

## ***Sponsors That Support Our Center***

**Ace Hardware  
Burger King  
Columbia River PUD  
Cornerstone  
Dog Zone  
El Tapatio  
Fred Meyer  
Hometown Pizza  
J&R Sales  
Means Nursery  
Rainier Appliance  
Rainier Garden Club  
Rainier True Value  
St Helens Ace Hardware  
Shari's Restaurant  
The Cornerstone Cafe  
True Value Hardware  
United Way**

**City of Rainier  
Country Financial  
Deli Store  
Deer Island Grange  
Eagles  
Foster Farms  
Home Depot  
Jack-in-the-Box  
Lower Columbia Insurance  
Old Pastime Tavern  
Rainier Chevron Food Mart  
Rainier Sign Company  
Rainier St Helens Credit Union  
Safeway  
Subway  
Triangle Bowl  
Western World**



***"A Great Place...For Great People"***

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



## *Riverside Review*

*Volume 2016*

*Issue 4*

*April 1, 2016*

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

**Phone: 503-556-3889**

**Web: [RainierSeniors.com](http://RainierSeniors.com)**

### **Your Opinion Counts!**

Columbia County's Area Agency on Aging (AAA) is developing its county-wide four-year Area Plan. Now is the perfect time to share your ideas, concerns, and observations about the needs of our Seniors who are 60 years old or better and those who care for them.

A comprehensive survey will be available beginning April 1st. The survey will ask for feedback about the following topics relating to Seniors:

- Community supports and services
- Health, mental health, and substance abuse services
- Recreation
- Transportation
- Housing
- Preventative health education

A series of Town Hall meetings will be held in April and May to facilitate open conversation about the opportunities and challenges of ensuring Columbia County Senior Citizens have the resources they need. You are invited to attend the one that is most convenient for you.

**TOWN HALL MEETING**  
**Rainier: Fri., April 15, 1:00 pm**  
**at the Rainier Senior Center**

Vernonia: Tues., April 26, 11:00 am at the Vernonia Library  
Clatskanie: Thurs., May 5, noon at the American Legion  
Scappoose: Mon., May 9, 11:00 am at the Scappoose Senior Center  
St. Helens: Wed., May 11, 11:00 am at the St. Helens Senior Center

Beginning the afternoon of April 1st surveys can be picked up at the Rainier Senior Center and other locations around Columbia County, or can be filled out online at [www.cat-team.org/seniors.html](http://www.cat-team.org/seniors.html). Look for the link on the left below the green box. In order for your survey feedback to be considered for the development of the 2017-2020 Area Plan, it must be submitted by June 1, 2016.

**Questions may be directed to Leanne Murray at**  
**503-366-6568 or [lmurray@cat-team.org](mailto:lmurray@cat-team.org).**

### *Board Members*

**Randy Bailey, Pres.**      **Jan Rich, V Pres.**  
**Rachel Kelley, Sect.**      **Marilyn Tift, Tres.**  
At Large: **Shirley Emerick, Clint Kelley,**  
**and Sandie Scholten**

Newsletter Editor: **Beth Bailey**



**Need a Place To Celebrate**  
**a wedding, birthday, anniversary**  
**or reunion?**

**Rent the Senior Center**

Contact Jan at the  
Center 503-556-3889

**Senior Fair**  
**Coming MAY 11**

**10am to 2pm**  
**at the**  
**Cowlitz County**  
**Expo Center**  
**Kelso, WA**

**Rainier Senior Center Hours**  
**9:30 am to 3:00 pm**  
**Monday through Friday**



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

**Are you planning any spring yard projects? Please call 8-1-1 before you dig.**

Whether you are planting a tree, installing a fence, replacing your mailbox, or installing a fountain, Please WAIT! There's an important – and free - phone call that you should make first. 8-1-1 is the phone number to dial before you dig anywhere on public or private property.

Call 8-1-1 a few days prior to digging and your call will be routed to your local One Call Center. Tell the operator where you're planning to dig and a locator will be sent to mark the locations of buried lines, pipes and cables so you'll know what's below – and be able to dig safely.

Remember; always call 8-1-1 before you start any digging project! You'll avoid injury, expense and a day in the dark.

For more information, or to make an online request for utilities to be marked, call 8-1-1 or visit [www.digsafelyoregon.com](http://www.digsafelyoregon.com)



**Wendy Stokes - Our Cook**

Wendy Stokes is originally from Montana. She moved to the Northwest at an early age. She has lived in St Helens, Clatskanie and Longview. Her work experience shows her great skills- 10 years at Humps Restaurant and 4 years at The Cornerstone. Wendy loves to create and create she has with some fantastic soups, Prime Rib and cheesecake! We are so very lucky to have such a talented cook who loves working at the center and always has a smile for all.



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



**Thank You!  
We appreciated your  
support for the  
Luck 'O the Irish  
Luncheon and Raffle**

**A BIG THANK YOU  
to all who donated items, sold tickets,  
bought tickets  
for our St Patrick's Day Fundraiser**



**9am to 4pm  
Cost: \$15/Member**

**See Marily to reserve your space**

# Senior Center Activities

## MONDAY



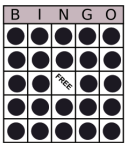
### **Blood Pressure Check** 11 am by Lowell Norbaum

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



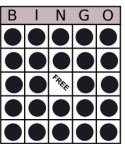
### **Music by**

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



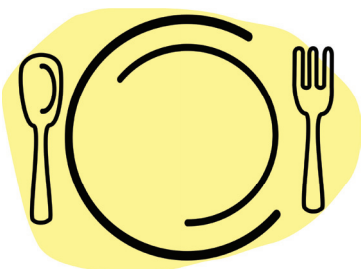
**Evening Bingo**  
starts at 6:00pm  
\$5 per card  
Come have fun.

## TUESDAY



**Bingo**  
10:30 am

## APRIL POTLUCK DINNER



**Thursday**  
**April 28**  
**5pm**

**Come join the event!**

## WEDNESDAY

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

## THURSDAY



### **Easy Exercise** with Rachel Kelley starts at 9:30 am

Enjoy light exercises at your own pace. Get yourself motivated - have fun!

## 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!



**Music**  
1st and 3rd Friday

## Rainier City Library

**GRAND OPENING**  
**April 18th**  
**5:00-6:00 pm**

**Come join us to find out about what we offer and share your thoughts on other possibilities to make our library great!**

**Mon- Fri Hours**  
**10am-Noon, 1-3pm**



## 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  
4/1 Olga Boyko  
4/2 Les Tucker  
4/6 Judy Doving  
4/6 Cecil Ryan  
4/7 Lola Smith  
4/9 Genio Crowe  
4/9 David Jones  
4/11 Toni Johnson  
4/13 George Hueth

4/14 Oleana Martin  
4/19 Gerald Price  
4/22 Bud Siltala  
4/23 Milt Romer  
4/25 Shirley Fowler  
4/25 Joyce Oliva  
4/27 Mary Lou Jamieson  
4/29 Mary Tucker  
4/29 Norman Gressett



### **Help Our Senior Center Earn Money!**

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!**

### **Volunteer of the Month: Sue Drummond**

Rainier's volunteer for the month of April is Sue Drummond. She has been a real asset to our Senior center filling in on the desk for people who needed time off. She has really stepped forward to learn the computer needs for the center. She always has a welcome smile on her face to greet our senior and visitors.

# APRIL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TOWN HALL MEETING</b> <b>Friday, April 15</b> <b>Rainier Senior Center at 1 pm</b>  <b>Make your opinion count!</b>				<b>1</b>  <b>Foot Care</b> <b>10 am-1 pm</b> <b>by appt</b> <b>Music with Eric</b> <b>11 am</b>
<b>4</b>  <b>Music-</b> <b>3 of Us</b> <b>Blood Pressure</b> <b>Check 11 am</b> <b>Bingo - 6 pm</b>	<b>5</b>  <b>10:30 am</b>	<b>6</b>	<b>7</b>  <b>Exercise</b> <b>with</b> <b>Rachel</b> <b>9:30 am</b>  <b>Pinochle 1:00 pm</b>	<b>8</b>  <b>Foot Care</b> <b>10 am-1 pm</b> <b>by appt</b>
<b>11</b>  <b>3 of Us</b> <b>11 am</b> <b>Blood Pressure</b> <b>Check 11 am</b> <b>Bingo -6pm</b>	<b>12</b>  <b>10:30 am</b>  <b>Men's/Women's VFW</b> <b>1:00 pm</b>	<b>13</b>  <b>WIC</b> <b>9:30am-1pm</b>	<b>14</b>  <b>Exercise</b> <b>with</b> <b>Rachel</b> <b>9:30 am</b>  <b>Veterans Advisor</b> <b>1:00pm</b>	<b>15</b>  <b>Foot Care</b> <b>10 am-1 pm by appt</b> <b>Music with Vern</b> <b>Town Hall Meeting</b> <b>1 pm</b>
<b>18</b>  <b>3 of Us</b> <b>Blood Pressure</b> <b>Check 11 am</b>  <b>Bingo - 6 pm</b>	<b>19</b>  <b>10:30 am</b>	<b>20</b>  <b>Board Meeting</b> <b>1pm</b>	<b>21</b>  <b>Exercise</b> <b>with</b> <b>Rachel</b> <b>9:30 am</b>  <b>Pinochle 1:00 pm</b>	<b>22</b>  <b>Foot Care</b> <b>10 am-1 pm</b> <b>by appt</b>
<b>25</b> <b>3 of Us</b> <b>Blood Pressure</b> <b>Check 11 am</b>  <b>Bingo -6pm</b> <b>5-Area Luncheon</b> <b>Clatskanie</b>	<b>26</b>  <b>10:30 am</b>	<b>27</b> <b>Member Meeting</b> <b>1pm</b> <b>Casino Bus Trip</b> <b>9am-4pm</b> <b>\$15/member</b> <b>See Marily</b>	<b>28</b>  <b>Exercise</b> <b>with</b> <b>Rachel</b> <b>9:30 am</b>  <b>Potluck Dinner</b> <b>5pm</b>	<b>29</b>  <b>Foot Care</b> <b>10 am-1 pm by appt</b> <b>Savannah's Supper</b> <b>Rainier Methodist Church</b>

April 2016 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
 Events are subject to change without notice.

## APRIL MENU

<b>Volunteer Hours For February: 561</b> <b>Meals Served For February: 847</b>				
				1 Roast Beef Potatoes & Gravy Carrots Tossed Green Salad
4 Chicken Pot Pie Mixed Veggies Fruit Cocktail	5 Ham Slice Scalloped Potatoes Peas Apple Salad	6 Spanish Rice W/Chicken Tossed Salad Corn Bread	7 Salisbury Steak Mashed Potatoes Veggie Tossed Green Salad Dinner Roll	8 Beef Stroganoff Noodles Carrots 3-Bean Salad
9 Creamy Ham W/Noodles Veggie 3-Bean Salad	10 Mandarin Pork Brown Rice Pea Salad	13 Swedish Meatballs Egg Noodles Veggie Fruit	14 Homemade Chicken Noodle Soup Fruit Salad Hot Rolls	15 Fresh Salmon Oven Baked Red Potatoes Green Salad Veggie
18 Hot Beef Sandwich Mashed Potatoes Green Beans Coleslaw	19 Spaghetti W/Meat Sauce Veggie Lettuce Salad Garlic Bread	20 Chicken Fried Steak Mashed Potatoes Gravy 3 Bean Salad	21 Beef Taco Salad W/ All The Fixings Chips Peaches	22 Lemon Chicken Herb Rice Carrot Salad
25 Sweat & Sour Meatballs Rice Peas Mixed Fruit	26 Fish & Chips Green Beans Coleslaw	27 Creamy Baked Chicken Mixed Veggies Bread	28 Meat Loaf Veggies Baked Potato Tossed Salad	29 Pork Chops Apple Sauce Stuffing Veggie Mixed Salad

**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 10:30am.**

**Menu is subject to change without notice.**

**Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$4.**

# Luck 'O The Irish Celebration

March 17th

78 Meals  
Served in 30 Min

Great Job!



5-Area Luncheon  
APRIL 25  
Clatskanie Center  
Sign up at the Desk



Membership Meeting  
Wednesday, April 27  
at 1pm