

Sponsors That Support Our Center

**Burger King
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Deer Island Grange
Eagles
Forever Chic
Fred Meyer
Jack-in-the-Box
Lower Columbia Insurance
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 2015

Issue 9

October 1, 2015

48 W 7th Street, Rainier, OR 97048
Email: rainierseniors@gmail.com

Phone: 504-556-3889
Web: RainierSeniors.com

Join us
OCTOBER 17
for our
Bowling FUN-draiser
at Triangle Bowl
Longview

Starts at 1:00 PM

\$10 per person
includes 2 bowling games
and shoes

Come join the fun with family
and/or friends!



Membership Meeting

Wednesday, October 21
at 1pm

Welcome to our
NEW MEMBER

Don Carnahan - Clatskanie
Rita Brady- Rainier

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

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***

HARVEST PARTY
Saturday, October 24
6:00-8:00 pm



The Harvest Party will begin with fun games and finger foods followed by a costume contest and pumpkin carving contest. Come as you are or dress up in costume...everyone is welcome. Pumpkins must be ready to display for voting. There will, of course, be prizes for the games as well as the contests.

Bring your family and friends for an
awesome evening!
ADULTS ONLY

Have some news to share?

Send any information to our newsletter
email: **rsriversidereview@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.



Unforgettable Senior Moments

"An elderly lady was telling a friend that she had recently joined an aerobics class for seniors at a local fitness center.

How'd it go? *asked the friend.*

Well I bent, I twisted, I jumped up and down, and I perspired for a half-hour, but by the time I'd finally got my leotard on, the class had ended."

Two elderly men were talking about their distant youth.

One said, "Can you remember the name of the first woman you kissed?"

The friend answered, "I can't even remember the name of the last one."

Breakfast
is now being served

9:00-10:30

Suggested donation \$4

TOYS for TOTS
Donations

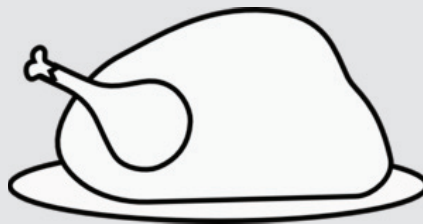


There will be a donation tube in the Senior Center Lobby. Funds raised will be given to the Toys for Tots Initiative to purchase needed toys for area children.

Coming in November
Holiday Crafts
Make your own wreath, decorative table tree or swag



Thanksgiving Dinner
with the Columbia River Handbells



Holiday Photo Shoot

We will be offering holiday portraits for members and friends to give to family and friends. Pet portraits, too.
Look for more information on dates, times and costs.

Senior Center Activities

MONDAY

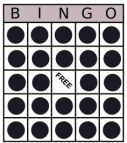


Blood Pressure Check
11 am by Lowell Norbaum

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

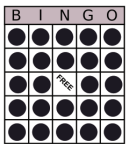


Music by
The Three of Us
Music begins at 11:00.
Sing along or dance to the tunes.



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.

SATURDAY October 17



Bowling FUN-draiser
Triangle Bowl
Longview
starts at 1PM
Cost: \$10/person
includes 2 games and shoes.

WEDNESDAY



Music
3rd Wednesday

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 October 24

HARVEST PARTY
6:00-8:00 PM
Fun and Games
Contests
Finger Foods
Prizes
Cost: \$10/person





Happy Birthday to our October Birthday Members

Birthday Flower: Cosmos Birthstone: Opal

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

10/1 Mayeda Tucker
10/3 Laritta Edwards
10/4 Bev Rea
10/6 Gretchen Buskirk
10/7 Sallie Parson
10/7 Sharri Poorman
10/8 Betty Vilhauer
10/9 Gail Bonser
10/13 Liz Sandhal
10/15 Kerttu Jolma

10/15 Norma Nelson
10/15 Dwight Rich
10/15 Ed Roberts
10/15 Beverly Nichol
10/18 Liz Pollock
10/20 Jim Everman
10/21 Harold Lawler
10/24 Dorothy Hoffman
10/28 Lillibell Welter
10/29 Diana Wallin



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 **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: Delbert Larson

Del has been a great help at our Senior Center. He is always willing to help on our special events as well as serving and delivering meals on wheels. He also picks up bread and more at Fred Meyers. Whenever something needs to be done, Del helps out in any way he can. We are very happy to have him as a member and volunteer of our Senior Center. Make sure to thank him for his great service!

OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
BOWLING FUNDRAISER Saturday, October 17 at 1PM at Triangle Bowl in Longview HARVEST PARTY Saturday, October 24 at 6PM			1  Exercise with Rachel 9:30 am Pinochle 1:00 pm	2  Foot Care 10 am-1 pm Music with Eric 11 am
5 3 of Us 11 am Blood Pressure Check 11 am Bingo - 6 pm	6  10:30 am	7 WIC 9-11:00	8  Exercise with Rachel 9:30 am	9  Foot Care 10 am-1 pm
12 3 of Us 11 am Blood Pressure Check 11 am Beth Moffitt Health Insurance 9-11:30 am Bingo & Men's VFW - 6pm	13  10:30 am Women's VFW 1:30 pm	14	15  Exercise with Rachel 9:30 am Pinochle 1:00 pm Music with Vern	16  Foot Care 10 am-1 pm Geoff Smith Care Oregon Health Insurance- 1pm
19 3 of Us 11 am Blood Pressure Check 11 am Beth Moffitt Health Insurance 9:30 am-12:00pm Bingo - 6 pm	20  10:30 am	21 Board Meeting 1pm	22  Exercise with Rachel 9:30 am Potluck and Game Night at 6pm	23  Foot Care 10 am-1 pm Susannah's Supper 6 pm
26 3 of Us 11 am Blood Pressure Check 11 am 5 Area Luncheon Scappoose Bingo - 6 pm	27  10:30 am	28  Member Meeting 1pm	29  Exercise with Rachel 9:30 am	30  Foot Care 10 am-1 pm Geoff Smith Care Oregon Health Insurance -1pm

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

Events are subject to change without notice.

5 Area Luncheon: Monday, October 26 in Scappoose- Sign up for the bus at the desk

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
We served 904 meals in August. Total Volunteer hours for August was 520.25!			1 Spaghetti w/Meat Sauce Marinated Veg Salad Beet Pumpkin Dessert Garlic Bread	2  Lasagna Tossed Green Salad 5-way Vegetables Dessert Whole Grain Bread
5 Broccoli Soup Cheese Sandwich Peas & Carrots Dessert	6 Chicken Breast Cornbread Stuffing California Mixed Veg. Jello w/ Mixed Fruit	7 Chicken Fajitas (Peppers, Onions, Salsa) Flour Tortillas Spanish Rice Refried Beans	8 Salad Buffet Vegetable Beef Soup Garlic Bread Cottage Cheese Dessert	9 BBQ Ribs Potato Salad Vegetables Pineapple Tidbits Whole Wheat Roll
12 Stuffed Green Peppers Roasted Red Potatoes Mixed Green Salad Carrot Coins Cheesy Bread	13 Taco Soup w/Cheese Whole Grain Torilla Chips Fruit Salad	14 Roast Beef w/Gravy Mashed Potatoes Green Beans Peach Slices Biscuits	15 Tuna Noodle Casserole Peas Carrot/Raisin Salad Tropical Mixed Fruit Whole Wheat Roll	16 Baked Talapia New Potatoes Romaine Salad Jello w/Mixed Fruit
19 Beef Stroganoff Egg Noodles Mixed Veg w/carrots 3-Bean Salad Orange Wedges	20 Salmon Loaf Green Beans Salad Peach Slices Garlic Bread Sticks	21 Country Chicken Roasted Potatoes Salad Pineapple Tidbits Roll	22 Chicken Noodle Soup Ham Sandwich Cole Slaw Mandarin Oranges	23 Meat Loaf Seasoned New Potatoes Mixed Green Salad Apricot Halves Sugar Free Pudding
26 Chili w/Beans Mixed Vegetables Apple Sauce Corn Muffins	27 Pizza Green Salad Cottage Cheese Pineapple	28 Tomato Soup Toasted Cheese Sandwich 3-Bean Salad Mixed Fruit	29 Beef Stew Potatoes & Carrots Mixed Green Salad Baked Apples Biscuits	30 Oven-Fried Chicken Mashed Potatoes w/ Gravy Caesar Salad Green Beans Ice Cream

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.

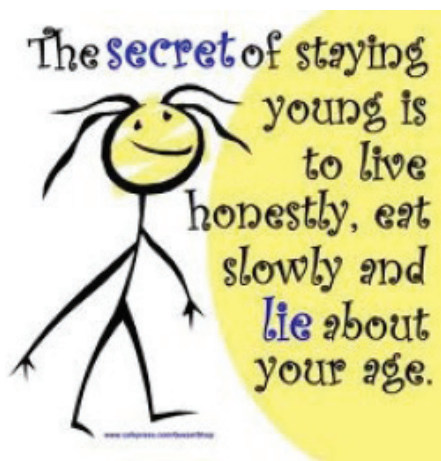
Menu is subject to change without notice.

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



There will be NO
5-Area Luncheon for
November and December

**DRIVERS NEEDED
for
Meals-on-Wheels
Ask for more info at the desk**



More Senior Moment Snippets

"There's always a lot to be thankful for if you take time to look for it. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt."

"I was thinking about how a status symbol of today is those cell phones that everyone has clipped on. I can't afford one so I'm wearing my garage door opener"

Will says, "I don't drink anymore, I can get the same feeling from standing up quickly."

No Movie this month

**Potluck and Game Night
October 22 at 5pm**

**5-Area Luncheon
October 26 at Scappoose
Sign up for the bus**

**Coming in
DECEMBER**

Holiday Bazaar

**Holiday Dinner
with the
Rainier HS Choir**

**Don't Forget to Donate
to the
TOYS FOR TOTS
in the donation tube
at the Senior Center Desk**

