

## ***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

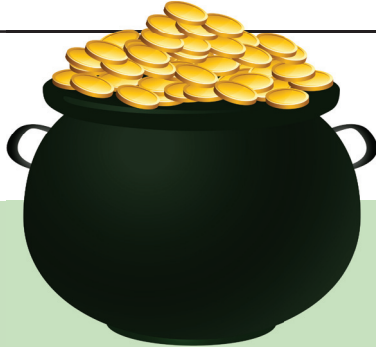
Issue 3

March 2017

48 W 7th Street, Rainier, OR 97048  
E-mail: [rainierseniorc@gmail.com](mailto:rainierseniorc@gmail.com)

Phone: 503-556-3889

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



## St Patrick's Day LUCK OF THE DRAW

March 17 after lunch  
Lots of great prizes, fun,  
and more!  
Tickets available at the desk

**Raffle Tickets:**

**\$1 each**

**or**

**6 for \$5**

**Win a 2-night stay at Seaside**

## Board Members

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

Newsletter Editor: **Beth Bailey**

## Luck of the Draw Prizes

Grand Prize: 2-night Stay at Seaside

### GIFT CARDS

\$50 from Ace Hardware

\$25 from Lowes,  
Home Depot, Harbor Freight,  
Cornerstone and Walmart.

### Products:

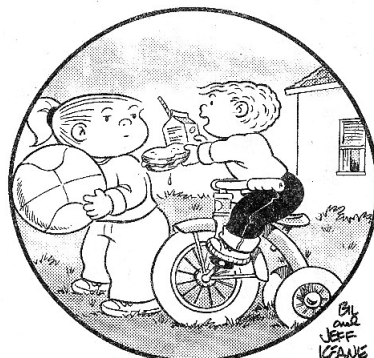
Cargo Net from Toy Store  
Smoked Salmon  
and much more

## 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.

Family Circus



"Here you go, Dolly. Today's  
lunch is being delivered by  
'Meals on Wheels.'"

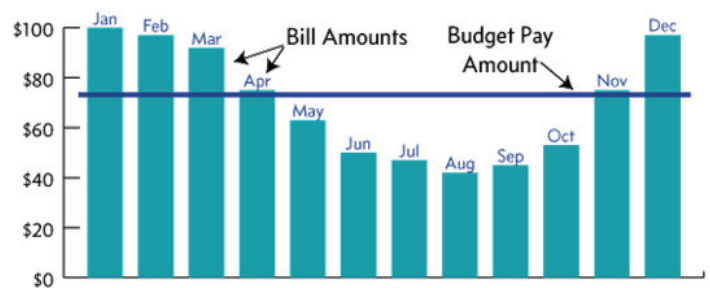
## Hours

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

## Worried about high winter electricity bills?

Consider enrolling in Columbia River PUD's Budget Pay program.

Using Budget Pay, you pay the same amount each month, all year long. There is no guesswork when you receive your PUD bill. That's why Diana in St. Helens is enrolled.



*"I think the Budget Pay program is great. I use it because there are no surprises for one year, from February to February. It makes it much easier to budget that way,"* Diana said.

The PUD enrolls customers in the Budget Pay program in March. To enroll, you must have a zero balance and at least 24 months history with the PUD. Each year in March, the PUD reviews customers' usage for the previous year to set the monthly bill for the coming year.

To sign up for Budget Pay or to learn more about the program, call the PUD's Customer Accounts at (503) 397-0590, or visit [www.crpud.net/budgetpay](http://www.crpud.net/budgetpay)



## Volunteers Needed

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

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

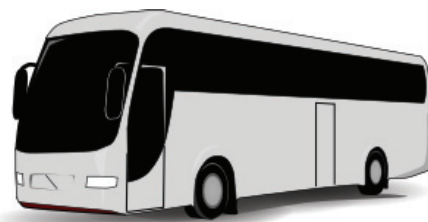
**PLEASE contact Marily at the Center in the Gift Shop 10 - 2 Mon. - Fri. or call 503-556-3889**

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.



**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 Marily to reserve your space**

# Senior Center Activities

## MONDAY



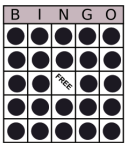
### Blood Pressure Check 11 am by Lowell Norbom

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



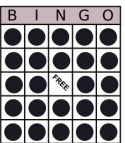
### Music by

**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

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

Try the new  
**CHAIR YOGA**

Presented by instructor, April  
**Tuesday, March 14 at 11:15**

### POTLUCK

Thursday, March 23 at 5pm

## MARCH Special Events



**Luck of the Draw**  
**Friday, March 17**  
after lunch

- Great Food
- Fantastic Raffle Items
- Fun times with friends

**Raffle Tickets \$1 each**  
**or 6 for \$5**

*Corned Beef and Cabbage*  
*with carrots*

**Lunch on March 17**

*5-Area Luncheon*  
St Helens Center  
March 27

Sign up for bus to St Helens



## Happy Birthday to our March Birthday Members

### **Birthday Flower: Daffodil    Birthstone: Aquamarine**

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

3/1 Herb Williamson  
3/2 Amy Everman  
3/6 Doris Hale  
3/10 Hazel Price  
3/11 John Ludalh  
3/12 Jim Coffman  
3/16 Ed Hoffman  
3/17 Patricia Winans  
3/18 Katherine Hendrickson

3/18 Perry Ficus  
3/20 Lois Gaston  
3/24 Linda Frase  
3/24 Debbie Teschner  
3/26 Marily Tift  
3/26 Ivan Jones  
3/29 Noma Carter-Winchell  
3/29 Walter Winchell

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### **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!**

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### **March Volunteer of the Month: Barbara Foster**

Rainier's volunteer of the month of March is Barbara Foster. She is our volunteer for the desk on Tuesday and is always smiling for our seniors who come to eat at our center. Thank you Barbara.

# MARCH EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January</b> <b>Meals Served: 935</b> <b>Volunteer Hours: 388</b>		<b>1</b>	<b>2</b>	<b>3</b>
			Pinochle 1:00 pm	Music with Eric & Sherry March birthday cake
<b>6</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Bingo- 6pm	<b>7</b>  10:30 am	<b>8</b>	<b>9</b> Music by Inez Glaze  Veterans Advisor 1pm	<b>10</b>  Music by Al Barr
<b>13</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Michelle Moore 11-1 Bingo -6pm	<b>14</b>  10:30 am <b>Chair Yoga 11:15</b> <b>Instructor: April</b> Cost by donation <b>Men's/Women's</b> <b>VFW - 1:00 pm</b>	<b>15</b>  <b>Board Meeting</b> 1pm  <b>WIC</b> 9:30am-1pm	<b>16</b>  Pinochle 1:00 pm	<b>17</b>  <b>Luck of the Draw</b>  Music by Vern Kennedy
<b>20</b>  <b>3 of Us</b> Blood Pressure Check Beth Moffitt 9-10 am Bingo - 6pm	<b>21</b>  10:30 am	<b>22</b>  <b>Membership</b> <b>Meeting 1pm</b>	<b>23</b>  <b>Potluck</b> <b>5:00 pm</b>	<b>24</b>  <b>Susanna's Supper</b> <b>6pm</b> Rainier Methodist Church
<b>27</b>  <b>3 of Us</b> Blood Pressure Check 11 am <b>5-Area Luncheon</b> <b>St Helens</b> Bingo - 6pm	<b>28</b>  10:30 am	<b>29</b>  <b>Casino Bus Trip</b> 9am-4pm \$15/member See Marily	<b>30</b>	<b>31</b>

March 2017 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
Events are subject to change without notice.



# MARCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roasted Chicken Roasted Veggies Scalloped Potatoes	2 Swedish Meatballs Pasta Cole Slaw	3 Chicken Taco Soup Salad Tortilla Strips
6 Ham Mac & Cheese Cooked Carrots	7 Chicken Wraps Fruit Salad	8 Lentil Soup Rolls Green Salad	9 Beef Enchilada Casserole Green Beans Asian Slaw	10 Lemon Chicken w/Rice Veggies
13 Meatloaf Mashed Potatoes Veggies Roll	14 Chef Salad Garlic Bread	15 Chicken Fried Steak Mashed Potatoes w/Gravy Veggies	16 Corn Chowder Roll Fruit	17 Corned Beef And Cabbage Carrots
20 Stuffed Baked Potato Salad	21 Malibu Chicken Scalloped Potatoes Broccoli Salad	22 Roast Beef Mashed Potatoes Carrots Caesar Salad Rolls	23 Meatballs w/Gravy Steamed Rice Veggie	24 Clam Chowder ½ Grilled Cheese Sandwich Fruit
27 Sweet & Sour Chicken Rice Asian Cole Slaw	28 Vegetable Beef Soup ½ Sandwich 3 Bean Salad	29 Tater Tot Casserole Pea Salad Roll	30 Fish & Chips Jo Jo's Salad	31 Hot Turkey Sandwich Veggies Fruit

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.

# *Sweetheart Dinner and Dance* *February 4th, 2017*



The Sweetheart Dinner and Dance was packed with couples and friends celebrating together. They danced the evening away to the music of Ted Boursaw's Country Classic music. As usual, the food was delicious and the servers did an excellent job of whisking the meal off to all in a timely manner. Congrats to our decorators for making this such an inviting place. Our compliments to the chef and all who made this happen. Another banner event!



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

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

**Attend our monthly Potluck  
March 23 at 5pm**



**Membership Meeting**  
**Wednesday, March 22**  
**at 1pm**