



## *Riverside Review*

Volume 2019      Issue 4      April 2019

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)



**THANK  
YOU  
ALL!!**

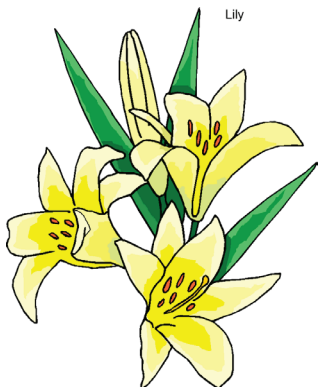
**St Patrick's Day Raffle:** Thank you to everyone-businesses, supporters and volunteers who made this a successful event for the center.

We had a wonderful corn beef lunch and 51 prizes to give out. Congratulations to all our winners and for those who didn't win but supported the center, there will be next year!

### **Volunteers Spaghetti buffet April 24 at 5 pm**

For current volunteers the center will be hosting a dinner. We will be serving a spaghetti buffet.

Sorry no alcohol but there will be Sparkling Cider.



**Happy  
Easter  
to all our  
Members and  
their families!**

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

### *Board Members*

*Jan Rich. Pres.*

*Carla Bodenhamer, V Pres.*

*Rachel Kelley, Sec. and Treas*

*At Large: Shirley Emerick, Clint Kelley,  
Marilyn Tift, and Judy Lepin*

Newsletter Editor: *Beth Bailey*

### **Please Complete Your NAPIS Form for the Senior Center Nutrition Fund**

NAPIS forms are extremely important to your Senior Center. These completed forms are how the Community Action Team reimburses the center. whenever you eat a meal and sign in at the desk. Previously they are worth 75 cents but since July they are worth \$1.25. **If your NAPIS form is more than one year old**, please stop by the front desk and complete a current one. If you have any questions, please talk to any Board member.

**Stop by the Desk- It only takes a minute or less.**



During  
Birthday Friday the Center  
will be offering a  
FREE lunch  
certificate to those  
birthday folks present

## Sign Up for the PUD's Auto Pay Program

Trim your monthly to-do list by enrolling in Columbia River PUD's Auto Pay program. Sign up once, and your payments will be made automatically every month thereafter.

Simon and Stephanie in Scappoose love how easy it is. "I don't have to think about it. It's great," said Simon.

You can enroll by calling the PUD's Customer Accounts Department at (503) 397-0590, or by going online to [crpud.net/autopay](http://crpud.net/autopay).

Then your PUD bill will be automatically deducted from your bank account every month. You choose the date your payment goes through

so that it works with your schedule.

You will still receive statements showing your electric usage.



# COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

### *Weather Making It Miserable?*

***Brighten up your day!  
Invite a friend or family member to join  
you for lunch or participate in an  
activity at the  
Senior Center!***

**Membership  
Meeting Schedule:  
4th Wednesday of the month  
June,  
August, October and  
December**

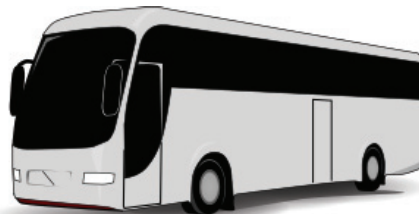
**Daniel Garrison, CPA,  
2114 Columbia Blvd,  
St Helens, OR 97051  
Email: [dan@drgtax.com](mailto:dan@drgtax.com)  
503-366-0994**

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.

**Michelle M. Moore**  
Cell: 503.422.3945  
[Michelle@ColumbiaCityBenefitsGroup.com](mailto:Michelle@ColumbiaCityBenefitsGroup.com)  
[www.ColumbiaCityBenefitsGroup.com](http://www.ColumbiaCityBenefitsGroup.com)  
Mailing: 240 Spinnaker Way - Columbia City OR 97018

**ColumbiaCityBenefitsGroup**

**Special Casino Bus Trip to  
LUCKY EAGLE  
Last Tuesday 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

Try our exercise equipment!

You'll feel better. Bring a friend or family member along.

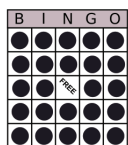


### Music by

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.

### HOOKS & NEEDLES GROUP

Every Monday

1:00-2:30 pm

## TUESDAY

Gentle Exercise at 10 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

Hand and Foot card game 1:00 pm

Yoga at 10:30 am

Gentle Exercise at 10am

## FRIDAY

### Foot Care

will NOT be available.

Keep checking for info.



First Friday  
Birthday Cake



### Music

throughout the week

## Special Events

April 20

City-Wide Clean Up

9 am to 12 pm behind  
Waste Treatment Plant

Appraisals

May 18, Noon - 3 PM

There will be an appraiser at the Center to appraise your treasures ! He will come to your home for large items.

\$5 donation per appraisal

April Potluck

Armchair Travel to Australia



Saturday  
April 27  
at 3 PM



## 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	4/13	Ron Fadden
4/1	Olga Boyko	4/13	Bernice Jamieson
4/2	Les Tucker	4/15	Ellen Foshee
4/3	Ed Cash	4/16	Susan Willette
4/6	Judy Doving	4/19	Gerald Price
4/6	Cecil Ryan	4/22	Bud Siltala
4/7	Lola Smih	4/25	Joyce Oliva
4/7	Harold White	4/26	Bob Burns
4/9	Genio Crowe	4/27	Marylou Jamieson
4/9	David Jones	4/28	Brenda Starr
4/9	Wilma White	4/29	Mary Tucker
4/13	George Hueth	4/29	Norman Gressett

## Please Register your rewards program to designate the Rainier Senior Center as the non-profit



**Help Our  
Senior Center  
Earn Money!**

**Register Today!**

**We received \$334.23 for  
2018.**

**Check to make sure your  
rewards card is connected  
to the center.**

**Look at example →**



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

Link your card to:

**Rainier Senior Citizens**

- or use our non-profit number **AH614\*\*\*\***.

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






















### Rainier's Volunteer for the Month of April: Donna Riggs

Rainier's volunteer of the month is Donna Riggs. Donna has only lived in Rainier since 2006 but has stepped up to serve meals on Mondays at our center. She worked and lived in St Helens raising her children. her hobbies are gardening, walking, dancing, and reading. rainier is happy to have her. Thanks you, Donna..





# APRIL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  3 of Us <b>Hooks &amp; Needles</b> <b>1pm</b>  Blood Pressure <b>11 AM</b> <b>Bingo -6pm</b>	<b>2</b>  Music by Al Barr <b>Gentle Exercise 10am</b>	<b>3</b>  Music with Bo Obney	<b>4</b> <b>Gentle Exercise 10am</b> <b>Chair Yoga 10:30 am</b> <b>Pinochle 1:00 pm</b>	<b>5</b>  Music with Ted Boursaw <b>Birthday Cake</b>
<b>8</b>  3 of Us <b>Hooks &amp; Needles</b> <b>1 pm</b>  Blood Pressure <b>11 AM</b> <b>Bingo -6pm</b>	<b>9</b>  Music by Tom Lavelle <b>Gentle Exercise 10am</b> <b>Men's/Women's VFW - 1:00 pm</b>	<b>10</b>  Music by Cowlitz Ukelele <b>WIC 9:30am-1pm</b>	<b>11</b>  Music by Inez Glaze <b>Gentle Exercise 10am</b> <b>Chair Yoga 10:30 am</b> <b>Hand and Foot Cards 1 pm</b>	<b>12</b>  Music by Jim Meyers
<b>15</b>  3 of Us <b>11 am</b> <b>Hooks &amp; Needles</b> <b>1pm</b>  Blood Pressure <b>11 AM</b> <b>Bingo -6pm</b>	<b>16</b>  Music by Bo Obney <b>Gentle Exercise 10am</b>	<b>17</b> <b>Karaoke 1:00-4:00</b> <b>Board Meeting 1:00</b>	<b>18</b> <b>Gentle Exercise 10am</b> <b>Chair Yoga 10:30 am</b> <b>Pinochle 1:00 pm</b>	<b>19</b>  Music by Bo Obney
<b>22</b>  3 of Us <b>Hooks &amp; Needles</b> <b>1pm</b>  Blood Pressure <b>11 AM</b> <b>Bingo - 6 pm</b>	<b>23</b> <b>Gentle Exercise 10am</b>	<b>24</b>  Music by Tom Lavelle <b>Volunteer Spaghetti Buffet 5 PM</b>	<b>25</b>  Music by Bo Obney <b>Gentle Exercise 10am</b> <b>Chair Yoga 10:30 am</b> <b>Hand and Foot Cards 1 pm</b>	<b>26</b>  Music with Vern Kennedy <b>Susannah's Supper 6pm</b> <b>Rainier Methodist Church</b>
<b>29</b>  3 of Us <b>Blood Pressure 11 AM</b> <b>Hooks &amp; Needles 1 PM</b> <b>Bingo -6pm</b>	<b>30</b> <b>Gentle Exercise 10am</b> <b>Casino Bus Trip 9am -4pm \$15</b> <b>See Marily</b>		<b>February Meals Served: 1031</b> <b>Volunteer Hours: 256</b>	

April 2019 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
 Events are subject to change without notice. NO Breakfast deliveries.

APRIL MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Western Beef Stew Biscuit Pea Salad	2 Oven Baked Chicken Mashed Potatoes Veggie Salad	3 Pork Roast Carrots and Potatoes Applesauce	4 Chicken & Dumplings Green Salad	5 Taco Salad Mandarin Oranges  <b>Birthday Cake</b>
8 Lasagna Garlic Bread Green Salad	9 Swiss Steak Baked Potatoes Veggie Roll	10 Chicken Parmesan Pasta Alfredo Broccoli Salad	11 Polish Sausage Sauerkraut Potato Salad Chips	12 Pot Roast Potatoes and Carrots Rolls
15 Meat Loaf Mashed Potatoes Veggie	16 Chicken Casserole Veggies Bread	17 Chicken Fried Steak Mashed Potatoes Veggies Bread	18 Corn Chowder Ham Sandwich Fruit Jello Salad	19 Tilapia Rice Veggie
22 Tater Tot Casserole Coleslaw Carrots	23 Hamburger Gravy Over Mashed Potatoes Veggie Bread	24 Pork Chops Red Potatoes 3 Bean Salad Mixed Veggies	25 Sirloin Tips Mushroom Gravy Noodles Fruit	26 BBQ Drumsticks Macaroni Salad Chips Peaches
29 Beef Tamale Pie Chips Green Salad	30 Chef Salad With All The Fixings	1 Baked Ham Mashed Yams Veggie Fruit Salad		

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 10:30 am.

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, \$5



P O Box 216, Clatskanie, OR 97016  
503-728-2163

Open Monday through Friday 8 am-5 pm



**Grand Prize Winner  
for the  
Seaside Condo**

**Congratulations  
Mayor Cole!**

**St Patrick's Day Lunch and  
Luck of the Draw Raffle**



**Support the  
Senior Center  
by donating time, money, or  
Returnable cans/bottles**  
*"Every little bit helps!"*



**Fundraiser for  
Rainier Senior Center  
APRIL 13**

**at Alston Pub and Grub**

25196 Alston Rd

Alston Pub and Grub is sponsoring  
a fundraiser for the center.

**Indoor Cornhole Competition  
with a Chili Cookoff contest.**

Come show off your skills, have some fun  
and support our center.

Starting at 2pm on April 13

at Alston Pub & Grub

25196 Alston Rd



**spring cleanup**

**On Saturday April 20th  
for City of Rainier residents**

There will be a clean-up day. Held behind the  
Wastewater Treatment Plant from 9 am to 12 pm.  
All monetary contributions will be donated to the  
Rainier Senior Center. Non-perishable food will  
be accepted for HOPE. Call 503-556-7301 for  
questions to volunteer, for Senior and Disabled  
Assistance and to find out which items are accept-  
ed/not accepted.



It's time to think about a 2019 princess  
to represent Rainier on the RSVP My  
Fair Lady court. Nomination forms can  
be found at the front desk.

**Nominations due April 7.**

**Calling All Volunteers!**

**Nominations for the Board of Directors**

will be open this month and May with voting in June.

Those of you who are interested in helping to guide  
the direction of the senior center please pick up a  
NOTIFICATION OF INTENT TO NOMINATING  
COMMITTEE form at the front desk.

## **Rainier Senior Center Supporters**

**Ace Hardware-Longview  
B Street Coffee  
Canterbury Inn  
Canterbury Gardens  
Columbia River PUD  
Country Financial  
Dutch Bros  
El Tapatio  
Grocery Outlet  
Hometown Pizza  
Kaiser Insurance- Michelle Moore  
Means Nursery  
Mo's - Astoria  
Ol' Pastime Tavern  
Outpost 30  
Rainier Chevron Food Mart  
Rainier True Value  
The Cornerstone Cafe  
Triangle Bowl**

**Bell Studios  
City of Rainier  
Columbia Food Bank  
Deer Island Grange  
Delaware Plaza  
Eagles  
Foster Farms  
Fred Meyer  
Head Hunter  
InRoads  
Miracle Ear  
Nys Tree Farm  
Napa Auto  
Safeway  
Rainier Liquor Store  
The Dog Zone  
United Way  
US Gypsum  
Vernie's Pizza**



***"A Great Place...For Great People"***

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