



Riverside Review

Volume 2023

Issue 5

May 2023

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

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

May Highlight Events

Cinco de Mayo

Cinco de Mayo is Friday, May 5th and Wendy has whipped up a special lunch along with non-alcoholic margaritas! Wear your "south of the boarder" hats and you'll be in the running for a prize!

Book Folding

A Book to Read is a Joy indeed, But when All's 'Read' and done, then it's time for more fun! On Wednesday, **May 10th at 1:00** we will be offering a free introduction to Book Folding. For those interested bring your fingers, small black buttons (for eyes and nose) and an unloved paperback.



Mother's Day Luncheon

Mother's Day Luncheon **May 12th**. Wendy will prepare a special lunch, Dawnielle will make a special dessert and we will have flowers for our Moms from Means Nursery.

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

Notice for June Election

Voting for Board Members will be held at the Member's meeting in June. In order to participate, either as a voting member or an individual interested in sitting on the Board, you must be a member in good standing **by May 26, 2023.**

Ballots will be included with the June newsletter. Notification of Intent to be a Board of Directors Member must pick up the registration form at the center and it is to be turned in **no later than 5/22/23**

Meals Served for March: 1368
Volunteer Hours: 848

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

Columbia River PUD Systematically Replacing Meters

As part of Columbia River PUD's continued effort to improve operational efficiency and to improve outage awareness and response, the PUD will be replacing your electric meter.

The PUD is in the second year of a five-year project to systematically replace all of the electric meters in its service territory. To do so, the PUD will need to briefly shut off your power to install your new meter.

The new meters will look and function essentially the same way your current meter does.

The PUD thanks you in advance for your patience as it continues to improve its service and reliability.

If you have any questions, please call the PUD's Engineering Department at (503) 397-0760.



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St Helens, OR 97051
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P.O. Box 859

Scappoose, OR 97056

beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

May Menu 2023

1 Oven Fried Chicken Mashed Potatoes Gravy Vegetables The 3 Of Us	2 Tuna Casserole Coleslaw Vegetable	3 Lemon Chicken Red Potatoes Carrots Green Salad	4 Salisbury Steak Mushroom Gravy Noodles Vegetables Gary Fredsall	5 Taco Salad Re-fried Beans Spanish Rice Bo Obney
8 Pork Loin Chops Garlic Butter Potatoes Gravy Salad The 3 Of Us	9 Hamburger Gravy/ Mashed Potatoes Mixed Vegetables Fruit	10 Hot Dogs Macaroni Salad Chips Bo Obney	11 Ham & Cheese Quiche English Muffin Cottage Cheese/ Fruit Ayden Ramirez	12 Mothers Day Lasagna Garlic Bread Cottage Cheese Tomato Slices Guy & Mary
15 Meat Loaf Mashed Potatoes Gravy Vegetables Roll The 3 Of Us	16 BBQ Meatballs Bakes Potato Vegetables	17 Homemade Clam Chowder German Slaw Fruit Bo Obney	18 Spanish Rice W /Chicken Vegetables Tossed Salad Corn Bread Gary Fredsall	19 Porcupine Hamburger Casserole Rice Pilaf Vegetable
22 Pork Roast Potatoes & Carrots Gravy Salad & Roll The3 Of Us	23 Cheese Burger Potato Salad Chips	24 Chef Salad with all the fixins Bread Sticks Bo Obney	25 BBQ Pulled Pork Sandwiches Chips Salad	26 Homemade Taco Soup Grilled Cheese Sandwich Fruit Guy & Mary
29 Closed	30 Hot pork roast Sandwiches Mashed Potatoes Fruit	31 Chicken Fried Steak Mashed Potatoes Country Gravy Vegetables Bo Obney	1 Tater Tot Casserole Salad	2 Patty Melt Chips grilled onions Veggie Salad 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. **New rates:** \$6 for over 60 and \$8 for under 60.

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

MAY EVENTS

1  3 of Us  Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	2 Breakfast 9-10 am	3	4  Music by Gary Fredsall Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	5  Music by Bo Obney CINCO DE MAYO Day Trip Lilac Gardens 1 pm
8  3 of Us  Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	9 Breakfast 9-10 am Chair Yoga new teacher 1 PM	10  Music by Bo Obney Bookfolding 1 PM	11  Music by Ayden Ramirez Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	12  Music by Guy & Mary Mother's Day
15  3 of Us 11 am Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	16 Breakfast 9-10 am	17  Music by Bo Obney Board Meeting 1 PM	18  Music by Gary Fredsall Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1:00pm	19 Movie: Hatari with John Wayne 1 PM
22  3 of Us 11 am Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo -6pm	23 Breakfast 9-10 am Chair Yoga new teacher 1 PM	24  Music by Bo Obney Breakfast 9-10 am Balance & Stability 1:00 pm	25 Balance & Stability 1:00 pm Card Games 1 pm	26  Music by Guy & Mary Susannah's Supper Methodist Church 6 pm
29 CLOSED	30	31  Music by Bo Obney		



Happy Birthday to our May Birthday Members

Birthday Flower: Hawthorne Birthstone: Emerald

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

5/2 Karen Hooke
5/3 Elaine Coffman
5/6 Donna Elbert
5/12 Walt Brentano
5/14 Janice Singleton
5/14 Henry Singleton
5/15 Cheryl Albertini
5/15 Connie Budge
5/16 John Aubol
5/16 Linda Gannon
5/17 Larry Cole



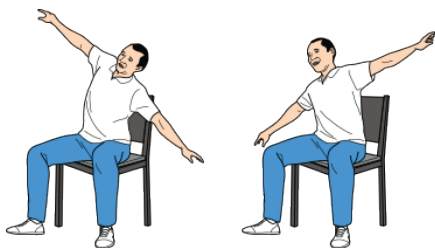
5/17 Ray Johnson
5/17 Dolores West
5/18 Nancy Barron
5/18 Jennifer Diaz
5/20 Cheryl Dodge
5/20 Gloria Nelson
5/22 William Diaz
5/25 Susy Wellington
5/30 Larry Wallace
5/31 Rebecca Leone
5/31 Howard Woodruff



**Volunteers
Needed!**
Check with the desk

We Serve
Meals On Wheels
So no senior goes hungry.





**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**

**FREE Chair Yoga
2nd and 4th Tuesdays
1:00 PM**

Welcome our new teacher!

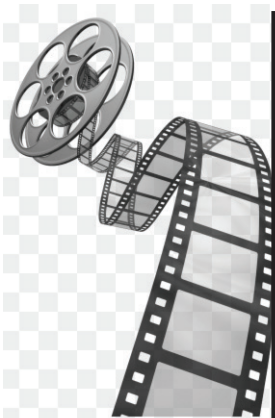


***Hulda Klager Lilac Gardens
Day Trip***

May 5, leaving at 1:00 pm

Cost: \$10

Cost includes gate fee at the gardens. Wear
comfortable shoes! They have a new barn
and a museum as well as the house.



It's Movie time again!
On May 19th we'll be showing
Hatari
with John Wayne
on our new tv and surround sound.
The show will begin at 1:00
and there will even be FREE popcorn!

Special Events

***Saturday, May 20th
4 PM
Armchair Travel
and Potluck***

*Where would you like
to travel?*

***Membership
Intent to run for
Board of Directors due
May 22
Voting at Election
Member in good standing due
May 26***



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



*Are you ready
to travel?*

***Armchair
Travel
is Back!***

*We'll be picking a
country to visit*

*Along with our travels
we'll be doing
a potluck
Save the Date
May 20 at 4:00 PM*

Home Care Workers Wanted!

If you are interested in becoming a Home Care worker, contact the **Department of Human Services** at 503-397-5863.

If you are just looking for information,
you can find it at
www.orhcc.org

***Four of our freezers have been replaced
by the walk-in freezer. The fencing has
gone up and we're talking about having
a mural painted on one side.***

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..

Coming in June

Rainier's Clean-up Day
June 3 from 8 am -12 pm

The center will have a canopy at the collection site for donations.

Rainier's Citywide Sale
June 24
8 am to 3 pm

The center will have several tables from our neighbors filled with goodies. Tom will be making hot dogs and hamburgers.



Applebee's
Brim Tractor
Canterbury Inn
Canterbury Park
City of Rainier
Columbia Food Bank
Costco
Cornerstone Cafe Rainier
Cornerstone Cafe LV
Country Financial
Deer Island Grange
Deli & Mart
Dog Zone
Dutch Bro's
Eagles
El Tapatio
Fred Meyer
InRoads

Kaiser Permanente
Kirby's Fish & Chips
Lowe's
Means Nursery
Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Pie Trio's
Rainier Farm & Treats
Rainier True Value
Red Lobster
Rainier Oregon Historical Museum
Sound Authority
Stuffy's
Sugar Pearl
Triangle Bowl
United Way



"A Great Place...For Great People"

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

