



RAINIER SENIOR CENTER
A Great Place...For Great People

RIVERSIDE REVIEW

Volume 2015

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Rainier Senior Center
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Rainier, OR 97048

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BOARD MEMBERS:

Randy Bailey President
Rachel Kelley, Secretary
Clint Kelley

Jan Rich, Vice President
Marily Tift, Treasurer
Keith Ekstrom

Newsletter Editor- Liz Sandahl

We are closed on Monday, May 25th in honor of Memorial Day!

The Membership Meeting will be held **Wednesday, May 27th 1:00.**
Nominations for June election of officers needed. **Dues need to be paid 30 days before the June 24th election on June 24th! Volunteers for offices are needed!**

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Easy Exercise Class with Rachel: Rachel is holding an exercise class on **Thursdays at 9:30.** She will make it fun for all! Light exercises.

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Movie Night: We will be showing movie on **Wednesday, May 13th at 5:00.**
The movie is **"Short Circuit"** filmed in Astoria. Free Popcorn.

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Potluck: There will be a potluck dinner at **5:00 on Thursday, May 28th.** Bring a "share" food and come visit with members and others. Bring your own plate and table service.

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Susannah's Supper: Susannah's Suppers will be on **Friday, May 22nd at 6:00.** This is a free meal to the public, not just seniors. Donations are very much appreciated.

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Five Area Luncheon: The 5 Area Luncheon will be at the **Rainier Senior Center** this month on Tuesday, May 26th. Support your center by attending!

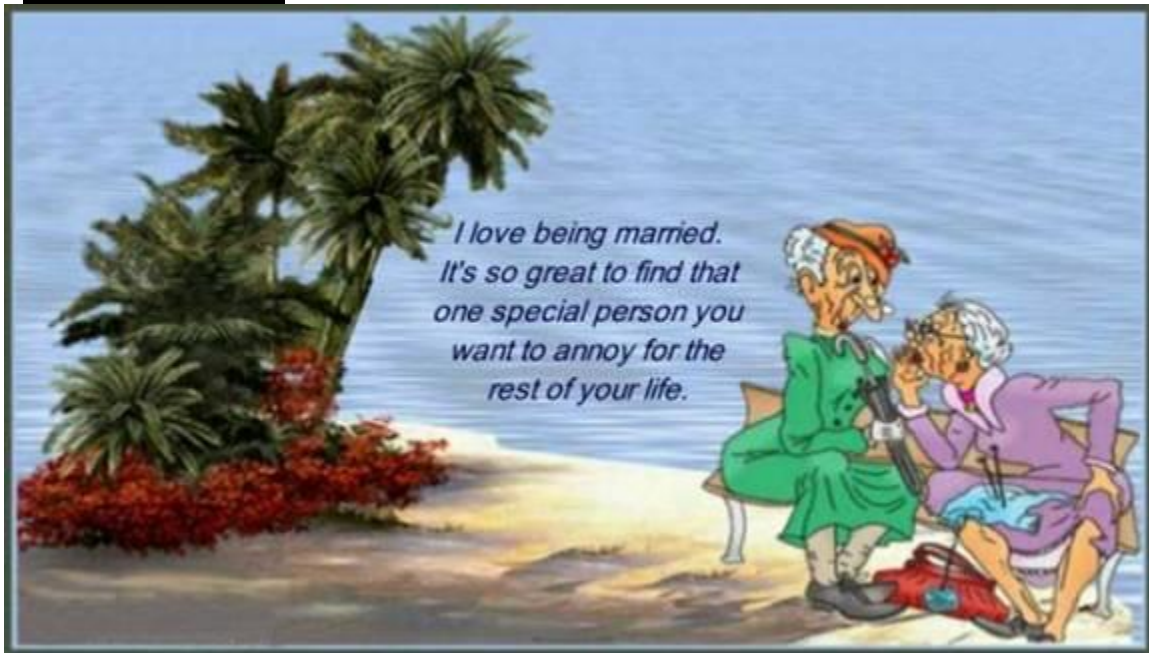
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Volunteer of the Month: The May Volunteer of the Month is **Alan Jones**.

Alan has been a very active member at our Senior Center for many years. Picking up the bread, produce and deli from Fred Meyer for 10 years has meant a great deal to our members. Attending our Membership meetings and many fundraiser events, has helped make them successful. Purchasing the turkeys for our Thanksgiving dinner has been very important for this holiday dinner to be successful. Be sure to congratulate him, and thank him for his many hours of volunteering.

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Health Cartoon:



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Veteran Service Officer: Veterans Service Officer Russ Clark will be in our Rainier Senior Center on **Thursday, May 14th at 1:00**. Russ will answer questions and supply information regarding educational benefits, housing assistance, health care, scholarships and other service benefits. You can also reach him at his office at the Community Action Team in St Helens by calling 503-366-6580.

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Shirley Samples Memorial: We have received many donations in memory of Shirley Samples. Shirley was not only a member, but a volunteer for many years, as well as one of our My Fair Lady Princesses. Thank you for all your donations in this special lady's name.

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HAPPY BIRTHDAY TO OUR MAY BIRTHDAY MEMBERS!

Birthday: Hawthorne Birthday Stone: Emerald

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

- 05/04 Elaine Coffman
- 05/10 Fay Harmon
- 05/11 George Cornwall
- 05/15 Evelyn Boursaw
- 05/15 Connie Budge
- 05/16 Linda Gannon
- 05/17 Ray W. Johnson
- 05/18 Jennifer Dias
- 05/22 William Dias
- 05/26 Myra Lawler
- 05/28 Vella Painter
- 05/28 Grace Sprague
- 05/58 William Roper
- 05/3 Frances Bailey
- 05/30 Larry Wallace
- 05/30 Linda Roberts
- 05/30 Joyce Ryan
- 05/31 Howard Woodruff

Holidays

- 05/01 May Day
- 05/10 Mother's Day
- 05/16 Armed Forces Day
- 05/25 Memorial Day

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Morning Bingo: For those who enjoy BINGO, but do not want to come out at night, we are going to have morning BINGO sessions **on EVERY Tuesday, at 10:30**. Cards are \$3.00. Come have fun and stay for lunch.

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BP Checks: Lowell Norbom R.N will be here on Mondays at 11:00 to do **free** blood pressure and oxygen checks. Be sure to have yours checked!

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Breakfast is Being Served: OPEN TO THE PUBLIC: Come to the center for breakfast from **9:00 to 10:30** weekdays. The menu is: 2 Pancakes with 2 eggs and bacon for a suggested donation of \$4.00,(or @2.50 for smaller orders); Hash browns with 2 eggs and bacon for \$4.00; Biscuits and Gravy \$4.00; oatmeal is \$1.75; side order of bacon (4) is \$2.50; and 2 eggs is \$1.75. A really good deal!

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Fred Meyer Community Rewards: The Rainier Senior Center can earn donations from Fred Meyer by members that shop at Fred Meyers, and by signing up for the Community Rewards program by linking their card at **www.fredmeyer.com/communityrewards** or call **1-800-576-4377** and select **option 3**. You can search for us by name-**Rainier Senior Center**- or use our non-profit number of **94223**. You will still get your reward points, fuel point, and rebates just the same. **This will help our senior center earn money!**

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Special Event Lunch: The center is now offering a ***Special Luncheon for 2*** with anyone that would like to celebrate an anniversary, birthday, or for any other special occasion for **\$20.00 for two**. Amenities will include a special table with tablecloths & decorations, glassware, flutes with a bottle of sparkling cider, and a personal waiter to serve your lunch. If you have questions, or want to make reservations, contact the front desk.

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Senior Fair: The 8th Annual Senior Fair at the Three Rivers mall will be on **May 6th** and we will have a table again this year. It starts at 9:00am and runs until 3:00. No money can exchange hands but we will be handing out items, and promoting our Fred Meyer Community Rewards Program, and membership applications.

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Foot Care: Starting on April 9th the Center will be offering foot care. Lowell Norbom, retired RN, will require 45 minutes for an initial appointment. He will trim toenails, and relieve corns and calluses. The cost will be **\$15** which will go the Center. **Call the center for an appointment at 503-556-3889**. The available appointments start at **10:00 on Fridays from 10:00-1:00**. **You must have an appointment.**

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The Cornerstone Cafe: **A BIG THANK YOU** goes to the **Cornerstone Café** for their help raising money for our center!! We received **20%** of their sales from **4-8 on April 15th**, and collected donation envelopes for us. Our total for

that event was over \$300.00! They are a great sponsor. Thank you also to all the people that dined there to help our center, as well as enjoy great food.

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Act Now for the Best Savings on Home Energy Upgrades



If you'd like to save up to 50 percent on the cost of home energy upgrades, now is the time to act.

With rebates from Columbia River People's Utility District (PUD), projects like adding insulation or replacing your windows are much more affordable. But if you're thinking about tackling a project like this, you should act quickly. The PUD's rebate amounts for insulation upgrades and window replacement are dropping this fall.

If your home has electric heat and an energy upgrade is something you've been considering, please act now for the best savings. Call the PUD's Energy Experts at (503) 366-5470 to learn more about home energy rebates or to request a free in-home energy evaluation.

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Cinco De Mayo: On Tuesday, May 5th we will be serving Mild Tacos and Non-alcoholoc Margaritas to celebrate this special day.

5 Area Luncheon: We will be celebrating the 5 Area Luncheon on **Tuesday, May 26th** as the Vernonia Center is closed. It will be a special lunch with PICNIC food. The **3 of Us** will be there to play music. Come join the fun!

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Parents' Dictionary:

1. Family Planning: The Art of spacing your children the proper distance apart to keep you on the edge of financial disaster.
2. Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.

3. Independent: How we want our children to be as long as they do everything we say.

4. Show Off: A grandchild who is more talented than yours.

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A guy decides to take off work early and go drinking. He stays in the bar until it closes at 2 in the morning, at which time he is extremely drunk.

When he gets back to his house, he doesn't want to wake anyone up, so he takes off his shoes and starts tiptoeing up the stairs. Halfway up the stairs, he loses his balance, falls over backwards, and lands flat on his rear end. That wouldn't be so bad, except he had a couple of empty pint bottles in his back pockets, and they broke. The broken glass carved up his rear end terribly, but he was so drunk he didn't know he was hurt.

A few minutes later, as he was undressing, he saw some blood. He checked himself out in the mirror and sure enough, his rear end is cut up something terrible. He repaired the damage as best he could under the circumstances and went to bed. The next morning, his head was hurting and his rear was hurting, and he was laying under the covers trying to think up a good story when his wife came into the bedroom.

"Well, you really tied one on last night," she said. "Where'd you go?"

"I worked late," he said, "and I stopped off for a couple of beers.



"A couple of beers? That's a laugh," she replied. "You were plastered last night! Where did you go?"

"What makes you so sure I got drunk last night, anyway?" he asked.

"Well," she replied, "My first big clue was when I got up this morning and found a bunch of band-aids stuck to the mirror!"

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Third Graders answer about spring break: we always used to spend the holidays with Grandma and Grandpa. They used to live here in a big, brick house, but Grandpa got retarded and they moved to Arizona. Now they live in a place with a lot of other retarded people. They ride around on big tricycles and wear name tags because they don't know who they are anymore.

				1 <i>Eric & Cheri on Banjo</i>  Cake Foot Care-Appt.
4 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	5 <i>Cinco De Mayo</i> Bingo 10:30 Women's VFW 1:30 Men's VFW 6:30	6 Senior Fair at 3 Rivers Mall	7 Exercise with Rachel 9:30 Pinochle 1:00 Vet. Service Officer 1:00	8 Mother's Day Luncheon Foot Care-Appt.
11 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	12 Bingo 10:30 <i>Becky</i>	13 WIC 9-11:00 Movie 5:00	14 Exercise with Rachel 9:30	15 Foot Care-Appt.
18 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	19 Bingo 10:30	20 Board Meeting 1:00	21 <i>Vern Kennedy</i> Exercise 9:30 Pinochle 1:00 Pot Luck 5:00	22 Foot Care-Appt. Susannah's Supper 6:00
25  CLOSED	26 <i>3 of Us</i> Bingo 10:15 5 Area Lunch Rainier	27 Membership Meeting 1:00	28 Exercise 9:30	29 Foot Care-Appt.

MAY 2015 Rainier Senior Center Activities www.RainierSeniors.com

Music Begins at 11:00am at the center.

Events are subject to change without notice.

Morning Bingo: Bingo every Tuesday morning, at 10:30. \$3.00 per card.

Evening Bingo: Bingo is played in the evening every Monday at 6:00. \$5.00 per card.

Exercise class: Exercise with Rachel every Thursday at 9:30.

Movie: Free movie on Wednesday, May 13th at 5:00. - "Short Circuit."

Mother's Day: Special Luncheon on Friday, May 8th..

Potluck: Potluck will be Thursday, May 21st at 5:00.

Susannah's Supper: Will be on Friday, May 22nd at 6:00.

Memorial Day: We will be **CLOSED** in honor of Memorial Day.

5 Area Lunch : Will be on Tuesday, May 26th. Support your center.

LUNCH MENU FOR MAY 2015

**LUNCH IS SERVED AT
AT NOON AT THE CENTER!!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1* <i>Music/Cake</i>  Baked Turkey Stuffing & Gravy Jell-O w/ Man. Oranges
4 * <i>Music</i> Roast Beef Baked Potatoes Green Beans Roll	5 Mild Tacos Non-Alcohol Margaritas	6 Stir Fry Rice Sweet & Sour Chicken	7 Swiss Steak Dilled Carrots Romaine Salad Roll	8 Clam Chowder Cole Slaw w/Carrots Egg Salad Sandwich
11 * <i>Music</i> Spaghetti Tossed salad Med. Veggies Garlic Bread	12 * <i>Music</i> Stuffed Bell Peppers Broccoli & Cheese Soup	13 Baked Chicken Calif. Veggies Rice Strawberries	14 Salad Bar Apricots	15 BBQ Ribs Baked Potatoes Carrot Salad
18 * <i>Music</i> Meat Loaf Mashed Spuds w/Gravy Calif. Veggies Tossed Salad	19 "Breakfast" Bacon & Eggs Waffles Peaches w/Cottage Cheese	20 Lima Beans & Ham Soup w/Carrots Green Salad Cornbread Apricots	21 * <i>Music</i> Chicken Ala King w/Peas & Carrots Pears w/Strawberries	22 Fish Baked Spud Cole Slaw w/Carrots Mixed fruit
25  CLOSED	26 * <i>Music</i> Bingo 10:15 5 Area Lunch PICNIC	27 Split Pea Soup Ham & Cheese Sandwich Pineapple	28 Swedish Meat Balls Mashed Spuds Carrots Tossed Salad	29 Pork Roast Mashed Spuds Brussels Sprouts w/Carrots Roll

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 age 60 and \$6 for under age 60 for lunch. Breakfast is served weekday mornings from 8:30-10:30 for a suggested \$4.00 donation.

We served 832 meals in March, plus 455.5 volunteer hours!

The Wonders of Being 80!

I have good news for you. The first 80 years are the hardest. The second 80, so far as my experience goes, is a succession of birthday parties.

Everybody wants to carry your luggage and help you up the stairs. If you forget your name, or anybody's name, forget to fulfill an appointment, or promise to be there or four places at the same time, or spell words wrong, you need only explain that you are 80.

At 80, you can relax with no misgivings. You have a perfect alibi for everything. Nobody expects much of you. If you act silly, it's your second childhood. Everybody is looking for symptoms of softening of the brain. It is a great deal better than being 65 or 70.

In that age bracket, they expect you to retire to a little house in Florida and become a discontented, fumbling, limping, has-been! But if you survive until you are 80, everybody is surprised that you can reveal lucid intervals. At 70, people are mad at you for everything. At 80 they forgive you for everything. If you ask me, LIFE BEGINS AT 80!

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In Honor of Mother's Day

Mother's Dictionary of Meanings:

1. Dumbwaiter: One who asks if the kids would care for dessert.
2. Full Name: what you call you child when you're mad at him.
3. Hearsay: What toddlers do when anyone mutters a dirty word.
4. Puddle: A small body of water that draws other small bodies wearing dry shoes into it.
5. Top Bunk: Where you should never put a childwearing Superman jammies.
6. Two-Minute Warning: When the baby's face turns red and she begins to make those familiar grunting noises.
7. Whodunit: Non of the kids that live in your house.
8. Independent: What we want our children to be for as long as they do everything we say.

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Rainier Church of God
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Brothers
United Way**

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El Tapatio
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Fred Meyer
Jack-in-the-Box
Knot Just a Bear
Means Nursery
Olivia Brothers Rentals
Rainier Chevron Food Mart
Rainier Exhaust & Tire
Rainier Liquor Store
Rainier True Value
St Helens Ace Hardware
Shari's Restaurant
The Cornerstone Cafe
United Methodist Church**



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