



Riverside Review

Volume 2018

Issue 2

February 2018

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

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



Rainier Senior Center's SWEETHEART Dinner and Dance

February 10 th
Starts at 2pm

Dinner \$12 each

Chicken with Dijon Sauce,
Twice Baked Potatoes,
Vegetables Normandy
and a fabulous dessert
created by Wendy
Fundraiser for
Meals-on-Wheels.



Dance to the tunes of
Ted Boursaw's Classic Country Music

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.

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**

Meals-On-Wheels Volunteers Needed

We're looking for some regular and substitute drivers for our Meals-On-Wheels delivery to local seniors. It only takes one hour or so a week to help deliver. Check with the desk about applying for this program. Background check and finger printing are required which is done at no charge.

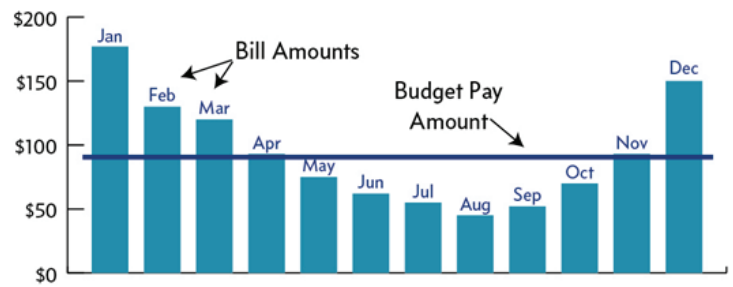
We Serve
Meals On Wheels
So no senior goes hungry.



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

Pay the Same Amount Year-Round

Worried about high winter electric bills? Consider enrolling in Columbia River PUD's Budget Pay program. Using Budget Pay, you pay the same amount each month, all year long. There is no guesswork when you receive your PUD bill.



That's why Diana in St. Helens enrolled.

"I think the Budget Pay program is great. I use it because there are no surprises for one year, from February to February. It makes it much easier to budget that way," Diana said.

The PUD enrolls customers in the Budget Pay program in March. To enroll, you must have a zero balance and at least 12 months history with the PUD. Each year in March, the PUD reviews your usage for the previous year to set your monthly billing for the coming year.

To sign up for Budget Pay or to learn more about the program, call the PUD's Customer Accounts Department at (503) 397-0590, or visit crpud.net/budgetpay.



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.**

LOWER COLUMBIA



INSURANCE, INC.

COMPLETE INSURANCE SERVICE

Chad Womack, Owner/Agent

503-556-3739 1-800-783-3739

email: chadw@mpcu.net home phone: 503-556-1923
202 A Street East (P.O. Box 1510) - Rainier, OR 97048

Michelle M. Moore
Columbia City Benefits Group LLC
 (CCBG)
Office: 503-366-9550 Fax: 503-366-9551
Cell: 503-422-3945 Call for appointment

michelle@columbiacitybenefitsgroup.com
240 Spinnaker Way- Columbia City OR 97018

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



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

Senior Center Activities

MONDAY



Blood Pressure Check

11 am by Lowell Norbom

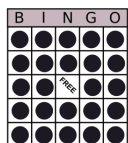
Checks both blood pressure and oxygen levels.
Have yours checked!



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 2nd and 4th 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 and 4th Thursdays

Yoga at 11 am

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd 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

Multi-Family



at Rainier Senior Center
FEBRUARY 24
starts at 9am

Membership Meeting Schedule:

4th Wednesday of the month

February

April

June

(Annual meeting with voting)

August

October

December

Coming Soon

*Donate your Can and
bottle
Recycling to
Rainier Senior Center
Watch for our Container*



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 Joe Johnson
2/1 Carl Pellham Sr
2/2 Niles Scott
2/2 Patti Huggins
2/2 lola Pfaff
2/4 Thomas Ramey
2/5 Ed Hayslip
2/7 Alice Cash

2/8 Sam Tift
2/10 Rachael McArdle
2/14 Beth Bailey
2/18 Dodie Burton
2/22 Keith Elliott
2/22 Carla Bodenhamer
2/22 Shane Arnits
2/26 Gwen Pellham

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 45 families!
3 qtr Contribution \$92.20
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 February is Jan Rich. Jan greets our members with a smile on her face and is always willing to spend some time finding out their needs. As our President, she is very actively and efficiently developing funds for our center and events for senior fun. She is more than willing to help out wherever needed. Thank you so much, Jan. You are greatly appreciated.

FEBRUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Served in December: 940 Volunteer Hours in December: 478.75			1 Gentle Exercise 10am Pinochle 1:00 pm	2  Music with Eric & Cheri January birthday cake  Foot Care 10am-1pm \$15 to center
5  3 of Us Blood Pressure Check Bingo -6pm	6 Gentle Exercise 10am	7  Music with Tom Lavelle	8 Gentle Exercise 10am Chair Yoga 11 am Veterans Advisor 1pm	9  Music by Bo Obney  Foot Care 10am-1pm \$15 to center
12  3 of Us Blood Pressure Check 11 am Hooks & Needles 1 pm Bingo -6pm	13  Music by Inez Glaze Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	14 WIC 9:30am-1pm	15  Music with Al Barr Gentle Exercise 10am Pinochle 1:00	16  Foot Care 10am-1pm \$15 to center
19  3 of Us Blood Pressure Check 11 AM Bingo - 6 pm	20 Gentle Exercise 10am  Music by Bo Obney	21 Board Meeting 1pm	22 Gentle Exercise 10 AM Chair Yoga 11 am	23  Foot Care 10am-1pm \$15 to center  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
26  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1 pm Bingo -6pm	27 Gentle Exercise 10am  Music with Tom Lavelle	28  Music with Bo Obney Membership Meeting 1 PM Casino Bus Trip 9am-4pm \$15/member See Marily		

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

FEBRUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Sandwich Seasoned Fries Fruit	2 Pot Roast W/ Carrots & Potatoes Birthday Cake
5 Indian Stew Corn Bread	6 StirFry Veggies Over Chow Mein Noodles W/ Rice	7 Pork Chop Mashed Potatoes Country Gravy Corn Bread Jello Salad	8 Open Faced Hot Roast Beef Sandwich Mashed Potatoes Veggies	9 Spaghetti Garlic Bread Cottage Cheese Green Salad
12 Meatloaf Scalloped Potatoes Veggies Fruit	13 Grilled Sausage Mac & Cheese Corn Bread	14 Shepherds Pie Veggie Salad	15 Chicken & Dumpings Caesar Salad	16 Tilapia Au Gratin Potatoes Veggie
19 Chicken Fried Steak Mashed Potatoes Veggie	20 Chicken Noodle Soup Egg Salad Sand. Fruit Salad	21 Stuffed Peppers Roasted Red Potatoes	22 Beef Enchilada Casserole Spanish Rice Refried Beans	23 Clam Chowder Ham Sandwich
26 Cabbage Rolls Baked Potato	27 Chicken Rice Roger Rolls Pea Salad	28 Ham Scalloped Potatoes Fruit Salad	1 Fish & Chips Cole Slaw	2 Hamburger Stroganoff Over Noodles Cauliflower & Carrots

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

WHAT'S IN A NAME?

A rose is a rose but what's a senior center?
Is it a gathering place? An activity place?
A place to enjoy good food? Or a nursing home.

Our center often gets phone calls asking about our "residents" or "patients". The misconception in our own community is that we are a place that caters to old folks!

I agree we are older but we are also active and that's what we need to convey to our neighbors and friends.

Would a simple name change encourage younger seniors to give us a try? One option is to add the word "Community" as in Rainier Senior "Community" Center.

**Please share with us by calling
503-556-3889 your ideas or suggestions.**

Jan Rich-President

Rachel Kelley named January Volunteer of the Month for Columbia County



On Thursday, January 18th, Rachel Kelley was recognized as the first volunteer of 2018 by Columbia County.

Rachel is very active at the Rainier Senior Center. She serves as secretary on the board of directors. She is extremely active in all special events by decorating and actively participating in each event.

Coming Soon Recycling Donation Container at Rainier Senior Center

Friends, Romans, Countrymen lend me your bottles and cans!! The center is starting a bottle/can return program. A collection container will soon be available in the parking lot. Simply drop your returnables in the container and we'll do the rest. This is a great way to support your senior center and get those bottles and cans that are accumulating out of your way.



Congratulations, Rachel!

*"You are a gem and treasure
of the Rainier Senior Center."*

Rachel Kelley received recognition during lunch at the Rainier Senior Center and was presented with a certificate, gift card, flowers, and balloons.

Rachel is our spark to all the special events.

Thank you, Rachel.

For Sale:

Vesta stair lift \$300.00

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
El Tapatio
Keys Plus
Foster Farms
Hometown Pizza
Means Nursery
Old Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
United Way
Vernie's Pizza**

**City of Rainier
Cole's Coffee
Columbia Food Bank
Delaware Plaza
Deer Island Grange
Eagles
Fred Meyer
Highlander Place
Lily Pad
Lower Columbia Insurance
MPC Digital Solutions
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros**



"A Great Place...For Great People"

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