



Riverside Review

Volume 2018

Issue 4

April 2018

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There are two things that keep our center running: volunteers and donations. April 15th is the beginning of Volunteer Week and we have some WONDERFUL volunteers. The day to day running of this center is because of these volunteers. Please take the time to say 'Thank You' the next time you see one of these hard working folks. Donations come in two different forms: monetarily or through in-kind items. We recently received a \$1400 in-kind donation from the Chevron in St Helens and Rainier. Fred Meyer in Longview and Safeway in St Helens continue to send us food. The center is appreciative of the people who come down for lunch as this is the backbone of our monetary contributions. It's difficult to note all that our members do for the center but I would be remiss if I left out our small and large monthly donors. So, whether you're a volunteer or donor or both.

**THANK YOU EVERYONE FOR
ALL YOU DO FOR THE
RAINIER SENIOR CENTER.**

Free Gardening Classes

Classes meet 2 hours once a week for 6 weeks.

Clatskanie: Mon., April 16-May 21
6:00pm to 8:00pm.

Garden next to Dr. Briggs office.

Rainier: Wed., April 18-May 23
10:00am to noon.

HOPE Food Pantry.

Call Debi: 503-543-3294 or
email: S2SColumbia@gmail.com

Hours

Rainier Senior Center Hours
9:30 am to 2:30 pm
Monday through Friday

Board Members

Jan Rich. Pres. **Don Carnahan,** V Pres.
Marilyn Tift, Tres. **Rachel Kelley,** Sect.
At Large: **Shirley Emerick, Clint Kelley,**
and Judy Lepin

Newsletter Editor: **Beth Bailey**

STRETCH OUT AFTER YOU WORKOUT

New dates and times for Yoga in April:

Classes are scheduled for 4/12, 4/19
and 4/26 at 10:30am. Donation based.

**The Gift Shop now has
Gift Certificates for \$5 to \$25**

JOIN THE FUN! Lucky Eagle Casino & Hotel will be providing a bus which will depart the senior center on **April 17th at 9:00am.** Staging and payment will be at 8:45am. The bus will depart the casino at 2:00pm. **The cost is \$15.** For folks who have a "Players Card" they will receive a \$10 slot free play and \$5 food voucher. Those folks who do not have a "Players Card" can simply stop by the Player's Club Desk with a valid driver's license or ID card to sign up. There is no charge. You do not need to be a center member to participate.



During
Birthday Friday the Center
will be offering a
FREE lunch
certificate to those
birthday folks present

Call Before You Dig

Do any of your spring projects require digging? If they do, Columbia River PUD reminds you to call 8-1-1 before breaking ground. Whether you are planting a tree, digging a garden bed, or installing a fence, call 8-1-1 first. This free service will help locate underground utility lines.

Call at least two days before digging and tell them where you plan to dig. A locator will identify underground wires, cables, and pipes so you'll know what's below. This helps keep you safe. It also helps prevent disruptions to vital services.

Learn more, or make your locate request online, at www.digsafelyoregon.com.



**Know what's below.
Call before you dig.**

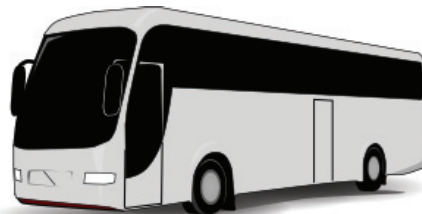
**COLUMBIA RIVER
PUD**
A COMMUNITY-OWNED UTILITY

Rainier Health Center.
Supporting Community Health and Wellness.

Now accepting Medicare. This clinic is located up at the Rainier High School. Hours: Tuesday-Friday 8am-4:30pm Closed for lunch 12:30-1:30. Services include: flu shots; primary/acute/chronic medical problems, referrals to specialists, mental health counseling and tobacco prevention.

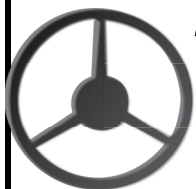
**Call to schedule an appointment at:
503-556-2178.**

**Special Casino Bus Trip to
LUCKY EAGLE
Last Wednesday of the Month**



**9am to 4pm
Cost: \$15/Member
See Marily to reserve your space**

**AARP Safe Driver Class
By Sheryl Teschner**



**Wednesday April 25
Call to reserve your spot
at 503-556-0186**

**Rainier Clean Up
April 14, 9am to Noon**

Rainier will be having CLEAN-UP DAY on April 14th 9:00 am to 12:00pm behind the Wastewater Treatment Plant. DONATIONS are monetary contributions accepted for the RAINIER SENIOR CENTER or non-perishable food for H.O.P.E. Call 503-556-7301 for more information, senior or disabled assistance or to volunteer.

**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.

Senior Center Activities

MONDAY



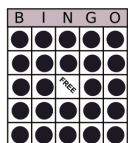
Blood Pressure Check 11 am by Lowell Norbom

Checks both blood pressure and oxygen levels.
Have yours checked!



Music by

The Three of Us
Music begins at 11:00.
Sing along or dance to the tunes.



Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

HOOKS & NEEDLES GROUP
Every Monday
1:00-2:30 pm

TUESDAY

Gentle Exercise at 10 am

WEDNESDAY

**Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment**

THURSDAY

1st and 3rd Thursdays

Pinochle at 1:00 PM

2nd , 3rd and 4th Thursdays

Yoga at 10:30 am

Gentle Exercise at 10am

FRIDAY

Foot Care

10am-1pm

By Lowell Norbaum,

Retired RN

Cost: \$15 goes to Center

Trim toenails-Remove corns and
calluses

Please make an appointment!



SPECIAL EVENTS

Open House

April 6, 5:00-7:00 PM

regarding two design alternatives
in the draft Environmental Impact
Statement of the Industrial Way/
Oregon Way Intersection Project. At
this Open House you are invited to
discuss the project and are encour-
aged to provide comments on what
you like and do not like about the
alternatives.

GREEN Box
out front is for
RETURNABLE
Cans and
Bottles
Your donations
are appreciated!

Membership

Meeting Schedule:

4th Wednesday of the month

April

June

(Annual meeting with voting)

August

October

December



Happy Birthday to our April Birthday Members

Birthday Flower: Sweet Pea Birthstone: Diamond

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

4/1	Paul Horton	4/13	Ron Fadden
4/1	Olga Boyko	4/13	Bernice Jamieson
4/2	Les Tucker	4/15	Ellen Foshee
4/3	Ed Cash	4/16	Susan Willette
4/6	Judy Lepin	4/19	Gerald Price
4/6	Cecil Ryan	4/22	Bud Siltala
4/7	Lola Smith	4/25	Joyce Oliva
4/7	Harold White	4/26	Bob Burns
4/9	Genio Crow	4/27	Marilou Jamieson
4/9	David Jones	4/28	Brenda Starr
4/9	Wilma White	4/29	Mary Tucker
4/13	George Hueth	4/29	Norman Gressett

Please Register your rewards program to designate the Rainier Senior Center as the non-profit



**Help Our
Senior Center
Earn Money!**

Register Today!
We're up to 47 families!
4 qtr Contribution \$99.66
Check to make sure your
rewards card is connected
to the center.

Look at example →



The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.




















Link your card by calling **1-800-576-4377** and select **option 3.**

Ask them to search for us by name **Rainier Senior Citizens-** or use our non-profit number **94223.**

You still get your reward points, fuel points and rebates just the same!

Rainier's volunteer for the month of April is **Del Larson**. Del serves lunch on Wednesdays and goes to Fred Meyer on Saturday mornings. He also delivers meals-on-wheels one day a week and fills in when needed. He also helps sell raffle tickets for our fund raisers. Thanks, Del, for being a great volunteer. We appreciate all you do.

APRIL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2  3 of Us Blood Pressure Check Hooks & Needles 1 pm Bingo - 6 pm	3 Gentle Exercise 10am	4	5 Gentle Exercise 10am Pinochle 1:00 pm	6  Music with Eric & Cheri April birthday cake Town Hall Meeting 5-7 PM  Foot Care 10am-1pm \$15 to center
9  3 of Us Blood Pressure Check Hooks & Needles 1 pm Bingo -6pm	10  Music by Tom Lavelle Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	11  Music by Al Barr WIC 9:30am-1pm	12  Music with Inez Glaze Gentle Exercise 10am Chair Yoga 10:30 am	13  Music by Bo Obney  Foot Care 10am-1pm \$15 to center
16  3 of Us 11 am Blood Pressure Check 11 am Hooks & Needles 1 pm Bingo -6pm	17 Gentle Exercise 10am Casino Bus 9AM - 3PM	18  Music by Bo Obney	19  Music with Buck Sanders Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 PM	20  Foot Care 10am-1pm \$15 to center
23  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1pm Bingo - 6 pm	24  Music with Tom Lavelle	25 AARP Safe Driver Class Membership Meeting 1PM Casino Bus Trip 9am-4pm \$15/member See Marily	26  Music by Bo Obney Gentle Exercise 10 AM Chair Yoga 10:30 am	27  Foot Care 10am-1pm \$15 to center  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
30  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1 pm Bingo -6pm	27	Meals Served in February: 907 Volunteer Hours in February: 499.50		

April 2018 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice. NO Breakfast deliveries.

APRIL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Meatballs Mixed Veggies Salad	2 Tuna Casserole Green Beans Fruit	3 Corn Chowder Ham & Cheese Sandwich	4 Sloppy Joes Oven Fries Veggie	5 Birthday Friday Chicken Fried Steak Mashed Potatoes Veggie Birthday Cake
9 Roast Beef Potatoes & Carrots Broccoli Salad	10 Fish 'N' Chips Cole Slaw	11 Smothered Pork Chops Mashed Potatoes	12 Crispy Chicken Salad Veggie Soup	13 Hot Roast Beef Sandwich Mashed Potatoes Veggie
16 Baked Ham Scalloped Potatoes Veggie	17 Cheese Ravioli Caesar Salad	18 Orange Chicken Rice Veggie	19 Cheese Burgers Potato Salad	20 Chili Crackers Corn Bread Green Salad
23 Meatloaf Mashed Potatoes Veggie	24 Reuben Sandwich Tomato Soup	25 Cabbage Rolls Potatoes Melba	26 Malibu Chicken Roasted Red Potatoes Green Salad	27 Sirloin Tips W/ Mushroom Gravy Over Noodles Vegetable Salad
30 Chicken Burgers Veggie Chips				

Rainier Senior Center Lunch Menu **503-556-3889** **www.RainierSeniors.com**
 Call in and carry-out orders need to be in no later than 10:30 am.
 Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F
 Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$5

LUCK OF THE DRAW

Friday, March 16

Luck of the Draw Irish Raffle.

This fundraiser was a huge success due to all of the businesses that donated prizes (Sandi isn't a business but she's the one who donated the Seaside stay) and the support of those who purchased tickets. Wendy's corned beef and cabbage lunch was yummy and she outdid herself on that dessert!

Thank you all and congratulations to the winners.



We really have our own
Pot 'O Gold
The Kelleys
are some special people
who make events like
this so wonderful.
THANKS SO MUCH

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
Deli Store
El Tapatio
Foster Farms
Hometown Pizza
Knot Just a Bear
Means Nursery
O'I Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
Rainier Liquor Store
The Cornerstone Cafe
The Toy Store
United Way
Vernie's Pizza**

**Bell Studios
City of Rainier
Columbia Food Bank
Delaware Plaza
Deer Island Grange
Dutch Bros
Eagles
Fred Meyer
Highlander Place
Lower Columbia Insurance
Monticello Park
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros
Triangle Bowl**



"A Great Place...For Great People"

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

