

Sponsors That Support Our Center

**Burger King
Columbia River PUD
Deer Island Grange
Eagles
Fred Meyer
Jack-in-the-Box
Lower Columbia Insurance
Old Pastime Tavern
Nys Tree Farm
Rainier Appliance
Rainier Church of God
Rainier Liquor Store
Rainier True Value
St Helens Ace Hardware
Shari's Restaurant
The Cornerstone Cafe
United Methodist Church**

**City of Rainier
Country Financial
Deli Store
El Tapatio
Foster Farms
Horse Tail Flats B&B
J&R Sales
Means Nursery
Olivia Brothers Rentals
Rainier Chevron Food Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Brothers
United Way**



"A Great Place...For Great People"

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



Riverside Review

Volume 2016

Issue 3

March 1, 2016

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E-mail: rainierseniorc@gmail.com

Phone: 503-556-3889

Web: RainierSeniors.com

Luck 'o The Irish RAFFLE

**Thursday
MARCH 17**



RAFFLE TICKETS
\$1/ea or \$5/6 Tickets
Purchase your tickets
Monday through Friday
9:30am to 3:00pm

Special Lunch
Corned Beef and Cabbage etc
served at noon
Under 60=\$6; 60 yrs or more=\$5

Prizes Include:

- **Gift Cards - \$25 to \$100**
- **2 nights stay at Seaside Condo**
- **Specialty Filled Baskets**
- **Special Services**

Need a Place To Celebrate
a wedding, birthday, anniversary
or reunion?
Rent the Senior Center
Contact Jan at the
Center 503-556-3889

Board Members

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

Newsletter Editor: Beth Bailey



Irish Blessings:

*May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields and,
Until we meet again,
May God hold you in the palm of His hand.*

*May your troubles be less,
And your blessings be more.
And nothing but happiness,
Come through your door.*

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

Nominate someone fabulous for the 2016 My Fair Lady Court

Do you know a fabulous senior woman who volunteers in our community? If you do, please nominate her for the 2016 My Fair Lady Court. Nominations are due April 8, 2016.

The My Fair Lady pageant is held during the Columbia County Fair each year and honors senior women for outstanding community service. Columbia River PUD has sponsored the My Fair Lady Pageant since 1991 in conjunction with the Retired Senior Volunteer Program and Columbia River Fire and Rescue.

Nomination forms are available at the RSVP office in St. Helens, or online at www.crpud.net/myfairlady.



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

**5-Area Luncheon
MARCH 28
Scappoose Center**

Sign up at the Desk

Membership Meeting
Wednesday, March 23
at 1pm



Coming to Columbia County MARCH 15

FREE Workshop and Blood Pressure Checkup

Clinic: 9:15 am - 10 am

Speakers: 10 am to Noon

Where: Scappoose Library

52469 SE 2nd St, Scappoose

**RSVP: Space is limited, Call to reserve
503-203-6724**

- Concerned about a family member?
Meet Barbara Crawford, Columbia Medical Alarm, Inc
- What's the difference- Forgot, Dementia, Alzheimer's?
Meet Spokesperson/Alzheimer's Association
- Check your blood pressure & sugar counts
Meet Synova Reed, RN

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

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

See Marily to reserve your space

Are you preparing for Pi Day?

**Pi Day at the Senior Center
Monday, March 14**

Come join us for

Shepherd's Pie

Served at Noon

**Cost: Under 60, \$6.00
60+, \$5.00**

Senior Center Activities

MONDAY



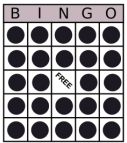
Blood Pressure Check
11 am by Lowell Norbaum

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



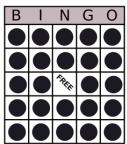
Music by

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



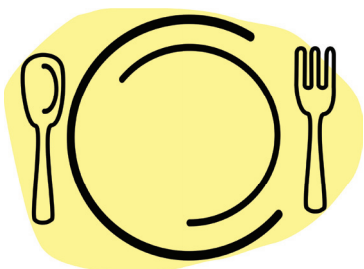
Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

TUESDAY



Bingo
10:30 am

MARCH
POTLUCK DINNER



Thursday
March 24
5pm

Come join the event!

WEDNESDAY



Music
3rd Wednesday

THURSDAY



Easy Exercise
with Rachel Kelley
starts at 9:45 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



Music
1st and 3rd Friday

Celebrate PI Day
at
Rainier Senior Center

MARCH 14, 2016
Serving
Shepherd's Pie
Pasta Salad & Roll
Under 60, \$6.00
Over 60, \$5.00



Happy Birthday to our March Birthday Members

Birthday Flower: Daffodil

Birthstone: Aquamarine

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

3/1 Herb Williamson
3/2 Amy Everman
3/6 Doris Hale
3/10 Patricia Humphrey
3/10 Hazel Price
3/11 John Lundahl
3/12 Jim Coffman
3/15 Louise Godsey
3/16 Ed Hoffman

3/17 Patricia Winans
3/18 Katherine Hendrickson
3/20 Lois Gaston
3/24 Linda Frase
3/24 Debbie Teschner
3/26 Marily Tift
3/26 Ivan Jones
3/29 Noma Carter-Winschel
3/29 Walter Winschell
3/29 Harold Londo



**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: Clint Kelley


Rainier's volunteer for the month is Clint Kelley. He always has great ideas for decorating our Senior Center for the special occasions either for our fund raisers or the holidays. He is always willing to help out whenever he is needed. As a past and present board member, he has been a key to our success. Clint always adds a special touch to each event.

MARCH EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1  10:30 am	2	3  Exercise with Rachel 9:45 am Pinochle 1:00 pm	4  Foot Care 10 am-1 pm Music with Eric 11 am
7  Music-3 of Us Blood Pressure Check 11 am Bingo - 6 pm	8  10:30 am Men's/Women's VFW 1:30 pm	9	10  Exercise with Rachel 9:45 am WIC 9:30am-1:00pm Russ Clark- Veteran Officer 1pm	11  Foot Care 10 am-1 pm
14  3 of Us 11 am Blood Pressure Check 11 am Bingo -6pm	15  10:30 am	16 Board Meeting 1pm	17  Exercise with Rachel 9:45 am Pinochle 1:00 pm Veterans Advisor 1:00pm Raffle at Lunch	18  Foot Care 10 am-1 pm Music with Vern
21  3 of Us Bingo - 6 pm	22  10:30 am	23  Member Meeting 1pm	24  Exercise with Rachel 9:45 am	25  Foot Care 10 am-1 pm
28 3 of Us Blood Pressure Check 11 am	29  10:30 am	30	31  Exercise with Rachel 9:45 am	

March 2016 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice.

MARCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 
	Stuffed Chicken Breast Romaine Salad Mixed Fruit	Beef Tacos Spanish Rice Refried Beans Pineapple Tidbits	Stuffed Baked Potato Cottage Cheese Apricots Rolls	Roasted Turkey Mashed Potatoes Gravy Stuffing Veggies
7	8	9	10	11
Meatloaf Roasted Potatoes Peas & Carrots Rolls	Hot Turkey Sandwich Mashed Potatoes Gravy Mixed Veggies Green Salad	Salmon Patties Potatoes Melba Veggies Green Salad	Chicken Chow Mein Rice & Crispy Noodles Oriental Veggies Mandarin Oranges	Baked Talapia Rice Pilaf 3-Bean Salad Pears
14	15	16	17	18
Shepherd's Pie Pasta Salad Rolls	Hamburger Baked Beans Potato Salad Melon/Fruit	Potato Soup Turkey Sandwich Coleslaw Fruit Salad	Corned Beef & Cabbage Potatoes & Carrots Fruit Cocktail Beans	Baked Lasagna Italian Vegetables Mixed Green Salad Apricot Halves Rolls
21	22	23	24	25
Corned Beef Stew Potatoes & Carrots Green Salad Biscuits Jello & Fruit	Chef's Salad W/Fixings Roll Mandarin Oranges	Tuna Loaf Seasoned Potatoes Green Beans Mixed Fruit Rolls	Open Faced Hot Roast Beef Sandwich Mashed Potatoes Fresh Fruit	Oven Fried Chicken Mashed Potatoes w/Gravy Carror/Raisin Salad Veggies
28	29	30	31	January
Ham Sweet Potatoes Green Bean Cassarole Green Salad Roll	Goulash Veggies Salad	Salisbury Steak Jo Jo's Green Salad Peaches	Ham & Beans Spinach Jello w/Fruit Cornbread	Total Meals: 813 Volunteer Hrs: 495.5
5-Area Luncheon St Helens				

Rainier Senior Center Lunch Menu

503-556-3889

www.RainierSeniors.com

Call in and carry-out orders need to be in no later than 10:30am.

Menu is subject to change without notice.

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



LUCK of the IRISH RAFFLE

Thursday

MARCH 17, 2016

Drawing During Lunch

Tickets \$1.00 ea or 6/\$5.00

Prizes:

Ace Hardware \$100 Gift Card

2 nights in April at Worldmark Condo @ Seaside

**\$25 Gift Cards- Harbor Freight, El Tapitio, Cornerstone and
more**

Specialty Filled Baskets and Individual Items

Special Services

CORNER BEEF & CABBAGE LUNCH

60 yr + for \$5.00

Under 60 for \$6.00

Serving Lunch at Noon

