



Riverside Review

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As much as we hate to do this, this will be your last newsletter if you have NOT renewed your membership. Due to the building being closed and donations being down, we are unable to continue sending out a newsletter to non-members.

It is so nice to hear from our appreciative members. The following is an excerpt from one of our Meals-On-Wheels clients: "I wanted to thank all involved in my Meals on Wheels. To the Cook: what a wonderful job you do making each meal pleasurable. To the Back Up Staff: You're the Gorilla glue that makes my days brighter. To the Delivery Drivers: Come rain, sleet, snow or hail you are there for us." Thank you for your kind words.

**St Patick's
Day Dinner
Saturday
March 17th**



The center is offering a delicious take out St Patrick's Day dinner on March 17th. We usually have a HUGE raffle but this year we will only be offering a delicious take out Corned Beef and Cabbage meal. please see insert for more details.

Meals Served for January: 935
Volunteer Hours: 376

Board Members

President: Jan Rich
Vice-President; Debra Elliott
Secretary: Carla Bodenhamer
Treasurer: Rachel Kelley
At Large: Keith Ekstrom, Sue Beavers and Joanne Bernard

Newsletter Editor: Beth Bailey



Frances Bailey, one of our longtime members, passed away on February 5, 2021. She and her husband, Don Bailey, were integral in raising funds to build the Senior Center in its current location. Frances was a past president and historian for the Senior Center. There will be a celebration of her life with immediate family only in March. The family would like to encourage donations to the Senior Center in her memory.

Another key member of the center, **Sam Tift**, recently passed away. There will be a graveside service on March 6th at 2pm. Our hearts reach out to Marily and the rest of his family.

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

Hydropower is the perfect partner for renewables

The Columbia River acts like a giant battery backup for intermittent power generated by renewable energy sources like wind and solar. On a very windy day, for example, river operators can reduce hydropower output and store that water for later, when the wind isn't blowing or the sun isn't shining.

Hydropower is an ideal balancing resource because of its flexibility, meaning it can respond quickly to shifts in wind and solar output. Hydropower can easily be turned on and off.

This is an important quality that helps maintain the electric system's reliability. For the electric grid to operate, the amount of power produced must equal the amount of power being consumed every second of every day.

Solar power peaks during the day. Wind tends to peak at night. Meanwhile, the water cycle is constant, ensuring hydropower is available any time day or night to provide the foundation of energy in the Northwest. It helps fill the gaps left by variable energy sources like wind and solar.



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March Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti with Meat Sauce Garlic Bread Salad	2 Bacon & Cheese Quiche Fruit w/cottage cheese English muffin	3 Meatloaf Baked Potato Veggie Salad & Roll	4 Chef Salad w/all the fixins Bread	5 Shrimp & Rice Casserole Coleslaw Roll
8 Chicken Fried Steak Mashed w/Country Gravy Veggie 3-Bean Salad	9 BBQ Pulled Pork on a Bun Coleslaw Vegetable	10 Baked Fish Au Gratin Potato Vegetable	11 White Chicken Chili Corn Bread	12 Tamale Pie Garden Salad
15 Minestrone Soup Bread	16 Chicken Patty Burger on a bun Potato Salad	17 Corned Beef & Cabbage, Potatoes & Carrots Salad, Roll, & Dessert	18 Grilled Tuna Melt Tater Tots	19 French Dip Fries Salad
22 Oven Fried Chicken Mashed Potatoes & Gravy	23 Sheppards Pie Mixed Greens Bread	24 Polish Sausage on a bun Chips Broccoli Salad	25 Turkey Stuffing Mashed Potato & Gravy Vegetables Salad	26 Corned Beef Soup Corn Bread
29 Baked Ham Mashed Potato & Gravy Vegetables Roll	30 Hamburger Gravy over Mashed Potatoes Vegetable	31 Beef Enchilada Casserole Chips Salsa Sour Cream	1 Salisbury Steak Mashed Vegetables Salad	2 Cabbage Roll Casserole Jello Fruit Salad

Rainier Senior Center Lunch Menu

503-556-3889

www.RainierSeniors.com

All to go meal orders need to be in no later than 9:00 am.

Menu is subject to change without notice. \$5 for over 60 and \$7 for under 60.





Even though we won't be able to have our Luck of the Draw St. Patrick's raffle, we will be able to offer the center's wonderful

**Corn Beef and Cabbage lunch
on Wednesday
March 17th**

Details are in the insert in the newsletter and I have a feeling the leprechaun will be around that day.

Unfortunately there will be no tax preparation at the center this year. They will only be at the St Helens and Scappoose centers.



Donate
Your Return Bottles
or Cans to
Rainier Senior Center
Your Donations
are Appreciated

Are you sad or lonely? CALL
503-200-1633, 800-282-7035 or
SeniorLonelinessLine.org



P O Box 216, Clatskanie, OR 97016
503-728-2163
Open Monday through Thursday
7 am-5:30 pm

APRIL SALE

April Brings sales and the center is no different. On April 10th we will be having an outdoor, multi-family sale starting at 9 am. Call Rachel at 503-369-6382 to rent a space and table for \$10 and a refundable \$20 clean up fee.



Motorized Scooter was donated to the center. It needs a battery. Please contact us if you're interested.

AARP Driver Safety Classes September 1, 2021



is the new schedule to begin introducing in-person. In the meantime, online classes are available with a 25% discount through August 31, 2021. the website is

www.aarpdriversafety.org

Promo code for discount is
DRIVINGSKILLS

Rainier Senior Center Supporters

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Rainier Hstorical Museum
Rainier Liquor Store
Rainier Subway
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"A Great Place...For Great People"

***Rainier Senior Center
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