



Riverside Review

Volume 2023 Issue 3 March 2023

48 W 7th Street, Rainier, OR 97048

E-mail: RainierSeniorC@gmail.com

What the heck is a NAPIS?

Phone: 503-556-3889

Web: RainierSeniors.com

When you become a member, renew your membership to the center, or have lunch more than once, you are required to complete a NAPIS form. NAPIS stands for National Aging Program Information Systems. This form collects data to help us obtain grants; gathers emergency contact information in case of a medical/accidental incident on our premises; and celebrate birthdays. As you can see, the information collected on this form is very important to the administration of our programs. It is completely confidential and is shared ONLY with Community Action Team and our own staff when necessary.

The Oregon Legislature passed a law that requires us to ask for information about gender, racial, and cultural identities. The purpose of collecting this data helps ensure equity across cultures, races and genders. Answering these questions is completely optional. Although we do ask that if you prefer not to answer, that you mark the box for each question that says, "Prefer not to answer." If you leave the question blank, the law requires staff to call you to get an answer. Your cooperation in completing this form on an annual basis will help us a lot.

(If you have filled out a current NAPIS at another center, you do not need to fill out another one, just let them know when you sign in, which center it is.)

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



***Raffle
To Win
\$100
Worth of
Lottery
Tickets***

SPECIAL RAFFLE

Separate from the Luck of the Draw

\$5 per Ticket

**Meals Served for January: 1245
Volunteer Hours: 619**

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

Columbia River Fuels Our Way of Life

The Columbia River serves many vital roles. It provides the border for our community, as well as the backdrop for many stunning scenes.

It also fuels the cleanest power system in the nation. Dams in the Columbia River Basin produce more electricity than any other North American river. They provide more than half of the Northwest's electricity and 83% of its renewable energy.

In addition, the Columbia feeds our economy. Its low-cost, clean, reliable hydropower attracts manufacturers and businesses to our area, spurring economic development and bringing jobs to our communities.

The mighty Columbia supports an enviable quality of life. We're grateful to call it our neighbor.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



- Retirement Income Planning
 - Wealth Management
 - Tax & Estate Planning
- Medicare/Health Insurance

Visit our website or call to schedule your complimentary consultation.

www.Schultzfs.com

503-543-3844

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

www.UnderstandingMyMedicare.com

March Menu 2023

27 Salisbury Steak Baked Potato Vegetables Broccoli Salad 3 of Us	28 Homemade Pastie /Gravy Vegetables Salad	1 Chicken & rice Casserole Vegetables Fruit	2 Sloppy Joe's Oven Fries Vegetables Gary Fredall	3 Home Made Chicken Noodle Soup Salad Bread Sticks Bo Obney
6 Baked Ham Mashed Potatoes Vegetables Rolls 3 of Us	7 Swedish Meatballs Pasta Vegetables Rolls	8 BBQ Chicken Potato Salad Chips Jello Salad Bo Obney	9 Homemade Corn Chowder Chicken Salad Sandwich Jim Meyers	10 Patty melt Chips 3 bean Salad Guy & Mary
13 Meatloaf Potatoes Au Gratin 3 of Us	14 Home Made Chicken Pot Pie Salad Roll	15 Mac & Cheese with Ham Green Salad Bread Bo Obney	16 Chef Salad Meat, Cheese, Egg, Tomatoes Bread Gary Fredall	17 Saint Patrick's Day Corned Beef & Cabbage
20 Chicken Fried Steak Mashed Potatoes Gravy Vegetables 3 Of Us	21 Tamale Pie Coleslaw Chips	22 Home Made Corned Beef Soup Corn Bread Salad Bo Obney	23 Sweet & Sour Chicken over Rice Oriental Veggies Asian Coleslaw Jim Meyers	24 Hawaiian Chicken With Pineapple Rice Salad Guy & Mary
27 Tater Tot Casserole Vegetables Fruit Jello Salad 3 Of Us	28 BBQ Pork Ribs Potato Salad Corn	29 Chicken Patty on a bun Chips Bo Obney	30 Spaghetti w/sauce Green Salad Garlic Bread	31 Chicken & Dumplings Fruit Salad Boursaw Brothers

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.

MARCH EVENTS

		1	2	3
			 Music by Gary Fredsall Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	 Music by Bo Obney
6  3 of Us  Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo - 2 pm	7 Breakfast 9-10 am Senior Bus Trip to Castle in Clatskanie	8  Music by Bo Obney	9  Music by Jim Meyer Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	10  Music by Guy & Mary
13  3 of Us 11 am Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo - 2 pm	14 Breakfast 9-10 am	15  Music by Bo Obney	16  Music by Gary Fredsall Balance & Stability 1:00 pm Card Games 1:00pm	17 <div> St Patrick's Day Meal and Luck of the Draw Event (details on Pg 7) </div>
20  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm Bingo -2pm	21 Breakfast 9-10 am	22  Music by Bo Obney Breakfast 9-10 am Balance & Stability 1:00 pm Membership Meeting 1:00 pm	23  Music by Jim Meyer Card Games 1 pm	24  Music by Guy & Mary Susannah's Supper Methodist Church 6 pm
27  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm Bingo 2 pm	28 Breakfast 9-10 am	29  Music by Bo Obney	30	31  Music by Boursaw Brothers



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
3/1 Dennis Williams
3/2 Amy Everman
3/3 Debbie Spears
3/6 Doris Hale
3/7 Jerry Holcomb
3/10 Christeen Housholder
3/11 Gail Leinor
3/12 Jim Coffman



3/13 Laura Woods
3/16 Jerry Kelly
3/17 Janice Bodenhamer
3/17 Tommy Demeter
3/18 Perry Fiscus
3/24 Laura 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 \$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

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

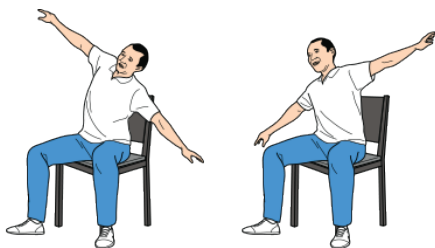


Bill Ensign, AARP, and helpers will be at the center to do

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.



**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.

**Every Thursday
1:00 pm**

**Reserve Your
Seat Early for the
Corned Beef and
Cabbage Dinner
Limited Seating!**



**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**



Saturday

March 11 starting at 9 am

HUGE MULTI-FAMILY SALE. Starting at 9 a.m..
The Gift shop will also be open and having
20% off on all items marked with RSC
(Rainier Senior Center).



Luck of the Draw Raffle.

**This is the center's HUGE fundraiser. Tickets available-
One for a dollar or six for five dollars.**

**Wendy will be making her fabulous corn beef and
cabbage lunch.**

**Reserve your seat early! Limited Seating...Take-out available
if reserved by 3/14.**

Special Events

All Aboard!

March 7 at 1:00 pm

We will be going to the Castle in Clatskanie. If you haven't had a chance to tour this beautiful place, now is your opportunity. There is lots to see but plenty of chairs to sit and catch your breath or just visit. **The cost is \$10.**



April 18 at 10:30

We're headed to Vernonia to explore and have lunch at the Vernonia Senior Center. The van will leave at 10:30. The cost for travel and lunch is \$10. Please sign up at the front desk **by 4/5** so that we may let VSC know how many are coming for lunch.



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

***Luck
of the Draw
Friday, March 17
starting at
1 PM***



To most, March Madness means basketball. To us it's the Luck of the Draw Raffle! We have two raffles this year. One has our regular raffle prizes with tickets \$1 each or six for \$5. The other is where the center purchased \$100 worth of lottery tickets, has them on a special board and the cost is \$5 per ticket. Regular raffle items will be on display 3/14. The lottery board is hanging next to the rainbow.

Friday, 3/17, we will celebrate St Patrick's Day with a lunch of corned beef and cabbage at noon. (I would recommend you come by 11:30) The center is only seating 80 people this year so we have a reservation list. Following lunch, at 1:00, we will start our raffle. I would plan at least one hour and the lottery board will be the last item raffled. You do not need to be present to win.

Raffle Tickets
\$1 each or 6 for \$5
Get your lucky ticket and
take a chance to win!
All proceeds benefit the Rainier
Senior Center!

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 Photos



The Boursaw Brothers



Wendy's Dessert

Frank Curtis and
Joanne Bernard



**Special
Raffle
to win
\$100 worth
of Lottery
Tickets**

The center has purchased \$100 worth of lottery tickets to add interest to the mix.

See the display for more details.

\$5 per ticket

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"

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Rainier, OR 97048