



Riverside Review

Volume 2024

Issue 3

March 2024

Rainier Senior Center Hours: 9:30 am to 2:00 pm

Gift Shoppe Hours: 10:00 am-2:00 pm

Monday through Friday

48 W 7th Street, Rainier, OR 97048

E-mail: RainierSeniorC@gmail.com

Phone: 503-556-3889

Web: RainierSeniors.com



Join us
for a funfilled
afternoon
with friends!

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

Spectacluar Event



LUCK OF THE DRAW
St. Patrick Day
Lunch and Raffle
March 15
starts at 12 pm

This Gala of Baskets includes wonderful items and Gift Certificates donated by participating area merchants, and the Lottery Raffle holds many scratch-offs with \$urprising value\$!

Tickets for the Raffles are available at the Front Desk.

TICKETS

\$1 ea
or 6/\$5

Lottery Board Tickets
\$5 ea



Reserve your lunch in advance-
Traditional Irish Corn Beef &
Cabbage Lunch

Sign up at the desk or call 503-556-3889.
Limited Space. **Lunch is \$6.**

Let the Shenanigans BEGIN!
HAPPY ST PATRICK'S DAY!

MORE
MARCH EVENTS



"Out with the OLD in with the NEW"
SPRING CLEANING EVENT

Multi-family Event

March 9
9 am to 3 pm

Questions: Call 503-556-3889

Hydroelectricity Powers the Region Reliably

As extreme weather events continue to stress the electric grid, we are fortunate to be able to rely on the Columbia River to continue generating enough electricity for our region.

The 31 dams that make up the Federal Columbia River Power System operate reliably during extreme and dangerous weather events to ensure the lights and heat can stay on.

All of the power you receive from Columbia River PUD is purchased from Bonneville Power Administration, which markets the electricity provided by those 31 dams and the Columbia Generating Station nuclear plant. That means the electricity that you use in your home is 95% carbon-free.

About 85% of the electricity you use is generated by hydroelectric dams. In addition to providing affordable electricity, hydropower also serves as a valuable backbone for the grid.

Solar power and wind power are reliant on short-term weather conditions, which can change quickly. Hydropower, on the other hand, is dependable when the sun isn't shining and when the wind isn't blowing.

Thank You!

A special note of appreciation to **Diane Tepzlafl** who so graciously made and contributed the beautiful Valentine Day Quilt which was raffled. **FairReen** was the lucky winner. Also, thanks to all those who purchased and went home with bags of delicious sweets! We couldn't have done it without you!



Easter
is on
March 31st!



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

March 2024

				1 Chicken Pot Pie Broccoli Fruit Cocktail
4 LS Ham Scalloped Potatoes Mediterranean Veg Apple Slices	5 Chicken Chow Mein Oriental Veg. Mix Bok Choy Fruit Coleslaw	6 Tomato Basil Soup Grilled Cheese Fruit Salad	7 Beef Stroganoff Egg Noodles Gingered Carrots 3Bean Salad	8 Spinach Alfredo W/ Penne Normandy Veg Dessert Fruit Cup
11 Swedish Meatballs W/Gravy Egg Noodles & Cabbage Spring Vegetables Apple Slices	12 Citrus Chicken Lemon Broccoli Pasta w/Lemon Sauce Tuscan Vegetable Mix Peaches	13 Meatloaf Mashed Potatoes Country Trio Vegetables Coleslaw Apples Slices	14 Shredded Beef Sandwich Hoagie Bun Herbed Red Potatoes Green Beans Strawberries	15 Corned Beef Red Potatoes Carrots/ Cabbage Cabbage
18 Spaghetti w/ meat sauce Saute'd Zucchini Garden Salad	19 Lemon Chicken Herbed Rice Pilaf Stir Fry Veggoes Black Bean Salad	Chicken Fried Steak Mashed Potatoes /Cauliflower/Gravy Vegetable Blend Strawberry Fluff	21 Vegetable Soup LS Ham& & Cheese Sandwich Broccoli Salad orange Wedges	22 Tilapia Parmesan Gingered Carrots saute'd Spinach or Spinach Salad Fruit Medley
25 Chicken Sweet & Sour Hawaiian Sauce Brown Rice Steamed Broccoli	26 Baked Chicken Legs Baked Beans Tossed Salad Warmed Apricots	27 Cream of Broccoli Soup Turkey Wrap Peach /Apple Salad	28 Lasagna Capri Vegetables Romaine Salad Garlic Bread	29 Spinach Alfredo w/Penne Noodles Normandy Vegetable Mix Dessert Fruit Cup

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.

March Events

				1  Music by Nehemiah Brown AARP Tax Time Starts at 10 am
4  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	5 Breakfast 9-10 am	6	7 Breakfast 9-10 am Card Games 1 pm	8  Music by Guy & Mary <div> 9 Spring Cleaning Event 9 to 3 </div>
11  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo - 2:30 pm	12 Breakfast 9-10 am Senior Movie "The Glass Onion" 1pm	13	14  Music by Boursaw Bros Breakfast 9-10 am Card Games 1:00pm	15  Luck of the Draw Lunch & Raffle- Starts at 12 pm
18  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm NO BINGO	19 Breakfast 9-10 am	20	21 Breakfast 9-10 am Card Games 1 PM	22  Music by Guy & Mary Susannah's Supper Methodist Church 6 pm
25  3 of Us 11 am AARP Tax Time Starts at 10 am	26 Breakfast 9-10 am	27 Membership Meeting 1 PM	28 Breakfast 9-10 am Card Games 1 PM	29  Music by Boursaw Bros Last Friday Films BABE 6 pm

Meals Served for January: 1065

Volunteer Hours: 531



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 Delyla Laughlin
3/1 Dennis Williams
3/2 Amy Everman
3/3 Debbie Spears
3/6 Doris Hale
3/6 Greg McCormick
3/10 Christeen Housholder
3/11 Gail Leino



3/12 Jim Coffman
3/13 Laura Woods
3/17 Janice Bodenhamer
3/17 Tommy Demeter
3/18 Angela Cooper
3/18 Perry Ficus
3/24 Linda Frase
3/25 Richard Albertini
3/26 Marily Tift
3/28 Bernice Bailey



LAST FRIDAY FILMS

Rainier City Library sponsors,
'Last Friday Films'
movie entertainment for the family.

'Last Friday Films'

March 29

at 6pm

at Rainier Senior Center

Film to be shown is

"BABE"

"Gentle farmer Arthur Hoggett wins a piglet named Babe at a county fair, narrowly escaping his fate as Christmas dinner when Farmer Hoggett decides to show him at the next fair."

PLAN FOR YOUR SUMMER EVENTS AT THE RAINIER SENIOR CENTER!

Whether it's Birthdays, Anniversaries, Weddings,
Baby Showers, Family Reunions.

Everything you need to get the party started is
located right here/

See our Website for details.



**Reserve Your Lunch
and Place at
Luck of the Draw Event
MARCH 15**

**Call 503-556-3889
or sign up at the desk**

**Volunteers
Needed!**
Check with the desk

We Serve

Home Delivered Meals

so no senior goes hungry.



UPCOMING APRIL EVENTS

April 1

Bingo at 6 PM

(This is not an April Fool's Joke.)

APRIL 5

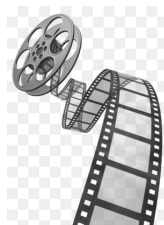
AARP Tax Help

10 am - 3 pm

Adult Coloring Reveal

Let's Make a Joint Picture! All the information will be coming in April. We will construct a piece of artwork for display in May at the Rainier Senior Center.

Sharpen up those colored pencils or refresh those color markers. Color the picture with your choice of medium and submit it in April. If you have questions please call 503-556-3889.



**Movies
For Us Seniors!
March 12th**

"THE GLASS ONION"

2022 murder mystery film

starring Daniel Craig, Edward Norton and Kate Hudson, about a group of friends invited to a Murder Mystery Week hosted by a billionaire (Daniel Craig) on his private Greek island."

The film is known for its twists and turns.



**First Monday
Computer
"Using the Senior
Center Website"**

**with Scott Cooper
March 4
1 PM**

Re-Introduction to Rainier Senior Center's Website for those who have never checked it out. You'll be surprised at what you will find there.

- RainierSeniors.com -

Results from Valentine Events



Cookie & Cup Cake Caper and Valentine Quilt Raffle brought in **close to \$500**. Thanks to all those faithful bakers who again baked their 'Hearts' out for Valentine's Day making the Caper a success.



- 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



SCRAPBOOKERS AND CARD MAKERS!

There's a new addition at The Gift Shoppe. It is wonderfully discounted prices on card-stock paper packs and rubber stamp supplies for card making and scrapbooking. Come in to see the selection.

Gotta see it to believe it!

How much did a gallon of milk cost when you were a kid?

- ☐ A I was a kid in the 40s or earlier.
- ☐ B I was a kid in the 50s
- ☐ C I was a kid in the 60s
- ☐ D I was a kid in the 70s

Today's average price is \$4.34
 D. \$1.32
 C. \$1.00
 B. 83 cents
 A. 52 cents

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



Beth Moffett
 Licensed Broker

Phone: 503.987.1113
 Toll-Free: 1.800.424.1199
 Fax: 503.987.1769
 P.O. Box 859
 Scappoose, OR 97056
 beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com



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

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..



**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
Grocery Outlet
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***