



Riverside Review

Volume 2020

Issue 3

March 2020

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Phone: 503-556-3889
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"Luck of the Irish" RAFFLE at 1 PM

March 17

It's St Patrick's Day so get your luck on and purchase tickets to our wonderful raffle! Ticket's are \$1 for one or \$5 for 6 and you do not need to be present to win. We have 40+ prizes made up of gift cards, baskets and a TWO NIGHT STAY AT THE WORLDMARK CONDO AT SEASIDE. The drawing will be held at 1:00 on March 17th following a delicious corn beef and cabbage lunch. Good luck to all!

AARP Free Tax Help March 13

This program is in conjunction with the IRS to assist low to middle income tax payers. There is an emphasis on seniors and open to the public (you do not need to be a member of the senior center).

The tax consultants will be at the center on March 13 at 9:30 AM. You will need to sign up at the main desk prior to that date.

Although the Center no longer has door-to-door pickup for **Lucky Eagle Casino**, they are available if you want to drive to Three Rivers Mall. The bus will be at the Target parking lot M-W-F-S.

Pick up time is 9:45 and
you will depart the casino at 4:00.

Hours

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

Board Members

Jan Rich. Pres.
Carla Bodenhamer, V Pres.
Keith Ekstrom, Sec.
Rachel Kelley, Treasurer
At Large: **Clint Kelley, Barbara Foster, and Sue Beavers**
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.

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

Compare Your Energy Sources

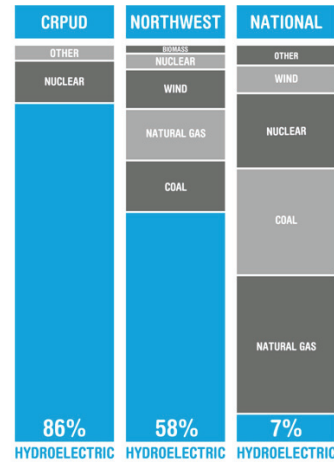
How does your electricity compare to the rest of the region and the nation? Thanks to the abundance of renewable hydropower in the Pacific Northwest, Columbia River PUD customers enjoy some of the cleanest energy in the country.

Hydropower is efficient, converting about 90% of the energy in falling water into electrical energy. Fossil-fueled plants lose more than half of their energy as waste.

Hydropower is a clean energy source that does not produce emissions. It is also a great backup for other renewable energy sources like wind and solar. Hydropower can be ramped up to meet demand when the wind isn't blowing or the sun isn't shining.

Best of all, because the fuel – water – is free, hydropower provides some of the nation's most affordable electricity.

Energy Sources



THANKS TO AN ABUNDANCE OF HYDROPOWER, RESIDENTS AND BUSINESSES IN BPA'S SERVICE AREA BENEFIT FROM CLEANER ENERGY.

**HYDRO
POWER
FLOWS HERE**

*ALL FIGURES FROM 2019

**COLUMBIA RIVER
PUD**

A COMMUNITY-OWNED UTILITY

SUPPORT THE CENTER

The center continues to encourage you to be a recurring contributor. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors.

You can contribute by mail, or even better, a visit to your Center. The IRS has determined that we are a tax exempt organization under section 501(c)3 of the IRS code. Our Federal Tax ID is #23-7154726.

Michelle M. Moore

Cell: 503.422.3945

Michelle@ColumbiaCityBenefitsGroup.com
www.ColumbiaCityBenefitsGroup.com

Mailing: 240 Spinnaker Way - Columbia City OR 97018

ColumbiaCityBenefitsGroup

Starting March 1, 2020

**Changes for
Meals on Wheels clients
and Carry Out Orders**

Meals on Wheels clients MUST call in by 10:00 am to cancel their meal for that day.

ALL MEALS TO GO (with the exception of MOW) are NOT considered a donation and the cost will be \$7(60 & over); \$8 (under 60)

9:30 am. To help the kitchen, we are changing the time to 9:30 am to call in and order a meal to go.

**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.

Senior Center Activities

MONDAY

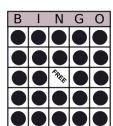


Music by

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

EXERCISE CLASS

at

10:30 am

Do you like to play Cribbage? Sign up at the Center's Desk to get a club started.



Music

throughout the week

See our EVENTS Calendar

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

Gentle Exercise at 10:30

FRIDAY



First Friday
Birthday Cake

Special Events

ARMCHAIR TRAVEL and POTLUCK

Saturday, March 21
at 3:00 PM



*We're headed for a train ride
through the Rocky Mountains*



MOVIE
Tuesday, March 24
at 1 PM

"AVATAR"



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 Delyla Laughlin
3/2 Amy Everman
3/7 Jerry Holcomb
3/11 John Ludahl
3/11 Gail Leno
3/12 Jim Coffman
3/13 Leann Cole
3/13 Laura Woods

3/17 Janice Bodenhamer
3/18 Katherine Hendericksen
3/18 Perry Fiscus
3/23 Alvin Lamb
3/24 Linda Frase
3/26 Marilyn Tift
3/28 Bernice Bailey
3/29 Walter Winchell

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 \$69.62 for
4th Quarter from 48 families
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 March 2020: Sandie Scholten

Sandie is a longtime resident of Rainier and has dedicated a lot of her time to the Senior Center. She has been a board member, a meals-on-wheels driver, and a receptionist. She also fills in where needed for special dinners helping in the kitchen or serving other members. She also kindly donates the 2 night stay at seaside for our St patrick's Day Raffle. Sandie has been an awesome volunteer and we thank her tremendously for all her efforts.



MARCH EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2  3 of Us Hooks & Needles 1pm Bingo -6pm | 3 Exercise Class 10:30 am | 4  Music by Ted Boursaw | 5  Music by Bo Obney Pinochle 1:00 pm Exercise Class 10:30 am | 6  Music with Inez Glaze Birthday Cake |
| 9  3 of Us Beth Moffitt 10 am -noon Hooks & Needles 1pm Bingo -6pm | 10  Music by Tom LaVelle Exercise Class 10:30 am Men's VFW 1:00 pm | 11 WIC 9:30am-1pm Karaoke 1-4 PM | 12  Music by Al Barr Exercise Class 10:30 am Hand and Foot Cards 1 pm | 13  Music by Jim Meyer |
| 16  3 of Us 11 am Hooks & Needles 1pm Bingo -6pm | 17 Corn Beef & Cabbage Meal Luck of the Irish RAFFLE at 1 PM | 18 Board Meeting 1 PM | 19 Exercise Class 10:30 am Pinochle 1:00 pm | 20  Music by Bo Obney |
| 23  3 of Us Hooks & Needles 1pm Bingo -6pm | 24  Music by Tom LaVelle Movie at 1:00 pm Exercise Class 10:30 am | 25 | 26  Music by Inez Glaze Exercise Class 10:30 am Hand and Foot Cards 1 pm | 27  Music with Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church |
| 30  3 of Us | 31 | January Meals Served: 1228 December Volunteer Hours: 420.35 | | |

March 2020 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.



MARCH MENU



| | | | | |
|--|---|---|--|---|
| 2 Hamburger Patty Mashed Potatoes Veggies | 3 Beef Stew Potatoes and carrots Corn Bread | 4 Meatloaf Mashed Potatoes Veggies Salad | 5 Spaghetti with Meat sauce Bread Garlic Salad | 6 One Dish Chicken Bake Mixed Veggies Bread |
| 9 Chicken and Rice Casserole Bread | 10 Tuna Fish and noodles Veggies Bread | 11 Pulled BBQ Pork on a bun Coleslaw Chips | 12 Crispy Chicken Salad Bread | 13 Birthday Cake Tamale Pie Chips Salsa and Sour cream |
| 16 Taco Tater Tot Casserole Salad | 17 Saint Patricks Day Corned Beef and Cabbage, Carrots and Potatoes | 18 Chicken Pot Pie Fruit Cocktail | 19 BBQ Meatballs Potatoes Augraten Veggies Rolls | 20 Chicken & Dumplings Roll Salad |
| 23 Pork Chops Potatoes Melba Vegetable | 24 Tilapia Rice Vegetables | 25 Corned Beef Stew Bread | 26 Chicken Fried Steak Mashed Potatoes Gravy Veggies | 27 Sloppy Joes Tater Tots Jello Salad |
| 30 Lasagna Cottage Cheese Garlic Bread Salad | 31 Roast Beef Potatoes & Carrots Bread Salad | 1 Baked Ham Mashed Potatoes Veggies and a Roll | 2 Oven Baked Chicken Noodles Romanoff | 3 Turkey Divan Veggies Mixed 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 9:30 am.

Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F

\$5 for over 60 and \$7(effective 1/01/2020 for under 60 for lunch; Breakfast, \$5; all TO GO ORDERS \$1 more.



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

Open Monday through Friday 8 am-5 pm

What would you like to see at Rainier Senior Center?

This is Your Senior Center. What would you like to see/learn/do? Is there an activity you'd like to do? How about a category for the movies or a place to visit for our Armchair Travel? Let the center know.

Census counts every generation.

It is important for everyone to complete the 2020 Census so that communities like ours can be accurately funded.

Beginning in mid-March, you can respond by phone, online or mail whichever option you are most comfortable with. Large print questionnaires are available upon request.

From May to July 2020 Census takers will visit households that have not yet responded.

Digital Literacy Program

Need a low-cost internet or mobile phone plan?

You can receive a step-by-step guide to helping seniors get set up with low-cost internet and mobile plans, including resources that can help seniors improve their digital literacy.

<https://www.inmyarea.com/resources/guide-internet-for-seniors>

If you have any further questions, contact Jessica Gandhi at 949-409-8409.



April Events coming

County Extension Every Wed.
10 to 12 . April 8 thru May 27

April 18

There will be a Rainier Citywide clean-up. Please consult Rainier's face book page for details. All proceeds to benefit the Senior Center's nutrition program.



Thanks to everyone who brought in some really good looking socks to be donated to the Rainier Jr/Sr high school. Our seniors are so generous and the socks were greatly appreciated.



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

Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

ONLY \$15 per year

Sign up today and begin receiving our newsletter so you can plan to join us..

We Serve
Meals On Wheels
so no senior goes hungry.

Volunteer to be a Meals-on-Wheels Driver
Ask at the Desk how to apply



Rainier Senior Center Supporters

**B Street Coffee
Canterbury Inn
Canterbury Gardens
Columbia River PUD
Country Financial
Dutch Bros
El Tapatio
Hometown Pizza
Michelle Moore-Insurance
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
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***