

Sponsors That Support Our Center

**Columbia River PUD
Country Financial
Deli Store
Dog Zone
El Tapatio
Foster Farms
Hometown Pizza
J&R Sales
Means Nursery
Old Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
St Helens Ace Hardware
Shari's Restaurant
The Cornerstone Cafe
True Value Hardware
United Way**

**City of Rainier
Columbia Food Bank
Deer Island Grange
Eagles
Fred Meyer
Home Depot
Lower Columbia Insurance
MPC Digital Solutions
Nys Tree Farm
Rainier Appliance
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros
Triangle Bowl
Western World**



"A Great Place...For Great People"

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



Riverside Review

Volume 2017

Issue 2

February 2017

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

Phone: 503-556-3889

Web: RainierSeniors.com

Message from the President:

In December, Teevin Bros donated enough money for the senior center to purchase an Automated External Defibrillator - AED- unit. Training will take place soon for all volunteers but is also open to anyone who would like training. Training day will be posted at the center when confirmed. Thank you, Sean Teevin, for your generosity and allowing seniors to feel safer. A big shout out to Aaron who helped get it installed so quickly

Jan Rich

President, Rainier Senior Center

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**



Sweetheart

DINNER and DANCE

February 4

starting at 4pm

\$15 each

Music by

Ted Boursaw's
Classic Country

Serving

Chicken Cordon Bleu

tickets are

on sale at the desk

Public is welcome!



We are stilll needing

MEALS-ON-WHEELS Drivers.

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.

January Meals Served - 864

Volunteer Hours - 430

Need a PlaceTo Celebrate
a wedding, birthday,
anniversary
or reunion?

Rent the Senior Center

Contact Jan at the
Center 503-556-3889



Hours

Rainier Senior Center Hours

9:30 am to 2:30 pm

Monday through Friday

Nominate a Fabulous Senior for the 2017 My Fair Lady Court

Do you know a fabulous senior woman who volunteers in our community? If you do, please nominate her for the 2017 My Fair Lady Court.

Nominations are due April 7, 2017.

The My Fair Lady pageant is held during the Columbia County Fair each year and honors senior women for outstanding community service. Columbia River PUD has sponsored the My Fair Lady Pageant since 1991 in conjunction with the Retired Senior Volunteer Program and Columbia River Fire and Rescue.

Throughout the year, the court participates in various activities around the county. 2016 Queen Claudia Oblack said that has been an enjoyable experience.

"It has just been a wonderful, rewarding experience for me. I've met some of the most amazing people and enjoyed my time with all of them," Oblack said. "I've really enjoyed being a part of that whole thing."

Nomination forms are available at the
RSVP office in St. Helens, or
online at www.crpud.net/myfairlady.



Volunteers Needed

**The Center is needing
Volunteers who like to Knit /Crochet**

to make some Lap Blankets for our Meals On Wheels Clients.

PLEASE contact Marily at the Center in the Gift Shop 10 - 2 Mon. - Fri. or call 503-556-3889

She can give you yarn and the measurements. Thank You for your help. IF you know someone who would like to help that would be great.

**POTLUCK
February 23
5 PM**

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



**9am to 4pm
Cost: \$15/Member
See Marily to reserve your space**



**Rainier FOE #4022
109 West 'A' Street
Rainier, OR 97048
503-556-2035**

***Meals on Wheels
Drivers Needed
Come in and get information
of how you can help***

Senior Center Activities

MONDAY



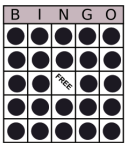
Blood Pressure Check
11 am by Lowell Norbom

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



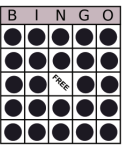
Music by

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

Check out our exercise equipment
or join in a game of Pinochle.

FRIDAY



Music
1st and 3rd Friday

Call the center to schedule Foot Care
until further notice due to a change in regulations.
Contact the center for more information.

Big Thanks to Teevin Bros
for donating
the new AED machine

FEBRUARY 27
5-Area Luncheon
Scappoose Senior Center

FEBRUARY Special Event

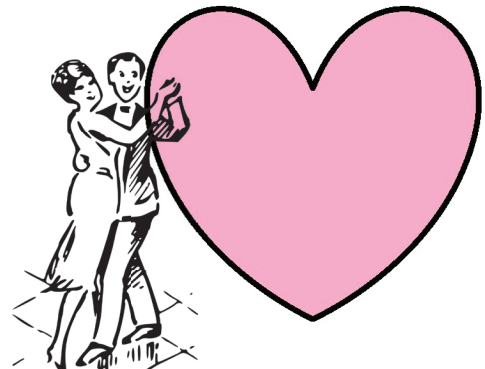
SWEETHEART DINNER and DANCE

February 4, 4 pm

Cost: \$15 each

serving Chicken Cordon Bleu
music by

Ted Boursaw's Classic Country





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 Floy Witham
2/1 Carl Pellham Sr
2/2 Jean Clark
2/2 Patty Huggins
2/2 Iola Pfaff
2/5 Ed Hayslip
2/8 Betty Abraham

2/8 Sam Tift
2/10 Rachael McArdle
2/13 Harriert Swengel
2/14 Beth Bailey
2/17 Marla Gilman
2/22 Keith Elliott
2/26 Gwen Pellham

**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 num-
ber **94223**.

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

February Volunteer of the Month: Faye Harmon

Rainier's volunteer of the month of February is Faye Harmon. She has been a big help assembling our newsletter for our members. She also volunteers on Sundays to cover for the church that meets at our center. Thank you, Faye.

FEBRUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
January Meals Served: 864 Volunteer Hours: 430		1	2	3
			Pinochle 1:00 pm	Music with Eric & Sherry February birthday cake
6  3 of Us 11 am Blood Pressure Check 11 am Bingo- 6pm	7  10:30 am	8	9 Music by Inez Glaze Free Oil Painting Class - 1 pm Call Rachel at 503-369-6382 to sign up Veterans Advisor 1pm	10
13  3 of Us 11 am Blood Pressure Check 11 am Bingo -6pm	14  10:30 am Men's/Women's VFW - 1:00 pm	15  Board Meeting 1pm WIC 9:30am-1pm	16 Pinochle 1:00 pm	17
20  3 of Us Blood Pressure Check Bingo - 6pm	21  10:30 am	22 Membership Meeting 1pm Casino Bus Trip 9am-4pm \$15/member See Marily	23 Identity Theft Presentation 12:45 pm Potluck 5:00 pm	24
27  3 of Us Blood Pressure Check 11 am 5-Area Luncheon Scappoose Bingo - 6pm	28  10:30 am			

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

FEBUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Taco Soup W/ Chips	2. Patty Melt Jo-Jo's 3 Bean Salad	3. Fish & Chips Cole Slaw
6. Pork Chops Stuffing Red Potatoes Apple Sauce	7. Corn Chowder Grilled Cheese Cole Slaw	8. Pot Roast Mashed Potatoes Carrots Pea Salad	9. Ravioli Caesar Salad Bread Sticks	10. BBQ Beef On A Bun Macaroni Salad
13. Oven Fried Chicken Mashed Spuds W/Gravy Carrot Raisin Salad	14. Hot Roast Beef Sandwich Mashed Potatoes	15. Chicken Pot Pie Fruit	16. Porcupine Meatballs Au Gratin Potatoes	17. Spaghetti Green Salad Garlic Toast
20. Stuffed Pork Loin Au Gratin Potatoes Green Salad	21. Minestrone Soup Bread	22. Meat Loaf Mashed Potatoes Broccoli Salad	23. Salisbury Steak Baked Potatoes Green Salad	24. Chicken Alfredo Over Noodles Pea Salad
27. Tamale Pie Chips Garden Salad	28. Chicken Fried Steak Mashed Potatoes	1. Roasted Chicken Roasted Veggies Scalloped Potatoes	2. Swedish Meatballs Pasta Cole Slaw	3. Chicken Taco Soup 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.

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

Safeguard yourself – avoid identity theft and fraud!

In today's world, identity theft and fraud are all around us. Do you know how to recognize fraud? How can you make sure your identity and personal information is safe? Join Jim Perkins at the Rainier Senior Center for a discussion on how to spot fraud and identity theft.

Con artists steal billions from individuals every year. Learn how to protect yourself and your family and keep what you have worked so hard to build. Approved by AARP.

**February 23 at 12:45 pm
at the Center**

THANK YOU

Thanks to
all the many Volunteers
who gave extra effort during our cold and
snowy weather thank you so much.
A big thank you to Aaron for all the effort
in making sure every job was covered.



Upcoming Event St Patrick's Day LUCK OF THE DRAW

coming in March
Lots of great prizes, fun,
and more!

Tickets go on sale February 1

Raffle Tickets:

\$1 each

or

6 for \$5

Win a 2-night stay at Seaside



Kudos to Aaron
for installing the AED
close to the exercise and
library area.

This is a very important
piece of equipment
in case of emergency.
Check out the location so
you may be prepared to
help save someone's life.



Elaine and Don Graham celebrated the milestone
of their 60th wedding Anniversary and Don's 85th
Birthday. What a great couple! Congrats to both
of you.



Membership Meeting
Wednesday, February 22
at 1pm