

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
CPM Computers
Deer Island Grange
Eagles
Fred Meyer
Home Depot
Jack-in-the-Box
Lower Columbia Insurance
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 7

July 1, 2016

48 W 7th Street, Rainier, OR 97048
E-mail: rainierseniorc@gmail.com

Phone: 503-556-3889

Web: RainierSeniors.com



**My Fair Lady
Pageant
July 20th at 1pm
Columbia County Fair**

**Come cheer Lillibell
to be Queen of the
Pageant!**

See the story of the Princess Tea Party
on Page 10.

August City-Wide Garage Sale

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.

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**

Holiday Closure Monday, July 4th

Celebrate Wisely
Enjoy the Day
Get Ready for Rainier Days
in the Park July 7-10

**Volunteers Needed
for Float Decoration
Friday, July 8 at 1pm
and Saturday, July 9 at 8am**

Please contact Clint Kelley

Many hands lightens the load. Please help
out to make the parade enjoyable for all.

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

Cut your water bill with these easy tips:

Heating the water in your home can account for up to 20% of your utility bill – often making it the second largest energy expense in your home. A few simple adjustments can help lower your monthly bill by cutting hot water use. Try these tips:

- **Showers, not baths.** Taking a bath uses 12-25 gallons of hot water. It takes less than 10 gallons for a five-minute shower.
- **Cold water.** Turn your washing machine's setting to "cold." Today's laundry detergents work well in cooler temperatures.
- **Full loads.** Only use your dishwasher when it's full. This will use less water than washing dishes by hand. Choose the shortest cycle needed to clean your dishes.
- **Fix leaks.** A seemingly minor leak of one drip per minute wastes 8.64 gallons of water per day.
- **Turn your water heater down to 120° F.** For every 10° reduction in temperature, you can save 3-5%.
- **Install new showerheads.** A low-flow showerhead can lower water heating costs by wasting less water. Pick up a free showerhead at the Columbia River PUD office in Deer Island.



A COMMUNITY-OWNED UTILITY

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



Voting Results

2016-2017 Rainier
Senior Center Board

President- Jan Rich
Vice President- Keith Ekstrom
Secretary- Rachel Kelley
Treasurer- Marily Tift
At Large: Shirley Emerick,
Clint Kelley,
and Margie Clark

Many thanks to Randy Bailey
and Sandie Scholten for the many hours
and years they have volunteered.

Re-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.

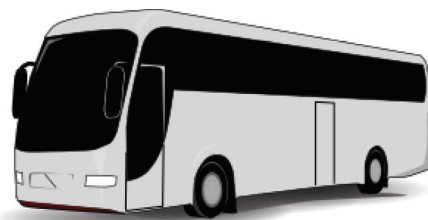
Wanted Scooter Drill Team Members for Days in the Park Parade

Last year we had a great turn out for the Scooter Drill Team. Come join the parade and show your pride for the Rainier Senior Center. Help us win another award this year.

Call Rachel by July 7th

503-369-6382 or leave a message
at 503-556-3889

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



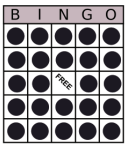
Blood Pressure Check 11 am by Lowell Norbom

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



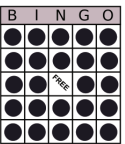
Music by

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



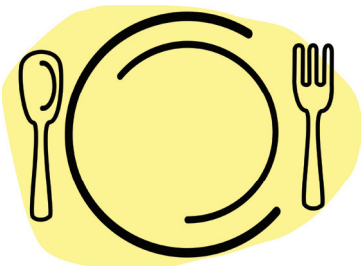
Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

TUESDAY



Bingo
10:30 am

JULY POTLUCK DINNER



Thursday
July 21
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
Scappoose Senior Center
Monday
July 25



Happy Birthday to our July Birthday Members

Birthday Flower: Waterlily

Birthstone: Ruby

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

7/1 Linda Larson
7/8 Connie McGlone
7/12 Darlene Pearce
7/13 Elaine Graham
7/17 Lowell Norbom
7/17 Steve Sandahl
7/20 Leroy Dolph

7/20 Harold Morton
7/21 Phyllis Cox
7/22 Leona Zimmer
7/23 Randy Bailey
7/27 Anna Jeffers
7/29 Betty Neer
7/29 Mary Jones

**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!**
**56 families who signed up
helped the center receive
\$131.89(for Jan-March)**
Thank you!













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 num-
ber **94223**.

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

July Volunteer of the Month: Lowell Norbom

Rainier's volunteer of the month of July is Lowell Norbom. He is a very valuable volunteer to our senior center. He is a retired nurse who has training and certification to offer foot care at the center on Fridays. He is also there on Mondays to provide blood pressure checks. He is a very pleasant person to be around and every body seem comfortable around him. Lowell is greatly appreciated by all members.

JULY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Volunteer Hours For May: 489.75 Meals Served For May: 951				1  Foot Care 10 am-1 pm by appt Music with Eric 11 am
4  Music- 3 of Us Blood Pressure Check 11 am Bingo - 6 pm	5  10:30 am	6	7 Pinochle 1:00 pm	8  Foot Care 10 am-1 pm by appt
11 3 of Us 11 am Blood Pressure Check 11 am Bingo -6pm	12  10:30 am Men's/Women's VFW 1:00 pm	13  Board Meeting 1pm WIC 9:30am-1pm	14 Veterans Advisor 1pm	15  Foot Care 10 am-1 pm by appt Music with Vern
18  3 of Us Blood Pressure Check 11 am Beth Moffett 9:30-10:30 Bingo - 6pm	19  10:30 am	20 Senior Day Columbia Co Fair My Fair Lady Pagant - 1pm	21 Pinochle 1:00 pm July Potluck Dinner 5pm	22  Foot Care 10 am-1 pm by appt Susanna's Supper-6pm Rainier Methodist Church
25  Blood Pressure Check 11 am 5-Area Luncheon Scappoose Senior Ctr Bingo - 6 pm	26  10:30 am Bingo -6pm	27 Membership Meeting 1pm Casino Bus Trip 9am-4pm \$15/member See Marily	28	29

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

JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BBQ Beef Sandwich Potato Salad Fruit Pork & Beans
4 CLOSED	5 Patty Melt Rye Bread Spinach Salad Cottage Cheese Pears	6 Roasted Pork Mixed Green Salad Orange Wedges Potatoes	7 Taco Salad Salsa Peaches	8 Chicken Pot Pie Celery w/Peanut Butter Bananas
11 Meat Loaf Potatoes Au Gratin Broccoli Tropical Fruit Salad	12 Baked Ham Dinner Yams Mixed Green Salad Pineapple	13 BBQ Chicken Wings Fettuccine Alfredo Corn Medley Fruit	14 Tuna Casserole Peas Pickled Beats	15 Beef Stew Green Beans Jello w/Fruit
18 Chicken Fried Steak Mashed Potatoes W/Gravy Garden Peas Fruit	19 Fish & Chips Pea Salad Apples & Grapes	20 Scalloped Potatoes W/Ham Carrot Salad Sliced Tomatoes Apple Sauce	21 Chef Salad Sliced Beats Tomatoes Mandarin Oranges	22 Clam Chowder Salad Grilled Cheese Sandwich
25 Beef Stroganoff Steamed Cauliflower Pineapple Chunks	26 Homemade Chicken Noodle Soup ½ Tuna Salad Sandwich Carrots & Celery Orange Wedges	27 Spaghetti w/Meat Sauce Mixed Greed Salad Pears Garlic Bread	28 Chicken Casserole Steamed Rice Green Peas Fruit	29 Baked Chicken Breast Potatoes Melba Cole Slaw Fruit Cocktail

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.

Princess Tea Party



Top: Lillibel was presented with a lovely bouquet.

Lower left: Past princesses, Margie Clark (past Queen) and our 2016 princess, Lillibel.

Lower right: The tea was jammed packed with friends.



Membership Meeting Wednesday, July 27 at 1pm

Lillibel was the jewel of the day at the Princess Tea on June 3 at the Rainier Senior Center. All the other princesses joined in the celebration. Many friends attended and thought Lillibel would be crowned Queen at the "My Fair Lady Pagent" on July 20th at 1pm at the Columbia County Fair during Senior Day.

Lillibel looks forward to the Rainier Days in the Park Parade on July 9th and the My Fair Lady Pagent on July 20th. Show your support for Lillibel and center by attending and cheering during these events.

**My Fair Lady Pagent
July 20, 1PM
Columbia County Fairgrounds**



VOLUNTEERS NEEDED

We will need scooters and drivers for the Scooter Drill Team for the July 9th parade.

**Please notify Rachel by July 7th
503-556-3889**

**Float Decorating
Friday, July 8th at 1pm and
Saturday at 8am**

**5-Area Luncheon
July 25
Scappoose Senior Center
Sign up to ride the bus**