

## ***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 1

January 1, 2016

48 W 7th Street, Rainier, OR 97048  
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Phone: 503-556-3889

Web: [RainierSeniors.com](http://RainierSeniors.com)



## Membership Meeting

Wednesday, January 27  
at 1pm

### What's Your Resolution for 2016?

Each year people make a New Year's resolution to make a difference in their life. What's yours? Send your name and New Year's resolution to:

[rscritersidereview@gmail.com](mailto:rscritersidereview@gmail.com)

### Here are some suggestions for 2016:

1. **Become more active.** Join exercise with Rachel.
2. **Be more social.** Join the pinochle or bingo games.
3. **Share a favorite recipe.** Join in a potluck starting in February
4. **Support the Center.** Donate time or money to the Center.
5. **Be generous.** Invite a friend to lunch at the Center.



We Donated  
\$60.55  
Toys for Tots  
and  
Delivered to  
Rainier Fire Department  
Thanks to all who donated!

## 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



Many Thanks to  
Gary and Janis Pegg  
for donating a  
Magnifying Reader Machine

Ever have difficulty reading that small print?  
Stop by and check it out!

## Have some news to share?

Deadline for information to our newsletter  
by the **22nd** of the month

E-mail: [rscritersidereview@gmail.com](mailto:rscritersidereview@gmail.com)

Columbia River PUD works year-round to ensure our electric system is safe, reliable and well maintained. Even with all our preventative maintenance, occasionally the power goes out. Restoring power to all customers during a major storm can be a big task. Here's how the PUD prioritizes repairs to get the job done:

1. **Protect Public Safety** by addressing potentially life-threatening situations.
2. **Repair Transmission Lines** that supply power to substations.
3. **Repair Substations** that serve thousands of customers each.
4. **Repair Distribution Lines** that carry power from substations throughout our service area.
5. **Fix Service Lines** that deliver power to individual homes and businesses.

In order for your home to have power, the transmission line, substation, and distribution line that deliver power to your service line must all be energized.

If there is someone relying on life support equipment or using oxygen in your home, it is very important that you plan ahead to prepare for storms, outages and other emergencies. Your backup plan should include an alternate source of power, such as a stand by generator, or transportation to another location. In an emergency, always call 9-1-1.

For more information on emergency preparedness or how we restore power, please visit the Columbia River PUD website at [www.crpud.net/stay-safe](http://www.crpud.net/stay-safe).



## Valentines for Veterans

January 18

1 to 3 pm

at

Scappoose  
Senior Center



Sponsored by RSVP and  
Scappoose Senior Center

Come join us for a worthy cause  
to create Valentine greetings for  
our area veterans.

They will have supplies or you  
can bring your own. If interested  
in helping with this project,  
call the Center or  
Rachel Kelley at 503-369-6382.  
Possible carpooling.

## Valentine Dinner and Dance

*Buy your  
tickets early*

**Saturday  
February 6  
6 pm-9 pm**



*Serving  
Chicken Cordon Bleu*

**Dinner will be served  
from 6-7 pm**

**Dancing from  
7 pm - 9 pm**



# Senior Center Activities

## MONDAY



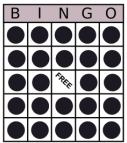
**Blood Pressure Check**  
11 am by Lowell Norbaum

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



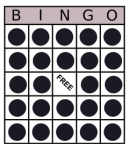
**Music by**

**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

**AARP Driving School**



**January 20**  
9am to 4pm

Sign up at the desk!

## 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**

Coming  
February 6th  
Save the date!

Purchase Your  
Tickets Early





## Happy Birthday to our January Birthday Members

### **Birthday Flower: Snowdrop      Birthstone: Garnet**

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

1/4 Martha Cramer  
1/6 Mary Keith  
1/7 Carl Pellham  
1/8 Diana Vigoren  
1/10 Duane Bernard  
1/11 Melvin Bailey  
1/12 Robert McCollam  
1/13 Barbara Huntington  
1/16 Irene Gibson  
1/20 Don Graham

1/22 Bonnie Davis  
1/22 Judy Olson  
1/25 David Hoyle  
1/26 Ray Sterling  
1/29 Judy Johnson  
1/29 Audrey Stienmetz  
1/30 Tanya Fadden  
1/30 Donna Massey  
1/31 Harriet Curtis



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: Amy Everman**

Amy has been active volunteer serving meals and organizing special events helpers. Amy was our Rainier Senior Center princess for 2015. She is a valuable asset to the center and eagerly welcomes everyone who enters the dining area. If you want to know anything about the community, she is a great source of information.

# JANUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>  <b>Music-</b> <b>3 of Us</b> <b>Blood Pressure</b> Check 11 am <b>Bingo - 6 pm</b>	<b>5</b>  <b>10:30 am</b>	<b>6</b>	<b>7</b>  <b>Exercise with</b> <b>Rachel 9:30 am</b> <b>Pinochle 1:00 pm</b>	<b>8</b>  <b>Foot Care</b> <b>10 am-1 pm</b> <b>Music with Eric</b> <b>11 am</b>
<b>11</b>  <b>Music-</b> <b>3 of Us</b> <b>Blood Pressure</b> Check 11 am <b>Bingo - 6 pm</b>	<b>12</b>  <b>10:30 am</b> <b>Men's/Women's VFW</b> <b>1:30 pm</b>	<b>13</b> <b>WIC</b> <b>9:30am-1:00pm</b>	<b>14</b>  <b>Exercise with</b> <b>Rachel 9:30 am</b> <b>Music with Vern</b> <b>Russ Clark- Veteran Officer 1pm</b>	<b>15</b>  <b>Foot Care</b> <b>10 am-1 pm</b>
<b>18</b> <b>3 of Us</b> <b>11 am</b> <b>Blood Pressure</b> Check 11 am Beth Moffitt <b>Health Insurance</b> <b>9:30-11:30 am</b> <b>Bingo -6pm</b>	<b>19</b>  <b>10:30 am</b>	<b>20</b> <b>Board Meeting</b> <b>1pm</b> <b>AARP Driving Class</b> <b>9am-4pm</b>	<b>21</b>  <b>Exercise with</b> <b>Rachel 9:30 am</b> <b>Pinochle 1:00 pm</b> <b>Veterans Advisor 1:00pm</b>	<b>22</b>  <b>Foot Care</b> <b>10 am-1 pm</b>
<b>25</b> <b>3 of Us</b> <b>Blood Pressure</b> Check 11 am <b>Bingo - 6 pm</b> <b>5 Area Luncheon at Rainier Senior Center</b>	<b>26</b>  <b>10:30 am</b>	<b>27</b>  <b>Member Meeting</b> <b>1pm</b>	<b>28</b>  <b>Exercise with</b> <b>Rachel 9:30 am</b>	<b>29</b>  <b>Foot Care</b> <b>10 am-1 pm</b>
<b>Save the Date!</b> <b>Sweetheat Dinner and Dance</b> <b>Saturday, February 6</b> More info to come in February newsletter		<b>RSVP and Scappoose Senior Center</b> <b>are sponsoring a "Valentines for Veterans" Event</b> <b>Monday, January 18 from 1-3pm</b> <b>Contact the Center or Rachel Kelley at 503-369-6382 to participate.</b>		

January 2016 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
 Events are subject to change without notice.

# JANUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Oven BBQ Chicken Garden Vegetables	<b>5</b> Tuna Casserole Coleslaw	<b>6</b> Porcupine Meatballs Salad	<b>7</b> Baked Ham Green Beans	<b>8</b>  Soup w/ Ham Sandwich
<b>11</b> Tater Tot Casserole Green Beans	<b>12</b> Hot Turkey Sandwich Mashed Potatoes	<b>13</b> Corn Chowder Turkey Sandwich	<b>14</b> Chicken Parmesan Noodles	<b>15</b> Spaghetti and Meatballs Garlic Bread
<b>18</b> Baked Chicken Roasted Potatoes	<b>19</b> Chicken Noodle Bake	<b>20</b> Beef Stew Biscuits	<b>21</b> Teriyaki Chicken and Rice	<b>22</b> Pork Roast Mashed Potatoes
<b>25</b> Chicken Fried Steak Mashed Potatoes	<b>26</b> Polish Sausage and Sauerkraut Fruit Salad	<b>27</b> Chicken and Dumplings Salad	<b>28</b> Macaroni and Cheese w/Sandwich	<b>29</b> Chili and Cornbread
<b>Volunteer Hours For November:</b> 439.75 <b>Meals Served For November:</b> 840		<b>POTLUCK</b> <b>February 26</b> <b>5 pm</b> <b>Plan to join us</b>		

Rainier Senior Center Lunch Menu

503-556-3889

[www.RainierSeniors.com](http://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.





**Potluck Dinners  
Begin  
February 26th at 5pm  
Plan to come and enjoy  
the company!**

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

## Christmas Dinner 2015



**Our Servers**



**Our Cooks**



**Mr Judd,  
Choir Director  
and the  
RHS Choir**

