



Riverside Review

Volume 2024

Issue 2

February 2024

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

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



Special Event

Valentine

Sweetheart

Cookie and Cupcake Caper

Feb 14th 10:30

**AN EVENT SURE TO TICKLE YOUR
HEART'S SWEET-TOOTH!**

Along with a special Valentine dessert.

LAST FRIDAY FILMS

Rainier City Library will be connecting with the
Rainier Senior Center to sponsor,
'Last Friday Films'
movie entertainment for the family.

**'Last Friday Films' February
at 6pm**

at Rainier Senior Center
See Flyer included in this Newsletter

Film to be shown is
"The Wizard of Oz"

Meals Served for December: 1194
Volunteer Hours: 706

Board Members

President: Jan Rich

Vice-President: Debra Elliott

Secretary: Marily Tift

Treasurer: Rachel Kelley

**At Large: Joanne Bernard, Scott Cooper
and Clint Kelley**

Newsletter Editor: Beth Bailey

PORK CHOP DINNER

at RAINIER EAGLES

109 E. A Street

Rainier, Oregon

**SATURDAY
FEBRUARY 24th**

6:00 pm Dinner \$15

**This event is to benefit the Rainier
Senior Center and we urge you to enjoy
the night out.**

503-556-3889

Reservations



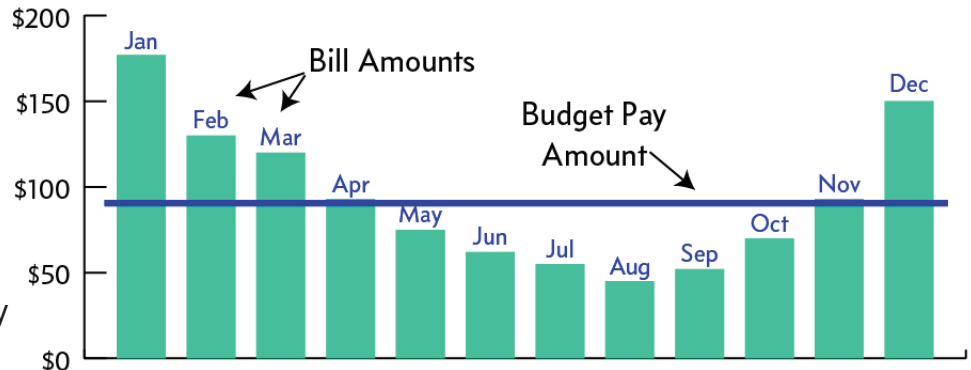
Rainier Senior Center Hours
9:30 am to 2:00 pm
Monday through Friday
Gift Shop 10:00 am-2:00 pm

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.



"The Budget Pay program is great. I use it because there are no surprises for one year. It makes it much easier to budget that way," says Diana in St. Helens.

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.



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503-543-3844

Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgrtax.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**



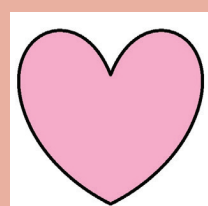
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Licensed Broker

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Toll-Free: 1.800.424.1199
Fax: 503.987.1769
P.O. Box 859
Scappoose, OR 97056
beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com



FEBRUARY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cabbage Roll casserole Tuscan Veggies Sunshine Salad Rolls	2 Cream of Broccoli Soup Chicken Salad Ssandwich 3 Bean Salad Cantaloupe
4 Tater Tot Casserole Green Beans/Tots Zucchini Spears Fruity Coleslaw	5 Hot Turkey Sandwich Mashed Potatoes Country Trio Veggies Waldorf Salad	6 Chicken Parmesan Lemon Broccoli Pasta w/ lemon alfredo sauce Spinach Salad Bananas	7 Crustless Mushroom Quiche Green Beans Red Potatoes Sliced Apples	8 Spaghetti w/meatsauce Catalina Vegetable Blend Pineapple Garlic Bread
12 Grilled Chicken Tenders Corn Chowder Normandy Veggies Jello w/ Strawberries	13 Chicken Teriyaki w/ pineapple/ Broccoli/ carrots. Rice Orriental Cabbage Salad Mandarin Oranges	14 Chefs Choice Pork Loin Roast Veggies Potatoes c	15 Beef Stew w/Carrots, Potatoes, celeery Broccoli/Cauliflower mix Fruit and Biscuits	16 Shrimp Alfredo Penne Meadow Vegetable Blend Cantaloupe
19 Macaroni & Cheese Broccoli Normandy Pea Salad Grapes	20 Sausage & Lentil Stew Stir Fry Veg. Carrot/ raisin Salad	21 Tarragon Chicken Scandinavian Blend Veg. Spiced Peaches Mixed Green Salad	22 Chili Con Carne Corn Bread Squash Pears	23 Baked Chicken Yams Better Baked Beans Yogurt w/Berries
26 Oven BBQ Chicken Capri Veg. Parslied Potatoes Berries W/ Yogurt	27 Tuna Noodle Casserole Cabbage Stir Fry Melon Salad	28 Porcupine Meatballs casserole W/ Saute'ed Mushrooms Classic Mixed Vegetables Romaine Salad w/Tomatoes	29 Summer Vegetable Soup Ham & Cheese Sandwich Whole Grain Bread Orange Wedges	



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. Donation: \$6 for over 60 and \$8 for under 60.

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

February Events

			1  Music by Jim Meyer Breakfast 9-10 am Card Games 1 PM	2  Music by Boursaw Bros
5  3 of Us 11 am Blood Pressure 11 am to Noon Computer Class 1 pm Hooks & Needles 1pm-2:30 pm Bingo -2:30 pm	6 Breakfast 9-10 am Singing Group Gathering 12:30 pm	7  Music by Nehemiah Brown Valentines for Veterans 10 am	8  Music by Gary Fredstall Breakfast 9-10 am Card Games 1 pm	9
12  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo - 2:30 pm	13 Breakfast 9-10 am Art4Amateurs Class 1 pm	14 Cookie and Cupcake Caper 10:30 am	15  Music by Boursaw Bros Breakfast 9-10 am Card Games 1:00pm	16  Music by Guy & Mary
19  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo -2:30 pm	20 Breakfast 9-10 am Senior Movie "The Mummy" 1pm	21  Music by Boursaw Bros	22  Music by Gary Fredstall Breakfast 9-10 am Card Games 1 PM	23  Music by Guy & Mary Susannah's Supper Methodist Church 6 pm Last Friday Films The Wizard of OZ 6 pm
26  3 of Us 11 am	27 Breakfast 9-10 am	28	29  Music by Jim Meyer Breakfast 9-10 am Card Games 1 PM	24 Eagles Pork Chop Dinner 6 pm



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

2/1 Ron Ball
2/5 James Melton
2/7 Alice Cash
2/13 Monica Hackenberg
2/14 Beth Bailey
2/16 Ann Brentano
2/17 L.T. Stem
2/18 Dodie Burton



2/18 Arbutus Grendahl
2/18 Ron Haley
2/18 Judy Sorensen
2/21 Janice Buss
2/22 Carla Bodenhamer
2/22 Bob Hackenberg
2/22 Charleen Ratkie
2/22 Barbara Williams

Singing Group Update.

There will be a meeting on Tuesday February 6th for all those interested in participating. The meeting will go over song choices, and future plans.

For information

Call Marily 503-556-3889

How do you want to receive your newsletter?

- Pick-up
- Email
- USPS Delivery

We would like all members
to let us know

by February 15

their newsletter delivery choice.
Please contact the Senior Center at
503-556-3889 or Sue Beavers
at 360-442-9134.

MOVIES FOR US SENIORS!

February 20th at 1 pm

and every third Tuesday, we will be showing a
movie after lunch.

The February movie is 'The Mummy'
with Brendan Fraser in the title roll.

The film follows adventurer Rick O'Connell
(Brendan Fraser) as he travels to Hamunaptra
the City of the Dead, with a librarian and her
older brother, where they accidentally awaken
Imhotep, a cursed high priest with supernatural
powers. It has rave reviews from The President
(Jan), and Popcorn too!!

Gift Certificates

Available at the Center

Rainier Senior Center has Gift Certificates which
can be used for lunches, Bingo, in our Gift
Shop and even Memberships.

The Gift Shop has a wide variety of items
including kitchen, baby, collectibles, books,
apparel, décor, many unique hand-crafted
articles and even some exotic air plants.

Volunteers Needed!

Check with the desk

We Serve

Home Delivered Meals

so no senior goes hungry.



VALENTINES FOR VETERANS
February 7th
10am to Noon



The Center will be having a Valentine Making Group. All supplies will be provided and everyone is invited to participate.

Bring any decorations you might like to use. These Valentines will be delivered as a Thank You and Remembrance to our Veterans.



**Your purchases will
 Reward the Senior Center.**

**First Monday
 Computer
 "Signing up for Fred
 Meyer Rewards"**

**with Scott Cooper
 February 5
 1 PM**

Scott will be doing the process for you. Bring your email address and a password for your new Fred Meyer account.

**PLAN FOR YOUR SUMMER EVENTS AT
 THE RAINIER SENIOR CENTER!**
**Birthdays, Anniversaries, Weddings, Baby
 Showers, Family Reunions.**
See our Website for details.

Upcoming March Events



LUCK OF THE DRAW
St. Patrick Day
Lunch and Raffle
March 15

**RAINIER SENIOR CENTER
 SPRING CLEANING EVENT**
March 9

Table rental \$10.

Time to free up that space! Tables limited.
Reservation: 503-556-3889



**Rainier Senior Center's
 Website Refresher Session**
with Scott Cooper
March 4th 1pm

1st Monday Computer
 If you have never visited our Website,
 now is the time do it. It is being updated.

**--Every 2nd Tuesday --
 Remember March 12th
 Art4Amateurs Class**



TAX TIME IS COMING
AARP times
March 1 & March 25
starting at 10am.
Sign up at the front desk



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



February 13th at 1pm
is the first of the 2nd Tuesday
Art4Amateurs.

Learning as you go, you will create and be able to transfer your created miniature water-color art to your phone and use as a screen saver. February's theme will be Paisley Power. Please sign up at the front desk.

Class is Free.

Wanted **Assistant Director**

The Rainier Senior Citizen Center has an opening for an Assistant Director to assist with varied responsibilities.

Flexible Hours in a welcoming and friendly environment with community kinship. Position is volunteer and lunch is provided during service hours.

Contact Jan Rich at 503-556-3889
for further details.

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..

Re-introduction to our Website: Have you visited it?

Our website contains helpful information and will continue to offer our community a source of things to come. A refresher session will be offered in 2024 to bring our members up to date and walk them through the process.

Our Website will be offering a link to Pay Pal for those who would find it convenient to use for donations to the Center.

Visit - RainierSeniors.com
and give us your thoughts.



**Help our Nutritional Program
by Donating
Your Recyclable Cans or Bottles**



Your donations are greatly appreciated

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