



## *Riverside Review*

Volume 2023

Issue 2 February 2023

48 W 7th Street, Rainier, OR 97048  
E-mail: [RainierSeniorC@gmail.com](mailto:RainierSeniorC@gmail.com)

Phone: 503-556-3889  
Web: [RainierSeniors.com](http://RainierSeniors.com)

### **Valentine's Day Dinner and Dance Saturday, February 11 at 2 pm**

Set aside February 11th for the center's **Valentine's Dinner and Dance!** Wendy will be making a wonderful pork loin dinner and the Ted Boursaw Classic Country Band will entertain us.  
(See attached flyer).

**\$20 per person**

A great way to have some fun with your sweetheart, grandson, son, daughter or friend. All are welcome.



Bill Ensign, AARP, and helpers will be at the center to do **Tax Returns**  
**March 3rd and March 24th.**

Sign up sheets are located at the center. There are still appointments available as well as a list of items to bring.

**Meals Served for December: 1107**  
**Volunteer Hours: 534**

### **Board Members**

**President: Jan Rich**  
**Vice-President: Debra Elliott**  
**Secretary: Darnell Willis**  
**Treasurer: Rachel Kelley**  
**At Large: Joanne Bernard, Scott Cooper and Clint Kelley**  
**Newsletter Editor: Beth Bailey**



### **Senior Center T-shirts Great Christmas Gift!**



**S-M-L-XLrg**  
**\$15/ea**

**2X and 3X**  
**\$20/ea**

See the front desk for details.

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

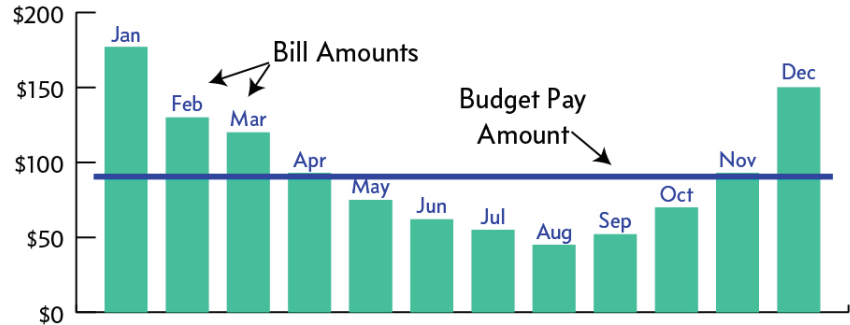
## March is Your Chance to Enroll in Budget Pay

Would you like to remove surprises from your monthly power bill? Enroll in Columbia River PUD's Budget Pay program and pay the same amount every month of the year.

With Budget Pay, the PUD calculates your payment based on your electric usage over the previous year. That amount is divided into 12 equal payments for the coming year. The amount is adjusted annually in March, so customers currently enrolled in Budget Pay may see their payment amount change next month.

To enroll, you need at least 12 months of account history at your current location and a \$0 balance. Accounts not kept current will be switched back to standard billing.

New Budget Pay plans are only set up in March. Want to enroll? Please call our Customer Accounts Department at (503) 397-0590 or email [info@crpud.org](mailto:info@crpud.org).



A COMMUNITY-OWNED UTILITY



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  - Tax & Estate Planning
- Medicare/Health Insurance

Visit our website or call to schedule your complimentary consultation.

[www.Schultzfs.com](http://www.Schultzfs.com)

503-543-3844

**Daniel Garrison, CPA,**  
**2114 Columbia Blvd,**  
**St Helens, OR 97051**  
**Email: [dan@drgtax.com](mailto: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.



**UNDERSTANDING  
MY MEDICARE**



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P.O. Box 859

Scappoose, OR 97056

[beth@understandingmymedicare.com](mailto:beth@understandingmymedicare.com)

[www.UnderstandingMyMedicare.com](http://www.UnderstandingMyMedicare.com)

# February Menu 2023

<b>30</b> <b>Lasagna</b> <b>Garlic Bread</b> <b>Salad</b>  <b>3 of Us</b>	<b>31</b> <b>Creamy Baked</b> <b>Chicken &amp;</b> <b>Noodles</b> <b>Salad</b> <b>Roll</b>  <b>Boursaw Brothers</b>	<b>1</b> <b>Home Made</b> <b>Potato Soup</b> <b>Salad</b> <b>Roll</b>  <b>Boursaw Brothers</b>	<b>2</b> <b>Pork Loin</b> <b>Mashed</b> <b>Potatoes</b> <b>Vegetables</b> <b>Fruit</b>  <b>Jim Meyer</b>	<b>3</b> <b>Pot Roast</b> <b>Gravy</b> <b>Potatoes/ Carrots</b> <b>Vegetable</b> <b>Pasta Salad</b>  <b>Bo Obney</b>
<b>6</b> <b>Baked Ham</b> <b>Potatoes Au</b> <b>Gratin</b> <b>Gravy Vegetables</b> <b>Roll ,Salad</b> <b>3 of Us</b>	<b>7</b> <b>Pepper Casserole</b> <b>Roasted Potatoes</b> <b>Salad</b> <b>Roll</b>  <b>Bo Obney</b>	<b>8</b> <b>Pork Chops</b> <b>Smothered In</b> <b>Mushroom Gravy</b> <b>Mashed Potatoes</b> <b>Veggie Bread</b>  <b>Bo Obney</b>	<b>9</b> <b>Split Pea Soup</b> <b>Grilled</b> <b>Sandwich Fruit</b>  <b>Gary Fredsall</b>	<b>10</b> <b>Polish Sausage</b> <b>Bun</b> <b>Pasta Salad</b> <b>Chips</b>  <b>Guy &amp; Mary</b>
<b>13</b> <b>Chicken Fried</b> <b>Steak</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Vegetables</b> <b>3 of Us</b>	<b>14</b> <b>Valentines Day</b> <b>Spaghetti W/sauce</b> <b>Garlic Bread</b> <b>Salad</b>  <b>Bo Obney</b>	<b>15</b> <b>Meatloaf</b> <b>Baked Potatoes</b> <b>Vegetables</b>  <b>Bo Obney</b>	<b>16</b> <b>Beef Stew</b> <b>Carrots &amp;</b> <b>Potatoes</b> <b>Biscuits</b>  <b>Jim Meyer</b>	<b>17</b>  <b>Home Made</b> <b>Clam Chowder</b> <b>Salad</b> <b>Fruit</b>
<b>20</b> <b>Chicken &amp;</b> <b>Stuffing</b> <b>Roasted Potatoes</b> <b>Carrots</b>  <b>3 of Us</b>	<b>21</b> <b>Home Made</b> <b>Taco Soup</b> <b>Chips</b> <b>Sour Cream &amp;</b> <b>Salsa</b> <b>Fruit</b>	<b>22</b> <b>Pulled Pork</b> <b>Slider</b> <b>Macaroni Salad</b>  <b>Bo Obney</b>	<b>23</b> <b>Tater Tot</b> <b>Casserole</b> <b>Coleslaw</b> <b>Fruit</b>  <b>Boursaw Bro's</b>	<b>24</b> <b>Hamburger on A</b> <b>Bun. Chips</b> <b>Lettuce, pickles,</b> <b>onion</b> <b>Macaroni Salad</b>  <b>Guy &amp; Mary</b>
<b>27</b> <b>Salisbury Steak</b> <b>Baked Potato</b> <b>Vegetables</b> <b>Broccoli Salad</b>  <b>3 of Us</b>	<b>28</b> <b>Pasties</b> <b>Gravy</b> <b>Vegetables</b> <b>Salad</b>	<b>1</b> <b>Chicken &amp; rice</b> <b>Casserole</b> <b>Vegetables</b> <b>Fruit</b>	<b>2</b> <b>Sloppy Joes</b> <b>Oven Fries</b> <b>Vegetables</b>	<b>3</b> <b>Home Made</b> <b>Chicken Noodle</b> <b>Soup</b> <b>Salad</b> <b>Bread Sticks</b>
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. **New rates:** \$6 for over 60 and \$8 for under 60.

**Arrival time for congregate meal needs to be 11:45 or earlier.**

# FEBRUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>  Music by Boursaw Brothers	<b>2</b>  Music by Jim Meyer Breakfast 9-10 am  Balance & Stability 1:00 pm Card Games 1 pm	<b>3</b>  Music by Bo Obney
<b>6</b>  3 of Us Blood Pressure 11 AM   Hooks & Needles 1pm-2:30 pm Bingo - 2 pm	<b>7</b> Breakfast 9-10 am	<b>8</b>  Music by Bo Obney	<b>9</b> Breakfast 9-10 am   Music by Gary Fredsall  Balance & Stability 1:00 pm Card Games 1 pm	<b>10</b>  Music by Guy & Mary
<b>13</b>  3 of Us 11 am Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm  Bingo - 2 pm	<b>14</b> Breakfast 9-10 am	<b>15</b>  Music by Bo Obney	<b>16</b>  Music by Jim Meyer  Balance & Stability 1:00 pm  Card Games 1:00pm	<b>17</b>
<b>20</b>  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm  Bingo -2pm	<b>21</b> Breakfast 9-10 am	<b>22</b>  Music by Bo Obney	<b>23</b> Breakfast 9-10 am  Balance & Stability 1:00 pm   Music by Boursaw Brothers Card Games 1 pm	<b>24</b>  Music by Guy & Mary  Susannah's Supper Methodist Church 6 pm
<b>27</b>  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm Bingo 2 pm	<b>28</b> Breakfast 9-10 am			



## Happy Birthday to our February Birthday Members

**Birthday Flower: Violet Birthstone: Amethyst**

If your birthday is not listed or wrong, please contact the reception desk

2/7 Alice Cash  
2/10 Lowell (Bud) Bick  
2/12 Kenney Gressett  
2/13 Jean Walker  
2/14 Beth Bailey  
2/15 Carma Harrel  
2/17 Willard Conley  
2/17 L.T. Stem  
2/18 Dodie Burton



2/18 Arbutus Grendahl  
2/18 Ron Haley  
2/18 Judy Sorenson  
2/19 Donna Riggs  
2/21 Judy McLoed  
2/22 Carla Bodenhamer  
2/22 Barbara Williams  
2/23 Cheryl Winchester  
2/24 Crystal Harrel

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



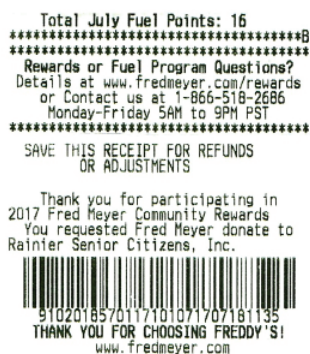
**Help Our  
Senior Center  
Earn Money!**

**Register Today!**

We received \$55.78 for  
the 4th Quarter, For 2022  
we received \$238.99.

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](http://fredmeyer.com/communityrewards)

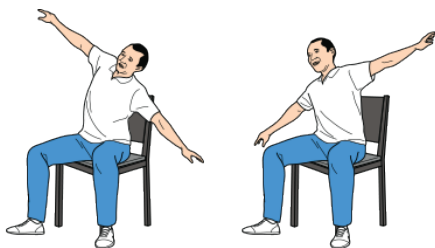
**You still get your reward points, fuel  
points and rebates just the same!**



**Luck of the Draw  
Raffle Tickets go on sale  
starting February 1  
\$1 each or 6 for \$5**







**FREE Balance and Stability Class  
put on by Rebecca Leone**

All are welcome, no experience necessary and all exercises can be performed seated. Wear comfortable clothes.

Become more sure footed. Be able to safely perform daily functional tasks like sit, stand, push, pull, carry and improve strength and endurance in the process. Classes are appropriate for everyone. Taught by Rainier resident Rebecca Leone who has taught for over 22 years in 11 countries, 17 states and medical school cadaver labs. Classes are every Thursday at 1:00.

**Every Thursday  
1:00 pm**

**NW Natural  
can help lower  
your energy bills.  
Brochures are available at the  
center or you can call  
800-422-4012  
M-F 7am to 6pm**



**Coming March 11  
Watch for More Details**



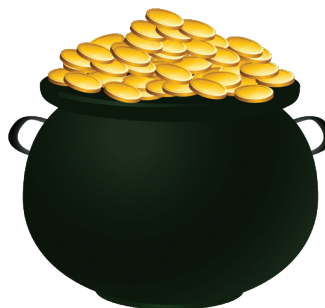
**Thanks to all our Members  
for being so generous  
and caring to the Center**

**Special Events**



**Bill Ensign, AARP, and  
helpers will be at the  
center to do tax returns  
March 3rd and March 24th.**

Sign up sheets are located at the center. There are still appointments available as well as a list of items to bring.



**Luck of the Draw  
Raffle. This is the  
center's HUGE fund-  
raiser. Tickets avail-  
able February 1st. One  
for a dollar or six for  
five dollars. Wendy  
will be making her fab-  
ulous corn beef and  
cabbage lunch.**



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



**DRIVERS NEEDED!**

**Check with the Desk for more details**

We Serve  
**Meals On Wheels**  
So no senior goes hungry.



## 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 \$20 per year**

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



## Valentine's Dinner and Dance

**Saturday  
Feb 11- 2 pm**

**\$20  
per person**

**Music by  
the Ted Boursaw Classic  
Country Band**

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

Cap "N' Yoby  
City of Rainier  
Columbia Food Bank  
Deer Island Grange  
Delaware Plaza  
Eagles  
Foster Farms  
Fred Meyer  
Guadalajara  
InRoads  
Miracle Ear  
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"*

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