



Riverside Review

Volume 2019 Issue 3 March 2019

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February Potluck



Photo by Dwight Rich

Our first potluck of the year combined with the arm-chair travel was well attended. The variety of food was wonderful and our trip to Wales was enjoyed by all.

This month we honor St Patrick as we will be traveling to Ireland! Bring your own place setting and dish to share at the Potluck starting at 3pm, Saturday, March 23.

Your Fred Meyers Rewards Help the Nutrition Program at the Center

The center received \$334.23 from Fred Meyer for the year 2018. **Let's make a goal of \$400.00 for 2019.** Sign up online to connect your FM reward card and help us meet this goal. You will continue to receive all the Fred Meyer benefits the only difference is the center also benefits through a quarterly donation from the store.

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

Call Before You Dig

Do any of your spring projects require digging? If they do, Columbia River PUD reminds you to call 8-1-1 before breaking ground.

Whether you are planting a tree, digging a garden bed, or installing a fence, call 8-1-1 first. This **free service** will help locate underground utility lines.

Call at least two days before digging and tell them where you plan to dig. A locator will identify underground wires, cables, and pipes so you'll know what's below. This helps keep you safe and helps prevent disruptions to vital services.

Learn more, or make your locate request online, at www.digsafelyoregon.com.



**Know what's below.
Call before you dig.**

**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!***

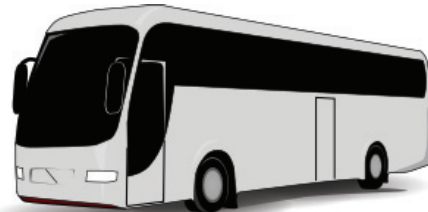
**Membership
Meeting Schedule:
4th Wednesday of the month
April, June,
August, October and
December**

**Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: 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
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

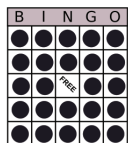


Music by

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



Music

1st and 3rd Friday

Foot Care

Check with the Desk.



Try our exercise equipment!

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

Potluck and Armchair Travel to Ireland



*Join us for
Armchair Travel to Ireland!
Saturday, March 23 at 3 PM*

We're combining our Potluck with
this travel show. Bring your own place setting.



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 Williamsom	3/20	Lois Gaston
3/2	Amy Everman	3/20	Linda Williams
3/4	Wayne Lockwood	3/24	Linda Frase
3/10	Hazel Price	3/24	Debbie Teschner
3/11	John Ludhal	3/26	Marilyn Tift
3/15	Louise Godsey	3/26	Ivan Jones
3/16	Ed Hoffman	3/28	Bernice Bailey
3/16	Patricia Winans	3/28	Noma Carter-Winchell
3/17	Kathrine Hendrickson	3/29	Walter Winchell
3/18	Perry Fiscus	3/31	June Burnham

**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 March: Margie Clark

Rainier's volunteer of the month is Margie Clark. Margie was born and raised in Rainier but spent one year in Alabama when she first got married. She has seen much of the world traveling with family and friends. She is a beautiful person inside and out. Thank you, Margie, for all you do.



MARCH EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January Meals Served: 1069 Volunteer Hours: 639.50</p>				<p>1</p> <p> Music with Ted Boursaw</p> <p>Birthday Cake</p> <p> Foot Care by Lowell</p>
<p>4  3 of Us</p> <p>Hooks & Needles 1 pm Blood Pressure 11 AM  Bingo -6pm</p>	<p>5</p> <p>Gentle Exercise 10am</p>	<p>6  Music by Bev Spurgeon</p>	<p>7  Music by Inez Glaze Gentle Exercise 10am Chair Yoga 10:30 am</p> <p>Pinochle 1:00 pm</p>	<p>8  Music by Bo Obney FREE Tax Prep by Appointment</p> <p> Foot Care by Lowell</p>
<p>11  3 of Us 11 am</p> <p>Hooks & Needles 1pm Chronic Pain 1 pm Blood Pressure 11 AM  Bingo -6pm</p>	<p>12  Music by Bo Obney Gentle Exercise 10am</p> <p>Men's/Women's VFW - 1:00 pm</p>	<p>13</p> <p>WIC 9:30am-1pm</p>	<p>14  Music by Al Barr Gentle Exercise 10am Chair Yoga 10:30 am</p> <p>Hand and Foot Cards 1 pm</p>	<p>15</p> <p>St Patrick's Day Raffle at 1 PM Corn Beef n Cabbage</p> <p> Foot Care by Lowell</p>
<p>18  Ted Boursaw Hooks & Needles 1pm Blood Pressure 11 AM  Bingo - 6 pm</p>	<p>19</p> <p>Gentle Exercise 10am</p>	<p>20</p> <p>AARP Driving Class Check with the desk</p> <p>Board Meeting 1:00</p>	<p>21  Music by Bo Obney Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm</p>	<p>22  Music with Vern Kennedy  Foot Care by Lowell Susannah's Supper 6pm Rainier Methodist Church</p>
<p>25  3 of Us Blood Pressure 11 AM  Hooks & Needles 1 PM Bingo -6pm</p>	<p>26</p> <p>Gentle Exercise 10am</p> <p>Casino Bus Trip 9am -4pm \$15 See Marily</p>	<p>27  Music by Ted Boursaw</p>	<p>28</p> <p>Gentle Exercise 10am</p> <p>Hand and Foot Cards 1 pm</p>	<p>29  Music with Bo Obney</p> <p> Foot Care by Lowell</p>

March 2019 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.

MARCH MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Hot Dog Macaroni Salad Chips Birthday Cake
4 Chicken Fried Steak Mashed Potatoes Veggies Roll	5 Swedish Meatballs Mashed Potatoes Veggies Roll	6 Tater Tot Casserole Veggie	7 Patty Melt On Rye Chips Fruit	8 Vegetable Soup Grilled Egg Salad Sandwich
11 Turkey Mashed Potatoes & Gravy Stuffing Veggies	12 Grilled Cheese Sandwich Cream Of Tomato Soup	13 Meatloaf Mashed Potatoes Veggies 3 Bean Salad	14 Chicken Tenders Fries Salad	15 Corned Beef & Cabbage Potatoes & Carrots Roll
18 Baked Ham Potatoes Au Gratin Veggie Apple Sauce	19 Spanish Rice With Turkey Veggie Salad Roll	20 Corned Beef Stew Garlic Bread	21 Oven Baked Chicken Roasted Reds Veggies	22 Porcupine Meatballs Baked Potato Veggie Pea Salad
25 Roast Beef Potatoes & Carrots 3 Bean Salad Roll	26 Potato Soup Broccoli Salad Garlic Bread	27 Open Faced Hot Beef Sandwich Mashed Potatoes Gravy	28 Cabbage Rolls Mashed Potatoes Veggie Cole Slaw	29 Spaghetti With Meat Sauce Garlic Bread Cottage Cheese Fruit

Rainier Senior Center Lunch Menu

503-556-3889

www.RainierSeniors.com

Call in and carry-out orders need to be in no later than 10:30 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

March Events

March 8

Free tax prep. By appointment At the Center on March 8. Call to see if any slots left. AARP will be doing your taxes.

March 20

AARP will have a driving class on March 20. There is a sign up sheet.

Upcoming Events

April 24

Volunteer appreciation dinner at the Center on April 24th.

May 18

May 18 from noon to 3p.m. there will be an appraiser at the Center to appraise your treasures ! He will come to your home for large items.



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



Friday March 15

is our

Corned Beef and Cabbage Lunch

at Noon with the

Raffle beginning at 1:00 PM.

Tickets are \$1.00 ea.

or 6/\$5.00

You do not need to be present to win

Big prize is :

2 nights at the Worldmark Condo

at the Seaside Turnaround !

There will be about

60 wonderful other prizes

to be raffled off.

Bring a friend and enjoy the FUN !

MARCH IS NATIONAL NUTRITION MONTH

The theme for 2019 is Discover the Benefits of a Healthy Lifestyle. One very important nutrient to focus on is protein. Eating the right amount of protein throughout the day can help maintain muscle.

The Center's can return program has been extremely successful again due to the generosity of our community.

**For 2018 we earned \$2210.25.
Thank you everyone for bringing in
your returnable cans/plastic bottles
and glass bottles.**

Rainier Senior Center Supporters

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Dutch Bros
Dollar General
El Tapatio
Grocery Outlet
Highlander Place
Hometown Pizza
Knot Just A Bear
Means Nursery
Ol' Pastime Tavern
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
Triangle Bowl
True Value**

**Bell Studios
Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
InRoads
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Safeway
Subway
United Way**



“A Great Place...For Great People”

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