



Riverside Review

Volume 2017 Issue 4 April 2017

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Rainier Senior Center would like to thank the businesses and individuals who contributed to our St. Patrick's Day raffle as well as to all the folks who purchased tickets. It was a very successful fundraiser and we were able to put \$1200 into our nutrition program. The following is a list of the businesses or individuals who contributed prizes:

Ace Hardware	Shirley Emerick
Frances Bailey	Highlander Place
Bed Bath & Beyond	Keys Plus
Cole's Coffee	Cookie King
Margie Clark	Gail Leno
Columbia Mermaid	Lily Pad
Cornerstone	More Power Computer
Country Financial	Dave Sartin
Delaware Plaza	Sandie Scholten
El Tapatio	Gene & Lola Smith
Subway	Marily Tift
Toy Store	Vernie's Pizza
Julie Birt	

A list of the winners is posted at the Center.

BECOME A MEALS-ON-WHEELS Driver

It only takes one hour of your time to deliver meals one day a week.

We need regular drivers as well as substitute drivers. You'll need to fill out an application and go through a paid background check.

Board Members

Jan Rich, Pres. Keith Ekstrom, V Pres.
Rachel Kelley, Sect. Marily Tift, Tres.
At Large: Shirley Emerick, Clint Kelley,
and Margie Clark

Newsletter Editor: **Beth Bailey**

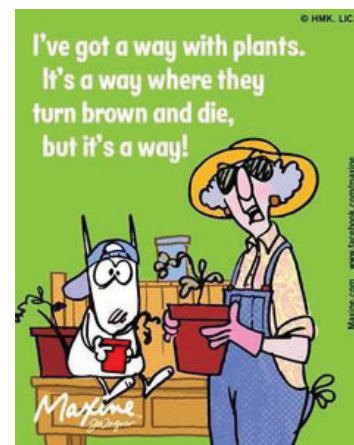
FOR SALE

Kyocera KM-2050 BTW Printer

Exercise Trampoline with Hand Bar

Vesta Stairlift

Contact Aaron or Jan



Hours
Rainier Senior Center Hours
9:30 am to 2:30 pm
Monday through Friday

Take Our Customer Survey & Enter to Win a Go Bag Emergency Kit

This month, we're giving you an opportunity to rate our performance in serving you. Acti-Dyne Survey Research of Scappoose is conducting a customer survey for us from April 1 to May 5. Acti-Dyne will call a random sampling of customers, or you may participate one of three ways:

- **Take the survey online at**
<https://www.research.net/r/CRPUDsurvey>.
The online survey will be available **March 27 to May 5**.
- **Visit our office in April** to fill out a paper survey.
- Acti-Dyne phone lines will be open Mondays – Fridays
from 3 p.m. to 7 p.m., **April 17 through May 5**.



The survey will take about 10 minutes. All customers who participate will be entered to win one of ten Go Bag Emergency Kits. (Limit one survey per household.)

Acti-Dyne will ask for your address to confirm you are a customer and to enter you into the drawing. Acti-Dyne will not share your address with us and will conduct the drawing to ensure your responses to the survey remain anonymous.

COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY



Michelle M. Moore

Columbia City Benefits Group LLC
(CCBG)

Office: 503-366-9550 Fax: 503-366-9551

Cell: 503-422-3945 Call for appointment

michelle@columbiacitybenefitsgroup.com

240 Spinnaker Way- Columbia City OR 97018



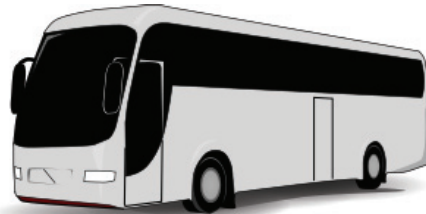
Rainier FOE #4022

109 West 'A' Street

Rainier, OR 97048

503-556-2035

**Special Casino Bus Trip to
LUCKY EAGLE
Last Wednesday of the Month**



9am to 4pm

Cost: \$15/Member

See Marilyn to reserve your space

Senior Center Activities

MONDAY



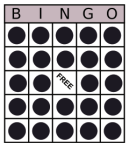
Blood Pressure Check 11 am by Lowell Norbom

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



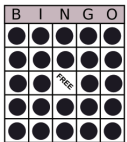
Music by

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

WEDNESDAY

Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment

THURSDAY

1st and 3rd Thursdays Pinochle
at 1:00 PM

2nd and 4th Thursdays
Chair Yoga at 11:00 AM

FRIDAY



Music

1st and 3rd Friday

Call the center to schedule Foot Care

Try the new
CHAIR YOGA

Presented by instructor, April
2nd & 4th Thursday, 11 am
April 13 and 27

POTLUCK

Thursday, April 27 at 5pm

APRIL Special Events

Duane & Joanne
will be celebrating their
60th Wedding Anniversary

Saturday, April 29
1:00-4:00 pm
at the Rainier Senior Center





Happy Birthday to our April Birthday Members

Birthday Flower: Sweet Pea Birthstone: Diamond

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

4/1 Paul Horton
4/1 Olga Boyko
4/2 Les Tucker
4/6 Judy Doving
4/6 Cecil Ryan
4/7 Lola Smith
4/9 Genio Crowe
4/9 David Jones
4/13 George Hueth

4/13 Ron Fadden
4/14 Oleana Martin
4/19 Gerald Price
4/22 Bud Siltala
4/23 Milt Romer
4/25 Joyce Oliva
4/27 Marylou Jamieson
4/29 Mary Tucker
4/29 Norman Gressett

**Please re-register your rewards program to designate the
Rainier Senior Center as the non-profit**



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!**

**30 families who signed up
helped the center receive
\$112.81(for 4th Quarter)**

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!**

April Volunteer of the Month: Bonnie Loop

Rainier's volunteer of the month of March is Bonnie Loop. She is our meals on wheels driver on Tuesday. She is reliable and willing to fill in when needed. Thank you Bonnie.

APRIL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3  3 of Us Blood Pressure Check 11 am Bingo- 6pm	4  10:30 am	5	6 Pinochle 1:00 pm	7 Music with Eric & Sherry April birthday cake
10  3 of Us 11 am Blood Pressure Check 11 am Bingo- 6pm	11  10:30 am Men's/Women's VFW - 1:00 pm	12 WIC 9:30am-1pm	13 Chair Yoga 11 am Veterans Advisor 1pm	14
17  3 of Us 11 am Blood Pressure Check 11 am Michelle Moore 11-1 Bingo -6pm	18  10:30 am Music with Inez Glaze	19  Board Meeting 1pm	20 Pinochle 1:00 pm	21 Music by Vern Kennedy
24  3 of Us Blood Pressure Check Beth Moffitt 9-10 am Bingo - 6pm 5-Area Luncheon Clatskanie	25  10:30 am	26 Membership Meeting 1pm Music by Al Barr Casino Bus Trip 9am-4pm \$15/member See Marily	27 Chair Yoga 11 am Potluck 5:00 pm	28 Susanna's Supper 6pm Rainier Methodist Church
Saturday, April 1 Rainier Senior Center will be at the Book Sale 9am - 4pm Rainier Community Church of God			February Meals Served: 935 Volunteer Hours: 408.75	

April 2017 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice.

APRIL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tater Tot Casserole Broccoli Salad	4 Tuna Loaf Potatoes Au Gratin Cole Slaw	5 Cream of Broccoli Soup ½ Ham Sandwich Fruit	6 Cheese Burger W/ Fixins Jo Jo's	7 Shepherds Pie Tossed Salad
10 Pork Roast Scalloped Potatoes Applesauce Corn Bread	11 Salisbury Steak Mashed Potatoes Veggies	12 Meatloaf Baked Potoes Veggies	13 Sweet N Sour Chicken w/ Rice Stir Fry Veggies	14 Good Friday Ham Sweet tatoes Casserole Peas and Carrots Corn Bread
17 Lasagna Caesar Salad Garlic Bread	18 Meatball Soup ½ Cheese Sandwich Fruit	19 Creamed Chicken W/ Noodles Jello Salad	20 Cabbage Rolls Carrots Roll	21 Tilapia Rice Pilaf Fruit
24 Roast Beef Potatoes & Carrots Green Salad	25 Tuna Casserole Fruit Salad Roll	26 Pork Chops Red Potatoes 3 Bean Salad Green Beans W/ Bacon	27 Chicken & Dumplings Broccoli Salad	28 Chicken Malibu Potatoes Melba Veggies Waldorf Salad

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. Breakfast served 9:00-10:30, M-F

Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$4.

St Patrick's Day Luck of the Draw Celebration March 17

Raffle Items

2-night stay at Worldmark Condo in Seaside, OR
 \$50 GC Ace Hardware • \$25 GC El Tapatio
 \$5 GC Subway • Box of Smoked Salmon
 Pocket Knife • Lrg Specialty pizza -Vernie's
 2 btls Eola Hills wine • \$25 GC Harbor Freight
 \$25 GC Walmart • \$25 GC Home Depot
 \$25 GC Lowe's • Cargo Net from Toy Store
 2- \$25 Lunch Card Rainier Senior Center
 Rose Quartz Candle Holder - Columbia Mermaid
 Fairy Garden Basket • Kitchen Basket
 Basket - Sheryl T. • \$20 GC Bed, Bath & Beyond
 T-shirt & Mug, 2- \$25 Lunch Cards- Cornerstone
 \$20 GC- Cole's Coffee • 2 boxes Lucky Charms
 \$30 Stun Gun - Keys Plus Locksmiths
 Horseshoe Flower- The Lily Pad
 Natural Bead Necklace- Cookie King
 Cross-cut Shredder- Frances Bailey
 Safeguard Data Vault • \$25 Visa Card
 2 - Seahawks earrings • 3- Subway Cards
 St Patrick's Day Basket • Skil Tool Bit Set

Clint was our special Leprechaun for the day selling tickets and holding all the goodies in his gold pot. Jan was our MC with Rachel providing the gift item for each number drawn,



Sandie and Wendy celebrated the day in style - green.

There were over 35 items donated.

Amy, our special server had shamrock headband to delight the crowd.

What would the day be without Lucky Charms?



**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
Deli Store
El Tapatio
Keys Plus
Foster Farms
Hometown Pizza
J&R Sales
Means Nursery
Old Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
United Way
Vernie's Pizza**

**City of Rainier
Cole's Coffee
Columbia Food Bank
Delaware Plaza
Deer Island Grange
Eagles
Fred Meyer
Highlander Place
Lily Pad
Lower Columbia Insurance
MPC Digital Solutions
Nys Tree Farm
Rainier Deli & More
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros**



"A Great Place...For Great People"

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