



Riverside Review

Volume 2025

Issue 2

February 2025

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

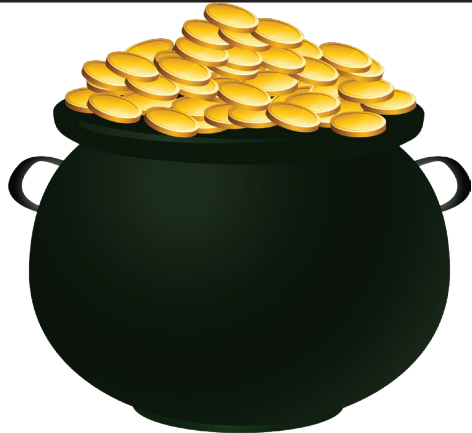
Gift Shoppe Hours: 10:00 am-2:00 pm

Monday through Friday

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

Phone: 503-556-3889

Web: RainierSeniors.com



St. Patrick Day 'Luck of The Draw Raffle' March 17, 2025

includes 4 raffles! See detailed information on Newsletter flyer

Board Members

President: *Jan Rich*
 Vice-President: *Keith Ekstrom*
 Secretary: *Susan Arrington*
 Treasurer: *Rachel Kelley*
 At Large: *Marilyn Tift, Clint Kelley and Joanne Bernard*
 Multi-Media: *Denise Watson*
 Newsletter Editor: *Beth Bailey*
 Newsletter Associate: *Dorothy Gillhoover*

SUGAR AND SPICE AND EVERYTHING SWEET!



February 10th
10 am TO 3 pm

The Rainier Riverfront Center (Rainier Senior Center) will be made of Sugar and Spice and Everything Sweet for your shopping pleasure.

Join in with your Valentine delectable edibles. There is a sign-up sheet at the Front Desk. Men who are great bakers feel free to join us.



PET DONATION

Some of the Home Delivered Meal people who have pets find it difficult to buy food for their pets. We will have a donation container in the lobby for this purpose. Please open our hearts to these pets and contribute to this worthy cause.

THANK YOU

Since the inception of the **Can and Bottle donations**, the Center has realized a total of **\$53,000!** This is a reminder of just how important the returnable bottle donations are to the center. It contributes in a big way to our financial stability. Thank You!

OVERCOMERS OUTREACH

will be holding meetings at the Rainier Riverfront Center, (dba Rainier Senior Center), every, **Tuesday from 6pm to 7:30.** They offer a recovery program for those struggling with the disease of substance abuse and hopelessness as well as for those who support them. They offer a 12-step Christian-based program to help provide solutions. They also have meetings in Scappoose and Deer Island.

Ralph Fawcett 360-606-2211 or
Tom Hagstrom 360-431-0361
www.overcomersoutreach.org.
Everyone welcome!

Senior Friendship & Loneliness Line

503-200-1633
800-971-0016
800-282-7035

SeniorLonelinessLine.org

Columbia River Maritime Museum Presentations at Rainier Senior Center

The Center is thrilled to be able to offer on the 4th Friday of each month, a presentation by Columbia River Maritime Museum (CRMM) from Astoria. The presentations will be at 1pm following lunch. The presentation is FREE.

**January Shipwreck was a Full House.
Don't miss this next one!**



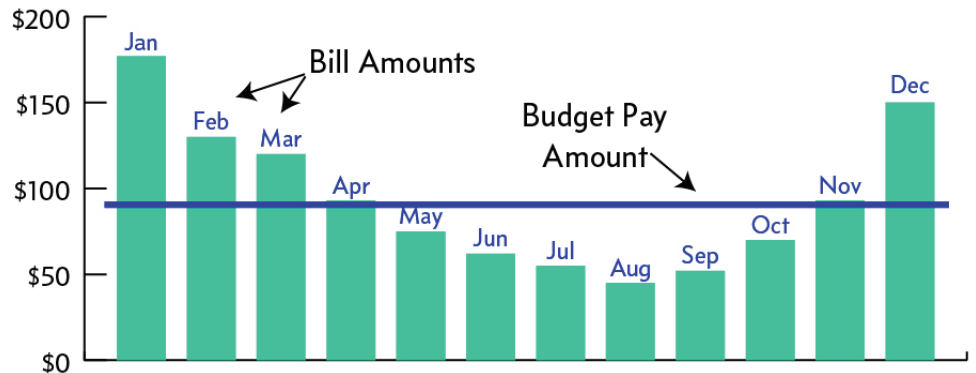
**Presentation: February 28, 1pm
Valentines**

**Coming in March:
Columbia River Bar Pilots**

March is the Month to Enroll in Budget Pay

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

With Budget Pay, the PUD calculates your payment based on your electric usage over the previous 12 months. 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.



This program does not reduce your bills. Instead, it levels out the highs and lows that come from using more or less electricity during the different seasons throughout the year.

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 the PUD at (503) 397-1844 or
email info@crpud.org.**

COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

February 2025

3 Spaghetti w/ Meat sauce Mixed Green salad Orange Slices Garlic Bread	4 Pork Stir fry Oriental Veggies Brown rice Mixed fruit Salad	5 Hot Turkey sandwich/WW Bread Carrots Whole Cranberry Sauce	6 All Beef Hot dogs Bun Baked Beans Fruit w/ yogurt	7 Grilled Chicken Salad Fresh Veggies Bread Stick
10 Pork Chops Red Potatoes Capri Veggies 3 Bean Salad Fruit	11 Cream of Broccoli soup Tuna Sandwiches Bread Pea Salad Pears	12 Crustless Spinach Quiche Biscuit Green Beans Cottage Cheese w/ pineapple	13 Chicken & Dumpling Roasted Sweet Potatoes Garden Salad	14 Valentines Day Chicken Cordon Blu Rice Pilaf Raspberry Vinaigrette Salad Roll
17 Meatloaf Mushroom Gravy Mashed Potatoes Veggie Blend Waldorf Salad	18 Ham Potatoes Au Gratin Apple Sauce Broccoli Salad w/ cranberries	19 BLT on WW Bread Vegetable soup Creamy Coleslaw Peaches	20 Baked Chicken Green Beans Potato Salad Mandarin Oranges	21 Swedish Meatballs Pasta Baked Squash Garden Salad Fruit
24 Fettuccine Alfredo Blended Veggies Fresh Fruit Salad Rolls	25 BBQ Chicken Baked Zucchini Spears Fried Apples Macaroni Salad	26 Zucchini Lasagna Mixed Veggies Green Salad Garlic Bread	27 Pork Roast Stuffing Baked Yams Peas & Carrots Apple Sauce	28 Swiss Steak Tomato, onion, & Mushrooms Rice Pilaf Beets Salad

Homemade Soups

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.

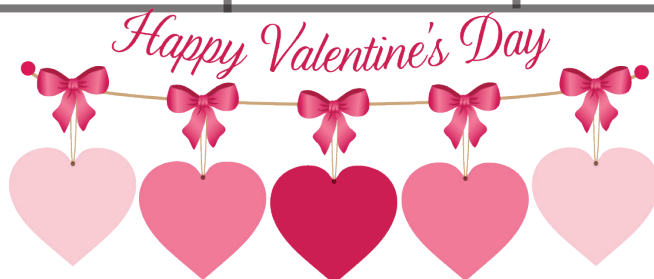
Menu is subject to change without notice.

Suggested Donation: \$7 for over 60 and \$10 for under 60.

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

February Events

<p>3</p>  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 2 PM	<p>4</p> <p>Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm</p>	<p>5</p> <p>Breakfast 8:30-9:45 am</p>	<p>6</p> <p>Breakfast 8:30-9:45 am Card Games1:00pm</p>	<p>7</p>  Music by Guy & Mary
<p>10</p>  3 of Us Sugar & Spice Sale Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	<p>11</p> <p>Breakfast 8:30-9:45 am AARP Tax Help Overcomers Outreach 6:00-7:30 pm</p>	<p>12</p>  Chillin' Breakfast 8:30-9:45 am	<p>13</p> <p>Breakfast 8:30-9:45 am Card Games 1 pm</p>	<p>14</p>  Music by Boursaw Bros Valentine's Lunch & Raffle
<p>17</p>  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2PM	<p>18</p> <p>Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm</p>	<p>19</p> <p>Breakfast 8:30-9:45 am Board & Membership Meeting 1PM</p>	<p>20</p> <p>Breakfast 8:30-9:45 am Card Games1:00pm</p>	<p>21</p>  Music by Guy & Mary
<p>24</p>  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	<p>25</p> <p>Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm</p>	<p>26</p> <p>Breakfast 8:30-9:45 am</p>	<p>27</p>  String Thoeree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	<p>28</p>  Music by Boursaw Bros CRMM Presentation Valentines-1 PM Susannah's Supper Methodist Church 6 pm



Meals Served for December: 1156

Volunteer Hours: 639



**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 | Marcia Roberts | 2/18 | Dodi Burton |
| 2/7 | Alice Cash | 2/22 | Bob Hackenberg |
| 2/13 | Monica Hackenberg | 2/22 | Barbara Williams |
| 2/14 | Beth Bailey | 2/23 | Cheryl Winchester |
| 2/15 | Carma Harrel | 2/23 | Juilene Wuollet |
| 2/27 | L.T. Stern | 2/25 | Evelyn Carlton |
| | | 2/28 | Megan Cheek |



**For February
we are honoring
Sue Beavers**

Sue served as a Member of the Board in 2015 and since then has volunteered at the Center in the office during fundraisers and when coverage is needed. She also is responsible for coordinating schedules for workers and servers, again covering when necessary. The Center operates at its optimum with her eye to detail and organizational skills. Sue also helps with coordinating fundraising and still finds time to help whenever needed. Her free time is spent with family and her grandchildren.



**Columbia River Maritime Museum
Presentation for February, 2025
Valentines!**

These presentations are very informative and interesting. Please attend and show the Museum how much we appreciate their efforts in bringing these presentations conveniently to our doorstep. The Museum presents these to many other organizations and we are very lucky to be on their presentation list.

Columbia River Maritime Museum (CRMM) is offering free entrance to the first 10 Rainier senior citizens who would like to visit the museum. Anyone interested will need to sign up at the Rainier Riverfront Center (Rainier Senior Center) and a trip will be scheduled for a visit to Astoria in 2025. The museum has a wonderful collection

of maritime artifacts for viewing. Anyone who has been to a CRMM presentation at the Senior Center will tell you of the depth of their information and items presented for display.

**Do not miss the February, 2025
Valentines!
presentation after lunch.**

**New Musical Group
Coming February 12th
Chillin'
Come enjoy their music**



February EVENTS

Sugar & Spice plus Everything Sweet February 10

Valentine Delectable Edibles
Monday February 10th

AARP Tax Help

Begins February 11- Sign up Now

Valentine's Day Lunch Friday, February 14

A special lunch is planned for Valentines day along with a raffle. The Raffle will be for the beautiful basket on display in the dining room. Basket is donated by Joanne Barnard.

CRMM Presentation


February 28, 1pm
"Valentines"



COLOR TO YOUR HEART'S CONTENT!

Watch the dining room tables for a variety of Valentine coloring pages! There will be some coloring pencils available but if you have some gently used ones laying around please bring them. More is better. All just for fun - and to give your brain a nudge! No rules.





First Monday Technology Help

Assistance with: iPads, SmartPhones, Printers, FM Reward Card, Computer Questions.
with Scott Cooper
February 6
1 PM

ATM Reminder

We are lucky enough to have an ATM in our lobby at the Rainier Riverfront Center (Rainier Senior Center). It is there as a convenience for our members as well as our guests. For us to be able to keep the ATM available there needs to be warranted activity. Currently the activity has been less than hoped for. Please remember the ATM is there when you haven't time to drive to your bank and if you are driving across the bridge to your no-fee ATM you are most likely spending more on gas than you would spend on the Center's ATM fee.

EVERYTHING YOU NEED TO KNOW ABOUT COFFEE

The class on January 14th was a great success with samples and details. A possible repeat is in the works. Watch for more information on that. There is some of the ground or whole-bean coffee in the Gift Shoppe for purchase

- 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

March Events

Spring Yard Clean Up Sale

March 8, 9am-3pm
Call for information 503-556-3889

St. Patrick Day

' Luck of The Draw Raffle'

March 17, 2025 at 1 pm
which includes 4 raffles! See detailed information on Newsletter flyer.

CRMM Presentation

Columbia River Bar Pilots
March 28 at 1 pm

Two Rainier Senior members were honored with awards at the January 15th Monthly Board Meeting. Joanne Bernard and Rachel Kelley, long-time valued members and volunteers were both given Lifetime Membership Honors. There were tears of surprise and thanks. We are grateful to each of them for their long hours and dedicated service.



Become a Member of the Rainier Riverfront Center (Rainier Senior Center)

Want to get in on the fun? Want to meet others with like interests?

Join us for the events, activities, breakfast, or lunch and live music. Shop in our Gift Shoppe.

**Membership - \$20 individual
\$35 per couple.**

No age requirement. Sign up today and begin receiving our monthly newsletter so you can plan to join us.

503-556-3889 for information.

**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.



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



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

www.UnderstandingMyMedicare.com

AARP Tax Help February 11th – Taking Sign-up now at the desk.

Starting on February 11th, AARP will begin taking appointments for 2024 tax preparation. There will be sessions on the **2nd Tuesdays in March and April**. Be sure to sign up as appointments go fast.

PLAN FOR YOUR SPRING AND SUMMER EVENTS AT THE RAINIER RIVERFRONT CENTER
(Rainier Senior Center)

Whether it's Birthdays, Anniversaries, Wedding or Baby Showers, Family Reunions, everything you need to get the party started is located right here. One or two-room building rental. **See our Website – RainierSeniors.com or call 503-556-3889 for details.**

Canterbury Inn
Canterbury Park
City of Rainier
Columbia Food Bank
Cornerstone Cafe Rainier
Country Financial
Deer Island Grange
Delaware Plaza
Deli & Mart
Dog Zone
Dutch Bro's
Eagles
El Tapatio
Eminence Hair Salon
Flowers & Fluff
Fred Meyer
Grocery Outlet
InRoads
Samuel L. Johnson Foundation

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



"A Great Place...For Great People"

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