



Riverside Review

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Letter From the President:

I've been getting several concerned members stopping me at the center to ask about our viability. This concern comes from two recent happenings: 1) Scappoose ending their nutrition program and 2) the article quoting Cheryl Young in the Chronicle.

What does it mean for Scappoose to end their nutrition program? It only means they will no longer be receiving funds from Community Action Team which distributes our federal funding. St Helens Senior Center will be covering their Meals on Wheels participants. You will see some changes to Scappoose but they will still be open for business. They will play bingo. They will have cafe style dining with a limited menu available and will still provide the bus to the casino once a month. They plan to continue with their Mayor's Ball. Probably the biggest change will be a name change....yet to be announced.

I cannot stress enough that Cheryl's concerns, although some encompass all of the centers in Columbia County, were directed toward the St. Helens Center and their circumstances. She is accurate about the 75 cents we receive from the federal government, the request for a \$5.00 donation from our meal recipients and the fact that it costs us about \$9.00 per person to prepare the meals. However, the good news at this point in time is the Rainier Senior Center is fine. That isn't to say the Board and I aren't always concerned about feeding our seniors and keeping our doors open. Fundraisers and community support is invaluable.

Fortunately we have some very generous and caring folks in our community.

Please do not hesitate to come and talk to me or a Board member about any concerns or suggestions you may have.

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*

Thanks, Dave, for 5 Great Years!

While we're sad to see Dave leave working at the Center, we wish him the very best.

"Besides his duties around the center, he was always willing to help out with just about anything they needed done. He has been a great asset and an even better friend," said Aaron Hendrix.



Dave Sartin

We'll miss you, Dave!



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

The Northwest is Powered by Hydro

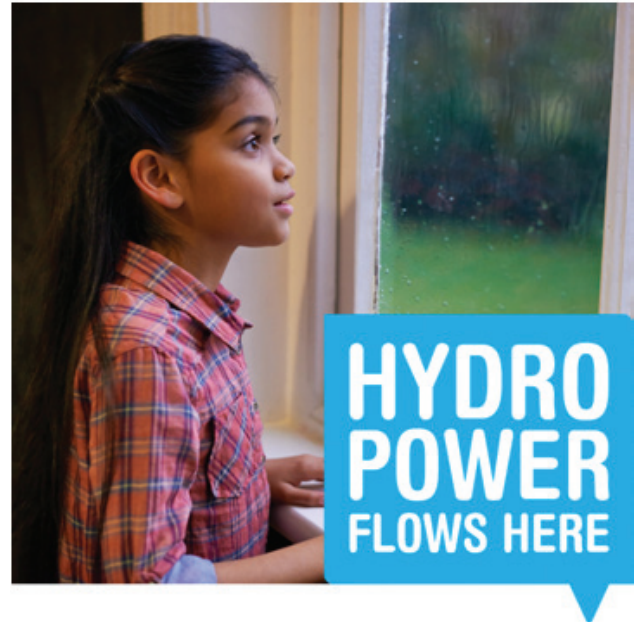
Every time rain or snow falls in the Pacific Northwest, our hydropower system refuels. Hydroelectric dams produce 85% of the electricity delivered to Columbia River PUD customers.

Hydropower allows for the growth of other renewable resources. Because the river is always flowing, hydropower is great back-up for wind and solar power. It can be ramped up to meet demand when the wind is not blowing, for example. During high winds, it can be dialed down.

Hydropower is efficient. Hydropower plants at dams convert about 90% of the energy in falling water into electrical energy. By comparison, more than half of the energy content at fossil-fueled plants is lost.

Hydropower is secure. Water from our rivers is an American resource. It isn't affected by disruptions from foreign suppliers, international political crises, or transportation issues.

Read more about the benefits of hydropower at crpud.net/hydro.



COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

Rainier Health Center.

Supporting Community Health and Wellness.



**“Whether you’re Irish
or not,
you’ll enjoy the
Corned Beef and
Cabbage
Friday, March 16th”**

**Stay for our Luck
of the Draw**

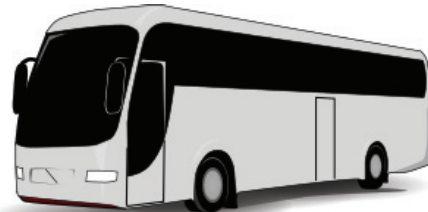
Now accepting Medicare. This clinic is located up at the Rainier High School. Hours: Tuesday-Friday 8am-4:30pm Closed for lunch 12:30-1:30. Services include: flu shots; primary/acute/chronic medical problems, referrals to specialists, mental health counseling and tobacco prevention.

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

**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.

**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



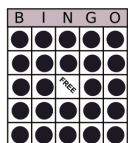
Blood Pressure Check
11 am by Lowell Norbom

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 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



LUCK OF THE DRAW

Friday, March 16
after the Corned Beef
and Cabbage lunch

Raffle Tickets: \$1 each
or
6 for \$5

Membership

Meeting Schedule:

4th Wednesday of the month

NO meeting in March

April

June

(Annual meeting with voting)

August

October

December



Happy Birthday to our March Birthday Members

Birthday Flower: Birthstone:

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

3/1 Herb Williamson
3/2 Amy Everman
3/4 Wayne Lockwood
3/10 Hazel Price
3/11 John Ludahl
3/12 Jim Coffman
3/15 Louise Godsey
3/16 Ed Hoffman
3/17 Patricia Winans
3/18 Kathrine Hendricksen
3/18 Perry Fiscus

3/20 Louise Gaston
3/20 Linda Williams
3/24 Linda Frase
3/24 Debbie Teschner
3/26 Marily Tift
3/26 Ivan Jones
3/28 Bernice Bailey
3/29 Noma Carter-Winchell
3/29 Walter Winchell
3/31 June Burnham

**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 March is Clint Kelley. Clint has been a Senior Center Board member for many years. He is always involved in our special activities. He is so clever with his decorating and entertaining the members. Whether it's portraying an Elf or St Patrick's Day Leprechan, Clint does it all. We enjoy your enthusiasm and clever decorating around the center all year long. Thank you, Clint.

MARCH EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Served in January: 1057 Volunteer Hours in January: 497.75			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 Hooks & Needles 1 pm Bingo -6pm	6 Gentle Exercise 10am	7	8  Music with Cowlitz Ukulele Gentle Exercise 10am 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 Tom Lavelle Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	14  Music by Bo Obney WIC 9:30am-1pm	15  Music with Inez Glaze Gentle Exercise 10am Chair Yoga 11 am Pinochle 1:00 PM	16  Foot Care 10am-1pm \$15 to center
19  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1pm Bingo - 6 pm	20	21	22 Gentle Exercise 10 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 Casino Bus Trip 9am-4pm \$15/member See Marily	29 Gentle Exercise 10am Chair Yoga 11 am	30  Music by Bo Obney

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

MARCH MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fish & Chips Cole Slaw	2 Hamburger Stroganoff Over Noodles Cauliflower 'N' Carrots Birthday Cake
5 Western Beef Stew Salad Roll	6 Potato Soup Ham Sandwich Fruit	7 Spaghetti W/ Meat Sauce Garlic Bread Salad	8 Patty Melt Chips 3 Bean Salad	9 Turkey Dinner Stuffing Mashed Potatoes & Gravy Veggie
12 Tamale Pie Green Salad Chips	13 Open Faced Turkey Sandwich Dressing Mashed Potatoes & Gravy Veggie	14 Meatloaf Baked Potato Veggie Fruit	15 Tator Tot Caseserole Coleslaw	16 Corned Beef Cabbage Carrots
19 Oven Baked Chicken Potatoes Melba Salad	20 BBQ Ribs Macaroni Salad Roll	21 Corned Beef Stew Corn Bread Fruit	22 Lasagna Garlic Bread Salad	23 Chefs Salad W/ All The Fixin's Roll
26 Porcupine Meatballs Baked Potato Coleslaw	27 Taco Soup Corn Chips	28 BBQ Chicken Potato Salad Baked Beans	29 Split Pea Soup Cheese Sandwich	30 Pork Roast Potatoes & Carrots Applesauce

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

RAFFLE ITEMS

2 Night stay at Worldmark Resort – Seaside Turnaround

Gift Basket – Country Financial
Extendable Shovel – Truck Toys
Roasting Pan – Rainier True Value
Seattle Seahawks Blanket – Linda Larson
Seahawks Hat and Scarf – Marily Tift
4 Cheeseburger Baskets – Deli Store
(one per drawing)

\$25 Gift Card – Lowe's
\$25 Gift Card – Harbor Freight
\$25 Gift Card – Home Depot
\$25 Gift Card – WalMart
\$25 Gift Card to Joann Fabric –
Highlander Place

Plus

New Prizes coming in every day

Valentine Dinner and Dance Photos



Young and young at heart enjoyed the dinner and dancing to the music of the Ted Boursaw Classic CountryBand. Many thanks to all who prepared meal and decorated the center for this event.

Pictured at left: Robyn and grandson, Dayton.



Ted- lead; Dan, guitar; Dennis, drums; Jim, steel guitar.



5 Free Games Bowling – Triangle Bowl
2 Medium Pizzas – Hometown Pizza
1 Large Specialty Pizza &
1 Large 2 Topping Pizza/ @ Vernies
2 Cheese Burgers W/2 beers or 2 sodas-
Ol' Pastime Tavern
2 Lunch Certificates w/ Cup and
Pen - Rainier Center
1 Haircut – Head Hunter \$16.00 Value
Wooden Truck and Crane
\$ 95. Value – By Les Tucker
\$25. Gift card from NAPA Auto Part
Cribbage Board by Paul Smith

*It's time to think about
nominations for the
My Fair Lady Pageant
Pick up your nomination form
at the Center.*

Coming in MARCH Recycling Donation Container at Rainier Senior Center

This is a great way to support your senior center and get those bottles and cans that are accumulating out of your way.

**YOGA Classes
3 days in April**

**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***