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Deer Island Grange
Eagles
Forever Chic
Fred Meyer
Jack-in-the-Box
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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

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City-Wide Garage Sale Results

The City-Wide Garage Sale at the Senior Center was well attended. We brought in \$468 that goes into the general fund. The food at the event was a hit with vendors and visitors.

Thanks to all who helped donate items, set-up, clean-up and organize. I especially want to thank the folks that donated items to the sale as well as the volunteers who helped organize it and worked throughout the day: Rachel and Clint Kelley, Jan Rich, Marily Tift, Ron and Shirley Emerick, Judy Brown, Joanne Bernard, Irene Gibson, Cookie King and Laritta Edwards. This event would not have been possible without them.

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**



Membership Meeting

Wednesday, September 23
at 1pm

Welcome to our
NEW MEMBERS

Judy Olson - Rainier
Clifford Leroy Knutson - Kelso

Make sure to say hi and get to know more about them when they visit the center.

Join us

September 19

for our

Bingo Fund-raiser

Starts at 6:00 PM

Come join the fun with family
and/or friends!

Lots of great prizes throughout the night as well as a Grand Prize.

Snacks, Soda and more will also be available for purchase.

Cost: \$10 per card
\$1 extra per card on Blackout

Have some news to share?

Send any information to our newsletter email: rscriversidereview@gmail.com

Help Your Neighbors in Need - Give to GLOW

Warm a heart and a household – Give to the Neighbor's GLOW (Give Light, Offer Warmth) Fund.

GLOW helps low-income PUD customers who are behind in their payments and at risk for having their power shut off. A GLOW donation helps them to keep their power on and their household warm. Through the generous donations of customers like you, GLOW is able to help hundreds of families in our community each year.

Consider making a donation to GLOW today. Every dollar contributed goes to customers needing assistance. You can make a one-time gift, or donate a little each month when you pay your electric bill.

To make a donation or to learn more, call Customer Accounts

at (503) 397-0590 or visit www.crpud.net/glow.



Special Presentation

“Probate Court and Estate Planning”

Wednesday, September 16 at 1PM

Presented by Steve Petersen, Attorney



We had received requests from several members who were interested in learning more for themselves as well as other family members about planning an estate. Come to the presentation offered by an established Rainier attorney. Give yourself peace of mind that you are handling your affairs in accordance with the law and give a clear understanding of your intentions.

No Reservations required. Members and friends are invited to attend.

AARP The Magazine Real Possibilities

AARP can be a great resource of information regarding your life as a senior and how you can improve your lifestyle. Whether you have questions about insurance, health care, or housing, you can surely find the information you need.

AARP offers many discounts at various businesses throughout the United States. AARP magazine is **FREE** with your membership.

AARP is a nonprofit, nonpartisan organization that helps people 50 and older improve the quality of their lives.

Yearly membership: \$16 per year, includes spouse.

Senior Center Activities

MONDAY



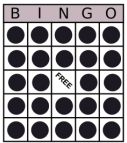
Blood Pressure Check 11 am by Lowell Norbaum

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



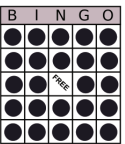
Music by

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



Morning Bingo
starts at 10:30am
\$3 per card
Come have fun and stay for lunch.

THURSDAY



Easy Exercise with Rachel Kelley starts at 9:30am

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 Friday

SATURDAY

BINGO FUND RAISER
SEPTEMBER 19 at 6PM
\$5 per card

Special Event Lunch

Reserve a **Special Luncheon for 2** with anyone to celebrate an anniversary, a birthday or any other special occasion.

Cost: \$20 for two

Amenities include a special table with tablecloth and decorations, glassware, flutes with sparkling cider and a personal waiter.

Contact the desk for more information or reservations.





Happy Birthday to our September Birthday Members

Birthday Flower: Morning Glory Birthstone: Sapphire

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

9/7 Henry Keith
9/8 Clint Kelley
9/8 Joe Hayes
9/9 Jewel Lee
9/10 Don Painter
9/13 Margie Clark
9/13 Joe Olivia
9/14 Maxie Ed Yancey
9/15 Barbara Foster
9/17 Larena LeMaire

9/18 Dan Carter
9/19 Brenda Corser
9/21 Darlene Rea
9/22 Joanne Bernard
9/22 James Brooks
9/23 Marvin Jones
9/24 Paul Huntington
9/25 Randy Hamlin
9/30 Dave Medows



The Rainier Senior Center can earn money from Fred Meyer by anyone who shop there and signing up for the Community Rewards Program.

Help Our Senior Center Earn Money!

Link your card by calling **1-800-576-4377** and select **option 3**.















Ask them to search for us by name on Fred Meyer's website - **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: Sandie Scholten

Sandie is a fairly new member who has stepped up quickly and is getting really involved in our senior center. She is working the desk and delivering meals on wheels. She is a board member and is always willing to take on new challenges. She has taken supervision of Meals-on-Wheels, coordinating drivers and paperwork for CAT. We are very happy to have her as a member and volunteer of our Senior Center.

SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1  10:30 am	2	3  Exercise with Rachel 9:30 am Pinochle 1:00 pm	4  10 am-1 pm Music with Eric 11 am
7 3 of Us 11 am Blood Pressure Check 11 am Bingo - 6 pm	8  10:30 am Women's VFW 1:30 pm Men's VFW 6:30pm	9 WIC 9-11:00 Board Meeting 1 pm	10  Exercise with Rachel 9:30 am	11  10 am-1 pm
14 3 of Us 11 am Blood Pressure Check 11 am Bingo - 6 pm	15  10:30 am	16 Estate Planning presented by Steve Peterson, Rainier attorney	17  Exercise with Rachel 9:30 am Pinochle 1:00 pm Music with Vern	18  10 am-1 pm *** Bingo Fund-Raiser Saturday
21 3 of Us 11 am Blood Pressure Check 11 am Bingo - 6 pm	22  10:30 am	23  Member Meeting 1pm	24  Exercise with Rachel 9:30 am	25  10 am-1 pm Susannah's Supper 6 pm
28 3 of Us 11 am Blood Pressure 5 Area Luncheon Clatskanie Bingo - 6 pm	29  10:30 am	30	Saturday September 19 at 6PM Bingo Fund-Raiser \$10 per card	

September 2015 Rainier Senior Center Activities - www.RainierSeniors.com

Events are subject to change without notice.

5 Area Luncheon: Monday, September 28 in Clatskanie. Signup sheet at the desk.

SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Casserole Peas Coleslaw Melon Wedges	2 Vegetable Soup Ham Sandwich Whole Grain Bread Fruit Salad Macaroni Salad	3 Porcupine Meatballs Corn Peaches Romaine Salad	4 Baked Ham Candied Squash Green Beans Pea Salad Roll
7 CLOSED	8 Polish Sausage Sauerkraut Tomatoes Potato Salad Carrots	9 Beef Tamale Pie Tossed Green Salad Spinach w/vinegar Tapioca Pudding Bread or rolls	10 Roast Beef w/Gravy Mashed Potatoes Italian Pasta Salad Broccoli Bread or rolls	11 Teriyaki Meatballs Rice w/carrots and peas Stir Fry Veggies Jello Salad w/Fruit
14 Tuna Loaf Green Salad Spinach w/Vinegar Whole Grain Bread	15 Baked Ham Yams w/Pineapple Fruit Salad Green Beans	16 Clam Chowder Broccoli Salad Crackers Dessert	17 Corned Beef Stewed Cabbage Scalloped Potatoes Carrots Garlic Bread	18 Hamburger Patties Baked Beans Potato Salad Broccoli/Cauliflower Fruit and Rolls
21 Talapia Au Gratin Potatoes Beets Corn Salad Whole Grain Bread	22 Salisbury Steak Mashed Potatoes & Gravy Peas w/carrots Coleslaw & Rolls	23 Beef Enchilada Casserole Green Beans Beet & Onion Salad Garlic Bread	24 Sweet & Sour Chicken w/Roll Lemon Rice Oriental Vegetables Asian Coleslaw	25 Hamburger Stroganoff Crunchy Pea Salad Cauliflower/Carrots Garlic Bread
28 Mac & Cheese w/ Ham Green Salad Carrots Jello w/Fruit Whole Grain Bread	29 Swedish Meatballs Buttered Noodles Broccoli Salad Beets Bread or Rolls	30 Smothered Pork Chops Mashed Potatoes & Gravy Green Salad & Rolls	We served 880 meals in July. Total Volunteer hours for July was 595!	

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.

Follow the Rules

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet who insisted he didn't need my help to leave the hospital.



After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

**No Movie this month
Potluck
September 24 at 5pm
5-Area Luncheon
September 28 at Clatskanie**



Breakfast
is now being served

9:00-10:30

Suggested donation \$4

Wisdom From Seniors

The best way to forget all your troubles is to wear tight shoes.

The nice part about living in a small town is that when you don't know what you're doing, someone else does.

The older you get, the tougher it is to lose weight because by then your body and your fat are really good friends.

**DONATIONS
for Annual
BINGO FUND-RAISER
are needed.
Bring into the center or
contact Marily**

**Make this the best fund-raiser
ever!**

