

Sponsors That Support Our Center

**Burger King
Columbia River PUD
Deer Island Grange
Eagles
Fred Meyer
Jack-in-the-Box
Lower Columbia Insurance
Old Pastime Tavern
Nys Tree Farm
Rainier Appliance
Rainier Church of God
Rainier Liquor Store
Rainier True Value
St Helens Ace Hardware
Shari's Restaurant
The Cornerstone Cafe
United Methodist Church**

**City of Rainier
Country Financial
Deli Store
El Tapatio
Foster Farms
Horse Tail Flats B&B
J&R Sales
Means Nursery
Olivia Brothers Rentals
Rainier Chevron Food Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Brothers
United Way**



"A Great Place...For Great People"

***Rainier Senior Center
48 West 7th Street
Rainier, OR 97048***



Riverside Review

Volume 2016

Issue 2

February 1, 2016

48 W 7th Street, Rainier, OR 97048
E-mail: rainierseniorc@gmail.com

Phone: 503-556-3889

Web: RainierSeniors.com



Membership Meeting

**Wednesday, February 24
at 1pm**



**Valentine Dinner
and Dance Fundraiser**

**Saturday February 6
Serving Chicken Cordon Bleu
Dinner at 6:00 pm**

**Music by Ted Boursaw's
Classic Country
7:00-9:00 pm**

**7th and A street
Purchase Your Tickets in Advance
Call 503-556-3889
SOLD OUT Last Year**

Board Members

Randy Bailey, Pres. **Jan Rich, V Pres.**
Rachel Kelley, Sect. **Marily Tift, Tres.**
**At Large: Shirley Emerick, Clint Kelley,
and Sandie Scholten**

Newsletter Editor: Beth Bailey

**Need a Place
To Celebrate
a wedding,
birthday,
anniversary
or reunion?**

**Rent the
Senior Center**
Contact Jan at the
Center 503-556-3889



**5-Area Luncheon
FEBRUARY 29
Scappoose Center**

Sign up at the Desk

Have some news to share?
Deadline for information to our newsletter
by the **22nd** of the month
E-mail: rscritersidereview@gmail.com

Paperless Billing is Convenient For You & It Helps Us Keep Costs Down



**Here's something you might not know:
It costs us about 60¢ to send you a paper bill each month.**

That's why we offer Paperless Billing. Our customers who use this service really like it. They say it's quick & easy. They receive an email when their bill is ready, and they log in to our Account Online system to view it. Some of them are also signed up for Auto Pay, so their payment is made automatically each month.

Would you like to sign up for Paperless Billing? Give us a call at (503) 397-0590 or email custsvc@crpud.org. We'll be happy to enroll you, and we'd be grateful for your help in keeping costs down.



Question and Answer Valentine Jokes

Q: What do squirrels give for Valentine's Day?

A: Forget-me-nuts.

Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!

Q: What did the light bulb say to the switch?

A: You turn me on.

Q: What did one snake say to the other snake?

A: Give me a little hug and a hiss, honey.

Q: Why did the banana go out with the prune?

A: Because it couldn't get a date.



**St Patrick's Day
RAFFLE**

**during lunch
MARCH 17**

**A list of Prizes
at the Center**



**Coming in March
Paula from**

Columbia City Benefits Group

**"For Personal Insurance in a
Group Setting"**

**2nd Tuesday of the month
March 8
10:00 am - Noon**

Then Stay for Lunch!

**Other dates in May, July, September
and November**

Senior Center Activities

MONDAY



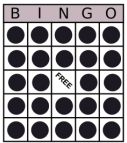
Blood Pressure Check
11 am by Lowell Norbaum

Checks both blood pressure and oxygen levels.
Have yours checked!



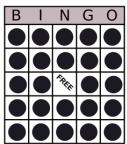
Music by

The Three of Us
Music begins at 11:00.
Sing along or dance to the tunes.



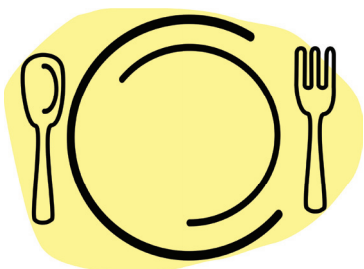
Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

TUESDAY



Bingo
10:30 am

February
POTLUCK DINNER



February 26
5pm

Come join the
event!

WEDNESDAY



Music
3rd Wednesday

THURSDAY



Easy Exercise
with Rachel Kelley
starts at 9:30am

Enjoy light exercises at your own pace. Get yourself motivated - have fun!

FRIDAY



Foot Care

10am-1pm
By Lowell Norbaum,
Retired RN
Cost: \$15 goes to Center
Trim toenails-Remove corns
and calluses



Music
1st Friday

Valentines' Dinner and Dance
Fundraiser

February 6th
6-9pm

Chicken Cordon
Bleu
\$10

Advance Purchase
Encouraged





Happy Birthday to our February Birthday Members

Birthday Flower: Violet Birthstone: Amethyst

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

2/1 Floyd Witham
2/1 Carl Pellham Sr
2/2 Jo Allyn Beckett
2/2 Jean Clark
2/2 Patti Huggins
2/2 Lola Pfaff
2/5 Ed Hayslip

2/8 Betty Abraham
2/8 Sam Tift
2/14 Beth Bailey
2/17 Marla Gilman
2/18 Dodie Burton
2/22 Keith Elliott
2/26 Gwen Pellham



The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

**Help Our Senior Center
Earn Money!**

Link your card by calling **1-800-576-4377** and select **option 3**.
















Ask them to search for us by name **Rainier Senior Citizens**- or use our non-profit number **94223**.

You still get your reward points, fuel points and rebates just the same!

Volunteer of the Month: Rachel Kelley


Rachel wears many hats at our Senior Center. She is our Secretary and is always willing to take on more jobs as needed at our center. She is always involved in our fund raisers to help our center succeed. She is in charge of our exercise class and bingo on Tuesdays mornings. She uses her creativity to decorate for the events at our center. Without her, we would have to find 3 people to do all her work.

FEBRUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1  Music- 3 of Us Blood Pressure Check 11 am Bingo - 6 pm	2  10:30 am	3	4  Exercise with Rachel 9:45 am Pinochle 1:00 pm	5  Foot Care 10 am-1 pm Music with Eric 11 am
8  Music- 3 of Us Blood Pressure Check 11 am Bingo - 6 pm	9  10:30 am Men's/Women's VFW 1:30 pm	10 WIC 9:30am-1:00pm	11  Exercise with Rachel 9:45 am Music with Vern Russ Clark- Veteran Officer 1pm	12  Foot Care 10 am-1 pm
15 3 of Us 11 am Blood Pressure Check 11 am Beth Moffitt Health Insurance 9:30-11:30 am Bingo -6pm	16  10:30 am	17 Board Meeting 1pm AARP Driving Class 9am-4pm	18  Exercise with Rachel 9:45 am Pinochle 1:00 pm Veterans Advisor 1:00pm	19  Foot Care 10 am-1 pm
22 3 of Us Blood Pressure Check 11 am Bingo - 6 pm 5 Area Luncheon	23  10:30 am	24  Member Meeting 1pm	25  Exercise with Rachel 9:45 am	26  Foot Care 10 am-1 pm
29 3 of Us Blood Pressure Check 11 am Bingo -6pm	Rainier Senior Center Hours 9:30 am to 3:00 pm Monday through Friday			

January 2016 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice.

FEBRUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Quiche Fruit Bowl Cottage Cheese Bran Muffin	2 Pizza Garden Salad Peaches	3 Ham Scalloped Potatoes Pineapple Green Beans Garden Salad	4 Swiss Steak Mashed Potatoes Gravy Stewed Tomatoes Green Salad	5  Crispy Chicken Salad Vegetable Soup Cranberry Muffins
8 Pot Roast Mashed Potatoes Gravy Yams Green Salad Roll	9 Creamy Chicken Soup Egg Salad Coleslaw w/Carrots Cottage Cheese	10 Hot Dogs w/Sauerkraut Broccoli Salad Baked Beans	11 Chicken & Dumplings Broccoli & Carrots Green Salad Jell-o w/Strawberries	12 Chicken Fried Steak Mashed Potatoes Carrots Peaches
15 Beef Stew Green Salad Biscuits	16 BBQ Spareribs Potato Wedges Baked Apples Carrots Green Salad	17 Stir Fry Pork Oriental Veggies Pea Salad Noodles	18 Meatloaf Baked Potato Green Beans Coleslaw w/ Pineapple	19 Taco Soup Flour Tortillas Beans Rice Salsa Fruit
22 Porcupine Meatballs Potatoes AuGratin Coleslaw w/Carrots Peaches Rolls	23 Pinto Ham & Bean Soup Waldorf Salad Spinach Corn Bread	24 Beef Stroganoff Egg Noodles 3-Bean Salad Carrots Whole Grain Rolls	25 Baked Chicken Stuffing Capri Veggies Jell-o w/mixed Fruit	26 Talapia Green Beans Carrot/Raisin Salad Fruit
29 Pork Chops Red Potatoes Stuffing 3-Bean Salad Mixed veggies 5-Area Luncheon Scappoose	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> POTLUCK February 26 5 pm Plan to join us </div> <div style="text-align: center;"> Volunteer Hours For December: 595.25 Meals Served For December: 900 </div> </div>			

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 60 and \$6 for under 60 for lunch; Breakfast, \$4.



**DRIVERS NEEDED
for
Meals-on-Wheels**
For more info ask at the desk

Rainier Senior Center Hours
9:30 am to 3:00 pm
Monday through Friday

An elderly couple had dinner at another couple’s house, and after eating, the wives left thetable and went into the kitchen. The two gentlemen were talking, and one said,

“Last night we went out to a new restaurant and it was really great. I would recommend it very highly.” The other man said, “What is the name of the restaurant?”

The first man thought and thought and finally said, “What is the name of that flower you give to someone you love? You know... the one that’s red and has thorns.” “Do you mean a rose?” “Yes, that’s the one,” replied the man.

He then turned towards the kitchen and yelled, “Rose, what’s the name of that restaurant we went to last night?”



AND THEY ASK WHY I LIKE RETIREMENT
Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire?

Answer: NUTS.

DOCTOR TO TECH SAVY PATIENT
“Ever notice the older we get, the more we’re like computers? We start out with lots of memory and drive, then we become out-dated and eventually have to get our parts replaced.”

