



Riverside Review

Volume 2022

Issue 3

March 2022

48 W 7th Street, Rainier, OR 97048
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Phone: 503-556-3889
Web: RainierSeniors.com

**We're
Open!!**

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**



**MARK YOUR
CALENDARS**
**The Center
is
Opening on
March 17
with a
St Patrick's Day
Meal!**

**See Pg 6 for
more details**

Meals Served for January: 938
Volunteer Hours: 457

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

Clean energy supports the region's clean air and water

The largest source of clean power in the United States is hydropower. Hydropower is fueled by rain and snow, making it a clean fuel and renewable source.

Hydropower accounts for 90% of renewable energy in the Pacific Northwest and almost half of all renewables in the US.

Because it's fueled by water, the Northwest's hydro base does not produce air pollution, avoiding the equivalent greenhouse gas emissions of more than 10 million cars on the road. This allows our Northwest community to enjoy outdoor activities like hiking, biking, boating, or skiing without worrying about air quality or visibility due to smog.

Did you know? Without hydropower, the United States would have to burn an additional 121 million tons of coal, 27 million barrels of oil, and 741 billion cubic feet of natural gas combined.

**HYDRO
POWER
FLOWS HERE**

**COLUMBIA RIVER
PUD**

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beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

March Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28 Stuffed Pepper Casserole German Coleslaw	1 Hot roast Beef Sandwich Mashed Potato Gravy Cooked Carrots	2 Egg Flower Soup Grilled Ham & Cheese Sandwich	3 Chicken Casserole W/Rice Beets Bread	4 Fish & Chips Coleslaw Fruit
7 Chicken Tamale Pie Green Salad Tortilla Chips	8 Sweet 'N' Sour Meatballs Rice Vegetables	9 Scalloped Potatoes with Ham Vegetables Salad Bread	8 Taco Soup Tortilla Chips Salad	11 Turkey Mashed Potatoes Stuffing Vegetable
14 Meat Loaf Mashed Potatoes Gravy Vegetable	15 Split Pea Soup ½ Sandwich Fruit	16 Hamburger Gravy Mashed Potatoes Vegetable	17 Corned Beef & Cabbage , Potatoes & carrots Dessert	18 Chef Salad Ham, Turkey, Cheese, Egg, Green Onion, Tomatoes, Cucumbers Roll
21 Chicken & Dumplings Garden Salad Fruit	22 Porcupine Meatball Casserole Corn Peaches German Coleslaw	23 Chicken Fried Steak Mashed Country Gravy Vegetable	24 Corn Chowder Sandwich Fruit	25 Lasagna Mixed Vegetable Garlic Bread
28 Baked Ham Augratin Potatoes VegetablesRoll	29 Tater Tot Casserole Vegetables Pears	30 Spaghetti w/ meat sauce Garlic Toast Cottage Cheese & Frui	31 Pulled Pork on a bun Potato Salad Baked Beans	1 Oven Fried Chicken Mashed Potatoes Vegetables Fruit

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 March Birthday Members

Birthday Flower: Daffodil Birthstone: Aquamarine
If your birthday is not listed or wrong, please contact the reception desk

3/1 Carolyn Sue Arnott
3/1 Frank Chimienti
3/1 Delyla Laughlin
3/2 Amy Everman
3/3 Debbie Spears
3/11 Gail Leino
3/12 Jim Coffman
3/13 Laura Woods

3/16 Jerry Kelly
3/17 Janice Bodenhamer
3/18 Perry Fiscus
3/24 Linda Frase
3/24 Laural Sudduth
3/25 Richard Albertini
3/26 Marily Tift
3/28 Bernice Bailey

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

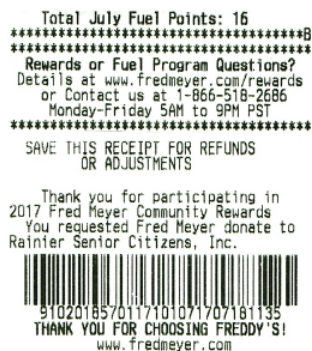


**Help Our
Senior Center
Earn Money!**

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!**

March Volunteer of the Month is David Jones

David has lived in Scappoose for the last 12 years. He's been a member of Rainier Senior Center for the past 10 years. He retired from OHSU with 15 years of service. We appreciate that he volunteers as our Bottle Drop Driver. This is a very important part of our fund raising and you make this possible. Thanks for your service.



Rainier Senior Center Activities

BINGO will be
Every Monday at 2:00 PM
6:00 PM Bingo starts March 14

questions call 503 556 3889 before 12:30

Thursday activity: CARDS

March 3 Hand & Foot

March 10 Pinochle

March 17 Hand & Foot

March 24 Pinochle

Call Center for information

MUSIC

Three of Us - 3/17, 3/21 and 3/28

Bo Obney - 3/25 and 3/30

Judy Faulkner 3/18 and 3/23

Debra Kranyak with Kaiser
will be at the center on 3/16/2022
from 10 am -12:30 pm

Beth Moffett, Understanding
My Medicare 3/17/2022
from 10 am - 12 pm



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

Opening Details **Please Read Carefully**

Hey everyone it's time to get together again!

The Senior Center is having a re-opening on St. Patrick's Day, March 17th. There are some changes that you will have to keep in mind:

FIRST, you **MUST** wear a mask into the building. With the exception of unvaccinated folks, once seated you may remove your mask. If you are unvaccinated you may remove your mask only to eat. Masks must be worn to move around, i.e. going to the restroom.

SECONDLY, please do not help the servers. In the past we have always appreciated the diners helping by taking their plates to the table to be cleaned but now the servers only must be responsible for this.

THIRDLY, if you need more water or coffee, please let your server know. Do not get this yourself.

LASTLY, reservations will be required for a while. If you plan to eat with us or take out on the 17th, then you **MUST** call in no later than 3/9/22.

For those of you who do not feel comfortable coming into the center, we will still offer take out meals but you must let the center know when you call in.

On our regular days, please call to make reservations TWO days in advance and again let the front desk know if this is for onsite or take out.

So, let's talk about some exciting news! The Three of Us will be playing on our opening and we will have door prizes. Then The 3 of Us will play every Monday. Marily is working on scheduling music for the other days. Wendy will be cooking up some wonderful meals for us.

We hope to see you and I have a suspicion that the leprechaun is going to show up!



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or Cans to
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are Appreciated

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The Cornerstone Cafe
Triangle Bowl**

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Monarca mexican
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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"

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