

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

**Burger King  
Columbia River PUD  
Cornerstone  
Deli Store  
Dog Zone  
El Tapatio  
Foster Farms  
Hometown Pizza  
J&R Sales  
Means Nursery  
Old Pastime Tavern  
Rainier Chevron Food Mart  
Rainier True Value  
St Helens Ace Hardware  
Shari's Restaurant  
The Cornerstone Cafe  
True Value Hardware  
United Way**

**City of Rainier  
Country Financial  
Deer Island Grange  
Eagles  
Fred Meyer  
Home Depot  
Jack-in-the-Box  
Lower Columbia Insurance  
MPC Computer Solutions  
Nys Tree Farm  
Rainier Appliance  
Rainier Garden Club  
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 8*

*August 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)**



### **August City-Wide Garage Sale Saturday, August 13 8am to 4pm**

Rent a 8 ft table for \$10 and enjoy our air-conditioned center to sell your items. We hope to also have food and beverages. Keep your cool and have fun selling your garage sale items.

**We will be serving hot dogs and  
hamburgers.**

**Call Rachel at 503-369-6382**

**\$10 per 8 ft table**

**Reserve yours soon**

**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*

*Jan Rich, Pres. Keith Ekstrom, V Pres.*  
*Rachel Kelley, Sect. Marily Tift, Tres.*  
*At Large: Shirley Emerick, Clint Kelley,*  
*and Margie Clark*

Newsletter Editor: *Beth Bailey*



### **Town Hall Meeting with**

**Congresswoman  
Suzanne Bonamici**

**August 2  
1:30-2:30 pm**

Discussing education, the economy and jobs, retirement security, Social Security and Medicare, veterans' issues, and any constituents' topics

### *New Summer Hours*

**Rainier Senior Center Hours  
9:30 am to 2:30 pm  
Monday through Friday**

As we approach the middle of summer, the Energy Experts at Columbia River PUD have put together a few tips you can use to avoid the heat and save some money.

1. **Keep the Heat Out:** Use shades or dark window coverings to block heat. Let cool breezes in by opening the shades and windows in the early morning and evening.
2. **Choose Cotton:** Loose fitting, light colored, cotton clothing and linen will help you stay cool during the day and sleep better at night.
3. **Stay Hydrated:** Drink plenty of cold liquids throughout the day to replenish fluids lost through sweat. Avoid caffeine as this promotes dehydration.
4. **Cool Off Your Kitchen:** Keeping the stove and oven off will keep you and your kitchen cooler.
5. **Use a Fan:** Use a portable fan to keep you cool. Be sure to turn the fan off when you leave the room. Placing a cool towel or ice pack on your neck or your wrists will also help.
6. **Visit the Museum:** If the heat is just too much, visit your library, museum, Senior Center or other air-conditioned facility.



For more energy-saving tips, visit [www.crpud.net/tips](http://www.crpud.net/tips) or call our Energy Experts at (503) 366-5470.



***Coming in  
September***

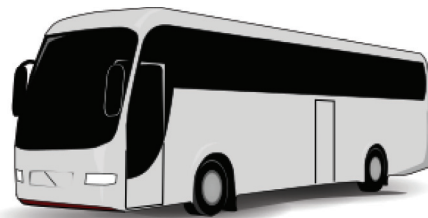
***ELVIS Impersonator***

***Dinner Show and  
Matinee Gospel Revival  
More Details in our  
September Newsletter***

**Register your donation to the Rainier  
Senior Center for the Fred Meyer  
Community Rewards**

Just a reminder that Fred Meyer would like you to register your donation to the community rewards program by designating the Rainier Senior Center as your preferred non-profit choice. If you have any questions on how to do this, ask at the desk.

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



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

**See Marily to reserve your space**

# Senior Center Activities

## MONDAY



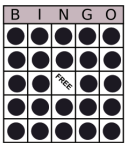
### **Blood Pressure Check** 11 am by Lowell Norbom

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



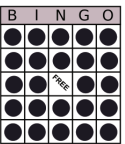
### **Music by**

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



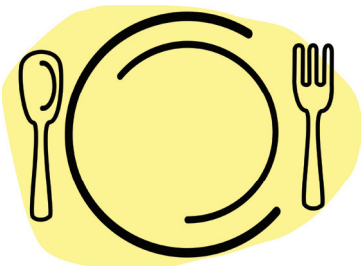
**Evening Bingo**  
starts at 6:00pm  
\$5 per card  
Come have fun.

## TUESDAY



**Bingo**  
10:30 am

## AUGUST POTLUCK DINNER



**Thursday**  
**August 25**  
**5pm**

**Come join the event!**

## WEDNESDAY

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

## THURSDAY



**No Exercise Classes  
during the summer**

## FRIDAY



### **Foot Care**

**10am-1pm**  
**By Lowell Norbom,**  
**Retired RN**  
**Cost: \$15** goes to Center  
Trim toenails-Remove corns and calluses

Please make an appointment!



### **Music**

**1st and 3rd Friday**

**5 Area Luncheon**  
**at the**  
**Clatskanie Senior Center**  
**Monday**  
**August 29**



## Happy Birthday to our August Birthday Members

**Birthday Flower: Poppy      Birthstone: Peridot**

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

8/1 Mayeda Muggie  
8/1 Eugene Smith  
8/3 Kaye Smith  
8/8 Marian Nolin  
8/10 V. Rochelle Pierce  
8/10 Mildred Elliot

8/17 Jan Rich  
8/17 Jo Williamson  
8/23 Shiela Rickard  
8/29 Keith Ekstrom  
8/31 Kathy Richardson

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**Please re-register your rewards program to designate the  
Rainier Senior Center as the non-profit**



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

**Help Our Senior Center  
Earn Money!**  
**54 families who signed up  
helped the center receive  
\$141.63 (for 2nd Quarter)**

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**.





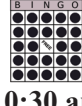





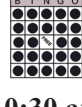



**You still get your reward points, fuel points and rebates just the same!**

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## August Volunteer of the Month: Laritta Edwards

Rainier's volunteer of the month of August is Laritta Edwards. She has been involved in the center for many years. She serves on Mondays and has been a past board member serving as our treasurer. When asked to help she is there for us. Thank you, Laritta.

# AUGUST EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Music-</b> <b>3 of Us</b> <b>Blood Pressure</b> Check 11 am <b>Bingo - 6 pm</b>	<b>2</b>  <b>10:30 am</b>	<b>3</b>	<b>4</b>  <b>Pinochle 1:00 pm</b>	<b>5</b>  <b>Foot Care</b> <b>10 am-1 pm</b> by appt <b>Music with Eric</b> <b>11 am</b>
<b>8</b>  <b>Music-</b> <b>3 of Us</b> <b>Blood Pressure</b> Check 11 am <b>Bingo - 6 pm</b>	<b>9</b>  <b>10:30 am</b>  <b>Men's/Women's</b> <b>VFW 1:00 pm</b>	<b>10</b>  <b>WIC</b> <b>9:30am-1pm</b>	<b>11</b>  <b>Veterans Advisor</b> <b>1pm</b>	<b>12</b>  <b>Foot Care</b> <b>10 am-1 pm</b> by appt
<b>15</b> <b>3 of Us</b> <b>11 am</b>  <b>Blood Pressure</b> Check 11 am  <b>Bingo -6pm</b> <b>Beth Moffett 9:30-10:30</b>	<b>16</b>  <b>10:30 am</b>	<b>17</b>  <b>Board Meeting</b> <b>1pm</b>	<b>18</b>  <b>Pinochle 1:00 pm</b>	<b>19</b>  <b>Foot Care</b> <b>10 am-1 pm</b> by appt  <b>Music with Vern</b>
<b>22</b>  <b>3 of Us</b> <b>Blood Pressure</b> Check 11 am  <b>Bingo - 6pm</b>	<b>23</b>  <b>10:30 am</b>	<b>24</b> <b>Membership</b> <b>Meeting 1pm</b>	<b>25</b>  <b>August</b> <b>Potluck Dinner</b> <b>5pm</b>	<b>26</b>  <b>Foot Care</b> <b>10 am-1 pm</b> by appt  <b>Susanna's Supper-6pm</b> <b>Rainier Methodist Church</b>
<b>29</b>  <b>Blood Pressure</b> Check 11 am <b>5-Area Luncheon</b> <b>Scappoose Senior Ctr</b> <b>Bingo - 6 pm</b>	<b>30</b>  <b>10:30 am</b>  <b>Bingo -6pm</b>	<b>31</b>  <b>Casino Bus Trip</b> <b>9am-4pm</b> <b>\$15/member</b> <b>See Marily</b>	<b>Volunteer Hours For</b> <b>460.25</b> <b>Meals Served For May:</b> <b>951</b>	

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

# AUGUST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lasagna Romaine Salad Garlic Toast	2 Turkey Dressing Mashed Potatoes Spinach Salad Veggie	3 Salisbury Steak Baked Potatoes Green Beans Fruit	4 Tater Tot Casserole Cole Slaw	5 Meat Loaf Baked Potatoes Veggie
8 BBQ Chicken Macaroni Salad Baked Beans	9 Pork Red Cabbage & Apples Dinner Roll	10 Malibu Chicken Rice Caesar Salad	11 Baked Ham Potatoes Broccoli Salad Rolls	12 Roast Beef Red Potatoes Mixed Veggies Garden Salad
15 Biscuits & Gravy Ham Slice Peaches	16 Sheppard's Pie Mixed Green Salad	17 Cabbage Rolls Waldorf Salad Veggies Rolls	18 Chicken Cordon Bleu Rice Pilaf Peas 3-Bean Salad	19 Clam Chowder Tuna Sandwich
22 Tamale Pie Corn Garden Salad	23 Crispy Chicken Salad Rolls	24 Chicken Enchiladas Corn Chips/Salsa Refried Beans Fruit Cocktail	25 Split Pea Soup Ham Sandwich Apricots	26 Turkey Ala King Peas & Carrots Stuffing
29 Hot Roast Beef Open Faced Sand. Mashed Potatoes	30 Hamburger Stroganoff Pea Salad Veggies	31 Lasagna Salad Garlic Bread		

**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.**



## Rainier Days in the Park Float Preparation and Parade



## Membership Meeting Wednesday, August 24 at 1pm



Many thanks to all the volunteers who came out Friday afternoon to decorate the float for the parade. We got it done in a short amount of time. Special thanks to Clint Kelley for organizing the team. Lillibel looked very regal on her throne. Her theme was "Where flowers bloom, so does hope"



During the My Fair Lady Pageant, Lillibel was highly supported by 20 members from the Rainier Senior Center plus family and friends.

Claudia Oblack of Vernonia was crowned queen on July 21st. It was her response to the question, "What was your most rewarding volunteer experience?" that won the crown. Oblack recounted a story from her 30 years volunteering on an ambulance crew in Vernonia.

**5-Area Luncheon  
August 29  
Clatskanie Senior Center  
Sign up to ride the bus**

## Town Hall Meeting with Congresswoman Suzanne Bonamici August 2 1:30-2:30 pm

Discussing education, the economy and jobs, retirement security, Social Security and Medicare, veterans' issues, and any constituents' topics