

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

**Burger King  
Columbia River PUD  
Cornerstone  
Dog Zone  
El Tapatio  
Fred Meyer  
Hometown Pizza  
J&R Sales  
Means Nursery  
Rainier Appliance  
Rainier Garden Club  
Rainier True Value  
St Helens Ace Hardware  
Shari's Restaurant  
The Cornerstone Cafe  
True Value Hardware  
United Way**

**City of Rainier  
Country Financial  
Deli Store  
Deer Island Grange  
Eagles  
Foster Farms  
Home Depot  
Jack-in-the-Box  
Lower Columbia Insurance  
Old Pastime Tavern  
Rainier Chevron Food Mart  
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 6*

*June 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)**



**Senior Center  
Election  
of Officers  
June 20-22**

**Ends at Noon  
June 22**

All members are encouraged to vote  
for Senior Center Officers during center  
hours.

**Anyone interested in being on  
the Scooter Team  
for the Rainier Days in the Park  
or decorating the float?**

**Please contact Clint Kelley**

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

**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***

***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***



**Princess Tea**

**June 3rd**

**1pm**

**for our Rainier**

**Princess**

**Lillibell Welter**

*All members are  
welcome*



### ***New Summer Hours***

**Rainier Senior Center Hours**

**9:30 am to 2:30 pm**

**Monday through Friday**



## Take control of your comfort with a ductless system

Is your home too hot in the summer or too cold in the winter? To stay comfortable year-round and lower your energy bills, the Energy Experts at Columbia River PUD recommend installing a ductless heat pump.

In addition to providing summer cooling, ductless systems can lower winter electric heating costs as much as 50%. They operate more quietly and efficiently than window air conditioners, electric furnaces, baseboards and wall heaters.

Columbia River PUD offers rebates up to \$1,000 for qualifying ductless systems. The rebate is available for residential PUD customers with permanently installed electric resistance heating such as baseboards, wall heaters or electric furnaces. State of Oregon tax credits of up to \$1,300 may also be available for qualified systems.

**COLUMBIA RIVER**  
**PUD**  
A COMMUNITY-OWNED UTILITY



**Driving School  
for Seniors  
June 16  
starting at 10am**

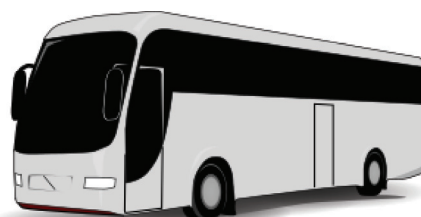
**6-hour course**

Check with your current insurance company to make sure this will qualify you for a discount.

**Wanted  
Scooter Drill Team Members  
and Float Decorators  
for Days in the Park**

*See Clint or Rachel*

**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



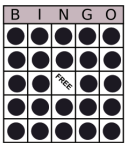
### **Blood Pressure Check** 11 am by Lowell Norbaum

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



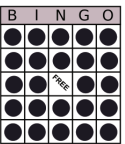
### **Music by**

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



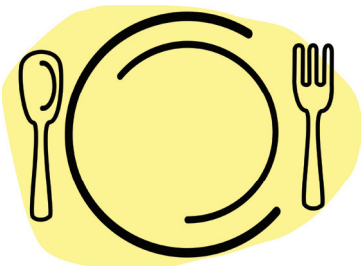
**Evening Bingo**  
starts at 6:00pm  
\$5 per card  
Come have fun.

## TUESDAY



**Bingo**  
10:30 am

## JUNE POTLUCK DINNER



**Thursday**  
June 23  
5pm

**Come join the event!**

## WEDNESDAY

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

## THURSDAY



### **Easy Exercise** with Rachel Kelley starts at 9:30 am

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

Please make an appointment!



**Music**  
1st and 3rd Friday

**5 Area Luncheon**  
at the  
**St Helens Senior Center**  
**Monday**  
**June 27**



## Happy Birthday to our June Birthday Members

### **Birthday Flower: Rose      Birthstone: Pearl**

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

|      |                  |      |                 |
|------|------------------|------|-----------------|
| 6/1  | Delbert Larson   | 6/25 | Hugh Breen      |
| 6/3  | June Burnham     | 6/26 | Henry Heimuller |
| 6/6  | Betty Harrington | 6/27 | June Dodson     |
| 6/6  | Kenneth Rae      | 6/28 | Richard Gilman  |
| 6/8  | Claudia Libby    | 6/29 | Ron Emerick     |
| 6/8  | Paul Nys         | 6/29 | Jeanne Ryan     |
| 6/14 | John Curtis      | 6/30 | Sandie Scholten |
| 6/14 | Al Koenig        | 6/30 | Bonnie Romer    |
|      |                  | 6/30 | Bill Ryan       |



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!**

### **June Volunteer of the Month: Joan Hackathorn**

Rainier's volunteer of the month for June is Joan Hackathorn. Joan is a volunteer we can always count on at our Senior Center. She is very knowledgeable and is a great asset to our center. She helps put the newsletter together each month and is involved in the computer work that needs to be done. She is always willing to fill in where needed. You're a great asset to the center, Joan. Thanks.

# JUNE EVENTS

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>AARP</b><br><b>Driving School</b><br>starts at 10 am<br>6-hour course<br><b>Thursday, June 16th</b>  |   | 1   | 2  Exercise with Rachel 9:30 am<br><br>Pinochle 1:00 pm  | 3  Foot Care 10 am-1 pm by appt<br>Music with Eric 11 am<br>Princess Tea 1pm for Lillibell Welter |
| 6  Music-3 of Us<br>Blood Pressure Check 11 am<br>Bingo - 6 pm                   | 7  10:30 am<br><br>Men's/Women's VFW 1:00 pm | 8   | 9  Exercise with Rachel 9:30 am  | 10  Foot Care 10 am-1 pm by appt  |
| 13 3 of Us 11 am<br><br>Blood Pressure Check 11 am<br><br>Bingo -6pm  | 14  10:30 am                                | 15  Board Meeting 1pm<br><br>WIC 9:30am-1pm | 16  Exercise with Rachel 9:30 am<br>AARP Driving School 10am<br>Veterans Advisor- 1pm<br>Pinochle 1:00 pm | 17  Foot Care 10 am-1 pm by appt<br><br>Music with Vern Father's Day Lunch                       |
| 20  3 of Us<br>Blood Pressure Check 11 am<br>Voting of officers<br>Bingo - 6pm | 21  10:30 am<br><br>Voting of officers     | 22 Member Meeting 1pm<br><br>Voting of officers ends at Noon  | 23  Exercise with Rachel 9:30 am<br><br>June Potluck Dinner 5pm  | 24  Foot Care 10 am-1 pm by appt<br>Susanna's Supper-6pm<br>Rainier Methodist Church            |
| 27  Blood Pressure Check 11 am<br>5-Area Luncheon St Helens<br>Bingo - 6 pm    | 28  10:30 am<br><br>Bingo -6pm             | 29<br><br>Casino Bus Trip 9am-4pm<br>\$15/member<br>See Marily  | 30  Exercise with Rachel 9:30 am   |  |

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



## JUNE MENU

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| <b>Volunteer Hours For March:</b><br><b>516.75</b><br><b>Meals Served For March:</b><br><b>890</b>     |   | <b>1</b><br>Pork Roast w/Gravy<br>Rice<br>Vegetables<br>Salad<br>Pears  | <b>2</b><br>Cheese Ravioli<br>w/Meat Sauce<br>Ceasar Salad<br>Beans<br>Bread Sticks   | <b>3</b><br>Clam Chowder<br>Carrot/Celery Sticks<br>Orange Wedges             |
| <b>6</b><br>Spanish Rice<br>w/Chicken<br>Carrots<br>Pea Salad  | <b>7</b><br>Chicken Burgers<br>W/Buns<br>Macaroni Salad<br>Carrot Sticks<br>Baked Apples                | <b>8</b><br>Meat Loaf<br>Broccoli<br>Jell-o w/Mixed Fruit<br>Potatoes Melba   | <b>9</b><br>Porcupine Meatballs<br>Au Gratin Potatoes<br>Coleslaw<br>Dilled Carrots<br>Lime Jello w/Pears                   | <b>10</b><br>Tuna Casserole<br>Egg Noodles<br>Peas<br>Beets<br>Sliced Apples  |
| <b>13</b><br>Salisbury Steak<br>Mashed Potatoes<br>Broccoli &<br>Cauliflower<br>Green Salad            | <b>14</b><br>Grilled Cheese<br>Sandwich<br>Cream of Tomato<br>Soup<br>Pickled Beets<br>Mandarin Oranges | <b>15</b><br>Roast Turkey<br>Mashed Potatoes<br>w/Gravy<br>Cranberry Sauce<br>Mixed Green Salad<br>Jell-o<br>W/Strawberries | <b>16</b><br>Oriental Stir Fry<br>Steamed Rice<br>Peach Halves<br>Fortune Cookie  | <b>17</b><br>Talapia<br>Baked Potatoes<br>Mixed Green Salad<br>Fruit & Yogurt |
| <b>20</b><br>Hot Turkey On<br>Stuffing<br>Mashed Potatoes<br>Veggies                                   | <b>21</b><br>Cheese Burger<br>Tomatoes/Pickles/<br>Lettuce<br>Tater Tots                                | <b>22</b><br>Pot Roast<br>Potatoes & Carrots<br>Pineapple Chunks<br>Green Salad   | <b>23</b><br>Baked Chicken<br>Breast<br>Roasted Red<br>Potatoes<br>Coleslaw w/Carrots<br>Jell-o w/Bananas &<br>Strawberries | <b>24</b><br>Ground Beef Taco<br>Salad<br>Chips<br>Mixed Fruit                |
| <b>27</b><br>Rosemary Roasted<br>Chicken<br>Oven Roasted<br>Potatoes<br>Carrot Salad<br>Jell-o w/Fruit | <b>28</b><br>Taco Pie<br>3 Bean Salad<br>Mexicorn<br>Chips  | <b>29</b><br>Pork Chops<br>Mashed Potatoes<br>Apple Salad<br>Green Beans  | <b>30</b><br>Split Pea Soup<br>Ham and Cheese<br>Sandwich<br>Sliced Apples &<br>Oranges                                     |   |

**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.**

## Mothers' Day 2016

The men at the center decided to treat all the servers and kitchen help. They took over serving the food and clearing the tables.

Wendy and Leah were surprised and thankful as were all the other female servers.

Women were given a geranium plant donated by Means Nursery and served a unique strawberry cupcake made by Leah.



Treats  
for the Moms



Music and a Delicious Meal



Wendy and Leah



Jan is back!



Servers being served



Marilyn  
and  
Sam

**5-Area Luncheon**  
**June 27**  
**St HelensCenter**  
Sign up to ride the bus



*Happy*  
*Father's Day*  
*June 19*