



Riverside Review

Volume 2025 Issue 3 March 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 4 Great Raffles



Lottery Raffle



Blazer Basketball



Rainbow Raffle

BLAZER TICKETS
SUNDAY APRIL 6, 2025

SUNDAY APRIL 6, 2025



Blazer Ticket Raffle

- Rainbow - Tickets \$1 ea or 6 for \$5
- Lottery Board – Tickets \$5 ea -Board contains \$100 worth of scratch-off tickets.
- 2 Court-side Blazer Seats – Tickets value \$3800
 Tickets \$10 ea 350 tickets offered
- 4 Blazer Seats – Tickets valued at \$600+
 - 2 Row B seats include parking Tickets \$5ea. 150 tickets
 - 2 Row L seats include a team-autographed basketball. Tickets \$10ea. 150 tickets



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*

LUNCH before the Luck of the Draw
 served at 12:00 Noon
 with Irish Corn Beef Cabbage

60+ - \$7 ea (suggested donation)
Under 60 - \$10 ea



RAINIER RIVERFRONT CENTER SIGN

Have you noticed a faint lacquer smell at the Center? If you have, it is because of the new Rainier Riverfront Center building identification sign being weather-proofed in the patio/sunroom. It is a distinguished carved eagle by Rainier artist Knot Just a Bear and is installed on the building's A Street location. This beautiful addition to the Rainier Senior Center's home in the Rainier Riverfront Center building was made possible by generous donations from the Cooper and Rich families of Rainier.

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.

This should be a very interesting presentation since Bar Pilots are an intricate and very necessary and important part of seeing ships across dangerous bars and into and out of all harbors. Astoria's Columbia River bar is one of the most dangerous bars in the world and has been labeled the The Graveyard of the Pacific. Do not miss this presentation.

Presentation: March 28
Columbia River Bar Pilots

Electric Rates Will Change on April 1

Electric rates for Columbia River PUD customers will change on April 1 due to anticipated cost increases from Bonneville Power Administration, the PUD's wholesale power provider.

For the average CRPUD residential customer, this means a roughly \$9 per month increase. That amount will vary customer to customer based on usage.

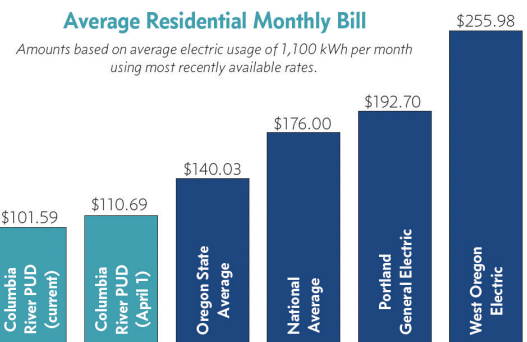
Residential customers will see a \$2.50 increase on their monthly base charge and a 0.6¢ per kilowatt hour increase on their energy charge.

As of April 1, the base charge will be \$25 per month and the energy charge will be 7.79¢ per kWh.

Customers who qualify for the PUD's Income-Qualified Senior Discount program receive a \$20 discount on their monthly base charge and a 10% discount on their energy charge. To see if you qualify, please call the PUD at (503) 397-1844.

If you would like to learn more about the upcoming rate change, please visit www.crpud.net/2025rates

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.



March 2025

3 BBQ Chicken Parslied Potatoes Berries W / yogurt	4 Tuna Rice Casserole Cabbage Stir fry Fruit Salad	5 Porcupine Casserole w / Sauteed Mushrooms Classic Mixed Veggies Green Salad	6 Vegetable Soup Ham & Cheese San. Bread Orange Wedges	7 Roasted Pork Loin Special Sauce Baked Squash Blended Veggies Peaches
10 Tater Tot Casserole Green Beans Zucchini Fruity Coleslaw	11 Hot Turkey San. Mashed Potatoes Country Veggies Waldorf Salad	12 Chicken Parmesan Lemon Broccoli Pasta w / lemon Alfredo Spinach Salad Bananas	13 Crust-less Mushroom Quiche Green Beans Red Potatoes Sliced Apples	14 Spaghetti w / Meat Catalina Veggies Pineapple Garlic Bread
17 <u>St Patrick's Day</u> Corned Beef & Cabbage Potatoes & Carrots Fruit	18 Chicken Teriyaki w / pineapple, Broccoli , Carrots Rice Oriental Cabbage Salad Mandarin Oranges	19 Cabbage Roll Casserole Tuscan Veggie Rolls Sunshine Salad	20 Corned Beef Soup Potatoes, Carrots, Celery Fruit Salad Biscuit	21 Shrimp Alfredo Penne Meadow Vegetable Fruit
24 Macaroni & Cheese Broccoli Normandy Green Pea Salad Fruit	25 Lemon Pepper Chicken Scandinavian Veg Sliced Peaches Mixed Green Salad	26 Homemade Chicken & Dumplings Salad	27 Chili ConCarne Corn Bread Sauteed Squash Pears Biscuit	28 Baked Chicken Mashed Potatoes Baked Beans Yogurt With Berries
31 Swedish Meatballs over Pasta Garden Salad Fruit				

"Prayers at lunchtime will be observed by 15 seconds of silence to allow for personal thank yous and blessings."

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.

March Events

<p>3</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 2 PM</p>	<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 Games 1:00pm</p>	<p>7</p> <p> Music by Guy & Mary</p>
<p>10</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM</p>	<p>11</p> <p>Breakfast 8:30-9:45 am AARP Tax Help Overcomers Outreach 6:00-7:30 pm</p>	<p>12</p> <p>Breakfast 8:30-9:45 am</p>	<p>13</p> <p>Breakfast 8:30-9:45 am Card Games 1 pm</p>	<p>8</p> <p>Spring CleanUp Sale 9am-3pm</p>
<p>17</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Lunch at 12:00 Luck of the Draw 1:00 NO BINGO</p>	<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 Games 1:00pm</p>	<p>21</p>
<p>24</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM</p>	<p>25</p> <p> Chillin'</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> <p> String Thoeree Ukulele</p> <p>Breakfast 8:30-9:45 am Card Games 1:00pm</p>	<p>28</p> <p> Music by Boursaw Bros</p> <p>CRMM Presentation Columbia River Bar Pilots-1 PM Susannah's Supper Methodist Church 6 pm</p>
<p>31</p> <p> 3 of Us</p>	 <p>"Prayers at lunchtime will be observed by 15 seconds of silence to allow for personal thank yous and blessings."</p>			

Meals Served for January: 1141

Volunteer Hours: 665



**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 | Delaylah Laughlin | 3/17 | Janice Bodenhamer |
| 3/1 | Dennis Williams | 3/17 | Tommy Demeter |
| 3/2 | Amy Everman | 3/18 | Perry Fiscus |
| 3/3 | Debbie Spears | 3/18 | Danna Novotny |
| 3/4 | Wayne Lockwood | 3/21 | Ronda Roche |
| 3/6 | Doris Hale | 3/24 | Linda Frase |
| 3/6 | Greg McCormick | 3/26 | Marilyn Tift |
| 3/11 | Gail Leino | 3/28 | Bernice Bailey |
| 3/11 | Barb Wemmer | 3/30 | Lyle Roberts |
| 3/12 | Jim Coffman | | |



**For March
we are honoring
Sephe Fox**

Sephe Fox is the March Volunteer of the Month. Sephe has been volunteering at the Rainier Senior Center since 2020. She works full-time from home for Eugene Water and Electric. Sephe volunteers at the Rainier Senior Center on Fridays in the office using her computer skills on important computer projects. Sephe moved to the United States from England and has lived in Rainier for 8 years. You might still notice a bit of the Queen's English in her words which is a very becoming feature. She enjoys gardening, supporting local farmer's markets, is an animal lover and keeps company with her kitty partners. Sephe enjoys traveling and has visited Morocco, Belize, Bermuda and Puerto Rico in the last 18 months. This spring she is planning a trip through Europe by train.



We will not have a CRMM presentation in April while Julia and Beth use the time researching new content for presentations. The next presentations will be in May and June.

May will be: 'Why Can't I touch That?' - Preserving Collections for Years to Come.

June is: Tillamook Rock Lighthouse.

Chillin'
With Linda & Becky

Performing Live, Featuring:
Classic Hits in Oldies, Country,
Gospel, Folk & Soft Rock
With Beautiful Harmonies!

Linda Henson
360-747-1045

Becky Shefchek
360-762-5949

The NEW MUSIC GROUP CHILLIN' performed on Wednesday February 12th to a crowd of happy listeners, some dancing down the hall along with the music.

Their next performance will be on Tuesday, March 25th.

Do not miss a chance to enjoy a tasty Lemon Pepper Chicken lunch along with a delightful bit of entertainment! We want Chillin' to continue bringing their music to the Center, so please support them on Tuesday March 25, by attending



March EVENTS

Spring Clean Up Sale

March 8, 9am-3pm

See flyer in the Newsletter

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


AARP TAX HELP appointments for March and April are filling up. But check, in the event of cancellations.
(503)556-3889



FOOD TO GO!

Have you noticed the table-top refrigeration unit nestled next to the coffee dispenser? Due to a generous donation, we are so pleased to now be able to offer many refrigerated food items for your convenience and carry-out. Foods will change as new foods are available. Be sure to check before leaving and see if there is something you might like to use for a lunch, dinner or a snack later on. A food-donation jar is next to the refrigerator.





First Monday Technology Help

AI
(Artificial Intelligence)
Bring your questions.
with **Scott Cooper**
March 3
1 PM



PETS ARE FAMILY TOO!

When delivering Meals on Wheels, it is easy to see how many of those homes have pets. For some, that dog or cat is their only companion and best friend. Spring of 2024 we were fortunate to have access to sufficient donations of pet food to start a new program for the Meals on Wheels recipients which we call Pets Are Family Too. Pet owners receive a bag of pet food once every two weeks. The pet food is not a large amount, but as the grateful owners say over and over, "Every bit helps!" Unfortunately, the donation source is no longer available, but we want to continue the program to help feed these beloved family members. We are now seeking donations of dog and cat food (dry is preferred) and/or cash, on an ongoing basis. A donation jar is in the lobby and donations of food may be brought to the Rainier Riverfront Center (Rainier Senior Center). Donations may also be mailed to 48 W 7th St., Rainier, Oregon 97048. Thank you for helping us keep these pets in their homes with those they love unconditionally.

- 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

SUGAR AND SPICE SALE was SWEET!

The generous donors who brought in their home-made desserts need a standing ovation! It was a glorious array of fudge, cookies, cupcakes, brownies, caramel corn, and even gluten-free items. It was standing room only at 10am! The sale brought in \$414. A very appreciated THANK YOU to everyone who contributed and purchased, and to the tireless volunteers who faithfully served. All leftovers went to our Home Delivered Meals recipients.

IT WAS A WHITE VALENTINE'S DAY!

Snow prevented the normal events on the 14th, BUT on Monday the 17th it was Valentine's Day again, with the Valentine's Day lunch along with the Raffle of the beautiful Valentine's Day Basket and a door prize. The winner of the basket was Pam Russell and door prize went to Al Newby.

MEMORIALS

The Rainier Senior Center is honored to have received two Memorial Remembrance gifts, and we wish to offer our deepest condolences to their families. Long-time Rainier resident Joan Cosgrove's donation in memory of her husband Bob Cosgrove, and a donation from family members of Longview resident Richard Householder. These loving remembrances are a beautiful way to memorialize Bob Cosgrove's and Richard Householder's lives.



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



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beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com



**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.



spring cleanup

MARCH 8 9 TO 3
Information call (503)556-3889 See
flyer in Newsletter

**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*