



Riverside Review

Volume 2022

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April 2022

48 W 7th Street, Rainier, OR 97048
E-mail: RainierSeniorC@gmail.com

Phone: 503-556-3889
Web: RainierSeniors.com



Come on Down!

GOOD NEWS

No More Reservations

**Now you can come to the center
any week day and have lunch with
your friends.**

**Plus, we have a full lineup of
Music for the month as well as fun
activities.**



**City-Wide Garage Sale
June 18**

**More information in the
May newsletter**

Board Members

President: Jan Rich

Vice-President; Debra Elliott

Secretary: Darnell Willis

Treasurer: Rachel Kelley

**At Large: Keith Ekstrom, Sue Beavers
and Joanne Bernard**

Newsletter Editor: Beth Bailey

Board Nominations

**Board nominations are right around the
corner. If you would like to run for a
Board position, you must be a member
in good standing 30 days prior to voting.
This year it's May 18th.**

**You will also need to come to the center
and fill out a Notification of Intent to Be a
Board of Directors Member. All positions
are available and they are: President,
Vice President, Treasurer, Secretary and
3 At Large. These forms are available at
the front desk. Voting will take place in
June at the Members meeting.**

Meals Served for January: 953
Volunteer Hours: 469

Rainier Senior Center Hours
9:30 am to 2:00 pm
Monday through Friday
Gift Shop 10:00 am-2:00 pm

Please Stay Safe from Utility Scam Attempts

Please be wary of scam artists posing as Columbia River PUD employees.

Scammers will call or send a text message threatening to shut off a customer's power unless payment is made immediately. This is not something CRPUD does.

CRPUD will always make multiple attempts to contact you if your power is scheduled to be disconnected for non-payment. The PUD does not send text message alerts for pending disconnection.

If you ever receive a phone call and are unsure whether it's a PUD employee, please hang up and call the PUD directly at (503) 397-0590.



- Retirement Income Planning
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- Visit our website or call to schedule your complimentary consultation.

www.Schultzfs.com

503-543-3844

Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994

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**UNDERSTANDING
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Fax: 503.987.1769
P.O. Box 859
Scappoose, OR 97056
beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

April Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28 Baked Ham Augratin Potatoes Vegetables Roll	29 Tater Tot Casserole Vegetables Pears	30 Spaghetti w/ meat sauce Garlic Toast Cottage Cheese & Fruit	31 Pulled Pork on a bun Potato Salad Baked Beans	1 Oven Fried Chicken Mashed Potatoes Vegetables Fruit
4 Chicken Casserole Cottage Cheese & Fruit Bread	5 Enchilada Casserole Spanish Rice Refried Beans Sour Cream / salasa Green salad	6 Meatballs & Gravy Potatoes Vegetables	7 Cheese Ravioli Meat Sauce Caesar Salad Vegetables Roll	8 Corned Beef Soup Salad Biscuit
11 Chicken Fried Steak Mashed Potatoes\Country Gravy	12 Tuna Casserole Salad Fruit	13 Western Beef Stew Carrots, potatoes Biscuit Fruit	12 Crispy Chicken Salad Vegetable Soup Roll	15 Good Friday Baked Ham Scalloped Potatoes Corn Garden Salad Roll
18 Meat Loaf Mashed Potatoes Vegetables Roll	19 Chicken Enchilada Soup Tortilla strips Sour Cream Cole Slaw	20 Malibu Chicken Rice Vegetables Blend Vegetable Salad	21 Scalloped Potatoes w/ ham Vegetables Bread Orange Jello salad	22 Patty Melt Grilled onions Chips Fruit
25 Roast Beef Carrots/ Potatoes Gravy Biscuit Mixed Fruit	26 Goulash Green Beans Bread Salad	27 Bacon Cheese Hamburger on a Bun Lettuce , Tomato, Onion Macaroni Salad	28 Grilled Ham & Cheese Sandwich Coleslaw	29 Clam Chowder Green Salad Roll

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.



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

4/2 Les Tucker
4/6 Judy Lepin
4/6 Shirley Roberts
4/9 David Jones
4/13 Ron Fadden
4/13 George Hueth
4/14 Kathy Beck
4/16 Robert (Gary) Jones

4/16 Susan Willett
4/19 Barbara Foster
4/21 Patricia Jordan
4/22 Bud Siltala
4/27 Marylou Jamieson
4/28 Brenda Starr
4/29 Norm 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 \$60.75 for
3rd Quarter from 42 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******.

Go to fredmeyer.com/communityrewards

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

April Volunteer of the Month is Rachel Kelley

Rachel has been and is the best volunteer the center could want. There is no job or project she can't handle. She has been a member since 2013. She is a board member currently serving as treasurer and was a past secretary. She also represented the center as a Princess. Together with her husband, Clint, they decorate the center for holidays and special occasions. She is a sous-chef to our cook, Wendy. She organizes all the sales, bazaars, and holiday meals. She does it all and with a smile on her face no matter the challenge. Thank you, Rachel, for all you do!



**Rainier Senior
Center Activities**

BINGO will be

Every Monday at 6:00 PM

Hooks & Needles at 1:00 pm

Blood Pressure Check

with Lowell Norbaum

every Monday 11 am - 1:00 pm

No Appointment Needed

Inquire about Foot Care at the desk

Thursday activity: CARDS

April 7 Pinochle

April 14 Hand & Foot

April 20 Board Meeting

April 21 Pinochle

April 28 Hand & Foot

Call Center for information

Debra Kranyak with Kaiser
will be at the center on **4/6/2022**
from 10 am -12:00 pm



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



to the Eagles
for the donation of gas cards
to our Meals on wheels drivers

April Music Schedule

April 1- Guy & Miz Mary

April 4- 3 of Us

April 6- Bo Obney

April 11- 3 of Us

April 13- Bo Obney

April 15- Guy & Miz Mary

April 18- 3 of Us

April 22- Bo Obney

April 25- 3 of Us

April 29- Bo Obney

Poetry Anyone?

We have been asked if anyone is interested in a poetry workshop. Please let the center know if you would participate. If you are interested and when you call, **503-556-3889**, to let us know, be sure and leave your phone number so in case we need to call you with a date and time.



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

Rainier Senior Center Supporters

**B Street Coffee
Canterbury Inn
Canterbury Gardens
Columbia River PUD
Columbia Carpet One
Costco
Country Financial
Dutch Bros
El Tapatio
Hometown Pizza
Kaiser Permanente
Kerby's Fish & Chips
Means Nursery
Ol' Pastime Tavern
Outpost 30
Rainier Chevron Food Mart
Rainier True Value
Red Lobster
Sound Authority
Teri's Restaurant
The Cornerstone Cafe
Triangle Bowl**

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Monarca mexican
Nys Tree Farm
Napa Auto
Rainier Hstorical Museum
Rainier Liquor Store
Rainier Subway
The Dog Zone
United Way
US Gypsum
Vernie's Pizza**



"A Great Place...For Great People"

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