



## *Riverside Review*

Volume 2018

Issue 1

January 2018

48 W 7th Street, Rainier, OR 97048  
E-mail: [rainierseniore@gmail.com](mailto:rainierseniore@gmail.com)

Phone: 503-556-3889  
Web: [RainierSeniors.com](http://RainierSeniors.com)

### **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.



**Daniel Garrison, CPA,**  
**2114 Columbia Blvd,**  
**St Helens, OR 97051**  
**Email: [dan@drgrtax.com](mailto:dan@drgrtax.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**



This is the first year for Home Instead's Be A Santa To A Senior program offered to the Rainier Senior Center. Pictured are Phyllis, Diane and Carla wrapping up gifts to send to our Meals on Wheels clients. Thank you ladies for helping to make this holiday season even brighter.



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

## Sign Up for Paperless Billing

Cut down the clutter coming to your mailbox each month. Switch to paperless billing with Columbia River PUD.

Instead of receiving a paper copy of your bill each month, check your account online. You'll receive an email each month when your bill is available. Then, log into your account online to view your usage and pay your bill.

Simon in Scappoose uses it. He loves the results he's seen.

"It's nice because I just don't have paper come to my house.

The less trees we can cut down the better," he says.

Sign up for paperless billing at [crpud.net/paperless](http://crpud.net/paperless), or call Customer Accounts at (503) 397-0590.



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



**Nikkol Nagle from Monticello Park** hosted a craft project at the center. There were lots of giggles and burnt fingers from glue guns but the result was wonderful. Thank you Nikkol for such a good time.

**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.**

**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](mailto: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**

**LOWER COLUMBIA**  
  
**INSURANCE, INC.**  
COMPLETE INSURANCE SERVICE

*Chad Womack, Owner/Agent*  
**503-556-3739 1-800-783-3739**

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

# Senior Center Activities

## MONDAY



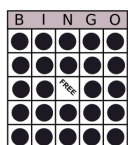
### **Blood Pressure Check** 11 am by Lowell Norbom

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**

Cribbage at 1 PM

**Gentle Exercise at 10am**

## FRIDAY



### **Music**

1st and 3rd Friday

### **Foot Care**



10am-1pm

By Lowell Norbaum,

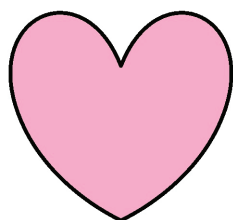
Retired RN

**Cost: \$15** goes to Center

Trim toenails-Remove corns and  
calluses

Please make an appointment!

## SPECIAL EVENTS



*Coming in February*  
**Sweetheart Dinner and Dance**  
**Save the date- February 10th**  
**starts at 2pm**  
**More information available in**  
**February Newsletter**







## Happy Birthday to our January Birthday Members

### Birthday Flower: Snowdrop Birthstone: Garnet

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

1/4 Martha Cramer  
1/6 Mary Keith  
1/7 Carl Pellham  
1/8 Darlene Woodmansee  
1/10 Duane Bernard  
1/13 Barbara Huntington  
1/13 Dennis Narvaez  
1/16 Irene Gibson

1/18 Bob Carey  
1/22 Bonnie Davis  
1/25 David Hoyle  
1/26 Leonard (Ray) Sterling  
1/29 Audrey Stienmetz  
1/30 Tanya Fadden  
1/30 Jan Hook

## Please re-register your rewards program to designate the Rainier Senior Center as the non-profit



**Help Our  
Senior Center  
Earn Money!**

**Re-register this January!**  
**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 January is Rachel Kelley. Rachel has been a board member for several years and, in addition to her secretarial duties, has kept the board focused on upcoming projects with her knack for planning. Holding the Secretary job is not enough for Rachel. Rachel has always made herself available to help out whether it be in the kitchen, behind the desk or monitoring special events. Thank you, Rachel. You are much appreciated.

# JANUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>CLOSED</b>	<b>2</b>	<b>3</b>  Music by Tom Lavelle	<b>4</b>  <b>Pinochle 1:00 pm</b>	<b>5</b>  <b>Music with Eric &amp; Cheri</b> <b>January birthday cake</b>  Foot Care 10am-1pm \$15 to center
<b>8</b>  <b>3 of Us</b> <b>Blood Pressure Check</b> <b>Hooks &amp; Needles 1pm</b>  <b>Bingo -6pm</b>	<b>9</b>  <b>Music with Bo Obney</b>  <b>Gentle Exercise 10am</b>  <b>Men's/Women's VFW - 1:00 pm</b>	<b>10</b>  <b>WIC 9:30am-1pm</b>	<b>11</b>  <b>Music by Inez Glaze</b> <b>Gentle Exercise 10am</b>  <b>Chair Yoga 11 am</b> <b>Veterans Advisor 1pm</b>	<b>12</b>   <b>Foot Care 10am-1pm</b> \$15 to center
<b>15</b>  <b>3 of Us</b>  <b>Blood Pressure Check 11 am</b>  <b>Bingo -6pm</b>	<b>16</b>  <b>Gentle Exercise 10am</b>	<b>17</b>  <b>Music by Al Barr</b>  <b>Board Meeting 1pm</b>	<b>18</b>  <b>Music with Bo Obney</b> <b>Gentle Exercise 10am</b> <b>Pinochle 1:00</b>	<b>19</b>   <b>Foot Care 10am-1pm</b> \$15 to center
<b>22</b>  <b>3 of Us</b> <b>Blood Pressure Check 11 AM</b> <b>Hooks &amp; Needles 1pm</b>  <b>Bingo - 6 pm</b>	<b>23</b> <b>Gentle Exercise 10am</b>	<b>24</b>  <b>Music by Tom Lavelle</b>	<b>25</b>  <b>Music by Cowlitz Ukulele</b> <b>Gentle Exercise 10 AM</b> <b>Chair Yoga 11 am</b>	<b>26</b>  <b>Foot Care 10am-1pm</b> \$15 to center  <b>Music by Vern Kennedy</b> <b>Susannah's Supper 6pm</b> Rainier Methodist Church
<b>29</b>  <b>3 of Us</b> <b>Blood Pressure Check 11 AM</b>  <b>Bingo -6pm</b>	<b>30</b> <b>Gentle Exercise 10am</b>	<b>31</b>  <b>Music with Bo Obney</b> <b>Casino Bus Trip 9am-4pm</b> <b>\$15/member</b> <b>See Marily</b>	<b>Meals Served in November: 955</b> <b>Volunteer Hours in November: 412.25</b>	

January 2018 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
 Events are subject to change without notice. NO Breakfast deliveries.

# JANUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed	2 Cream Of Broccoli Soup Ham Sandwich	3 French Dip Jo-Jo's Salad	4 Salmon Loaf Green Beans Salad	5 Chef Salad Cottage Cheese Fruit Bread  <b>Birthday Cake</b>
8 Pulled Pork Sandwich On A Bun Cole Slaw	9 Lasagna Romaine Salad Garlic Bread	10 Orange Glazed Chicken Over Chow Mein Noodles Pea Salad	11 Sweet & Sour Meatballs Over Rice Cole Slaw	12 Patty Melt On Rye Cole Slaw
15 Chicken Pot Pie Salad Bread	16 Impossible Taco Pie Broccoli Salad	17 Cheeseburger Soup Salad Bread	18 Turkey Dressing Mashed Potatoes Veggies	19 Chicken Fried Steak Mashed Potatoes Veggie Fruit
22 Hot Turkey Sandwich Mixed Veggies	23 Veggie Quiche W/ Muffin Fruit	24 Meatloaf Mashed Pot Broccoli Salad	25 Taco Salad Fruit	26 Chili W/ Fritos Salad
29 Minestrone Soup Rolls Salad	30 Salisbury Steak Potato Veggie	31 Tater Tot Casserole 3 Bean Salad	1 Chicken Sandwich Fries Fruit	2 Pot Roast W/ Carrots & Potatoes

**Rainier Senior Center Lunch Menu**

**503-556-3889**

**[www.RainierSeniors.com](http://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**





# Christmas Dinner

The Prime Rib Dinner was sold out as usual. Our volunteer servers were full of holiday cheer and made everyone feel special.

Everyone enjoyed the food and company. Wendy, our chef, added some new potatoes that were out of this world and a dessert of high quality pastry shop



Our Cooks:  
Judy and Wendy



Our Servers:  
Amy, Cathy, and  
Shirley.



Music was provided by  
Music Medicine with  
Becky Shefchek and Lily Ailshie



Clint Kelley-Elf Greeter



**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***





