaimed. "Why Wal-Mart?"
She replied, "Then I'll be sure my daughters visit me twice a week."

I've sure gotten old! I've had two bypasses, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine. I take 40 different medications that make me dizzy, winded, and subject to blackouts, and subject to blackouts and dementia. With poor circulations I can hardly feel my hands and feet anymore. Now I can't remember if I'm 85 or 92, and have lost all my friends. But, thank God, I still have my Florida driver's license!

Thought for the day: I don't want to brag or make anyone jealous or anything, but I can still fit into the socks I wore in high school.

Know how to prevent sagging? Just eat until the wrinkles fill out!

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart says, "For Fast Relief!"

The Senility Prayer: Grant me the senility to forget the people I never liked anyway. The good fortune to run into the ones I do, and the eyesight to tell the difference!

Hershey's Kisses are called that because the machine that makes them looks like it's kissing the conveyer belt.

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SPONSORS THAT SUPPOR OUR CENTER

**Birdbaths
Columbia River PUD
Country Financial
Eagles
Evergreen Pub & Café
J&R Sales
Lower Columbia Insurance
Nys Tree Farm
Olivia Brothers Rentals
Rainier Chevron Food Mart
Rainier Exhaust & Tire
Rainier Sign Company
Rainier St Helens Credit Union
The Cornerstone Cafe
United Methodist Church**

**City of Rainier
Deer Island Grange
Deli Store
El Tapatio
Fred Meyer
Knot Just a Bear
Means Nursery
Oregon Grape Stitch
Rainier Appliance
Rainier Church of God
Rainier Liquor Store
Rainier True Value
Safeway
Teevin Brothers
United Way**



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