

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 5

May 1, 2016

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

Phone: 503-556-3889

Web: RainierSeniors.com

SENIOR DAY



2016

**Senior Fair
at the
Cowlitz County
Expo Center
Kelso, WA**

From 10 am to 2pm

Visit the many vendors who provide services and products around the community.

Rainier Senior Center will be there to represent the community and encourage others to be a part of our center.



**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**



Senior Center Election

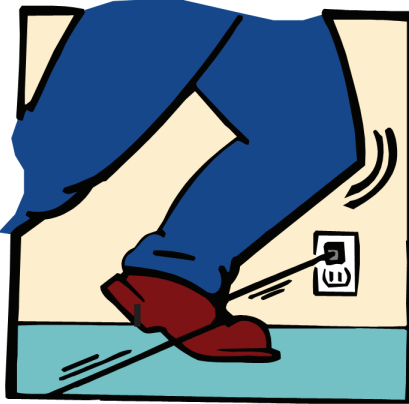
Elections are in June
Look for more details on dates

Primary Election in Oregon May 17

Rainier Senior Center Hours
9:30 am to 3:00 pm
Monday through Friday
Summer hours coming in June

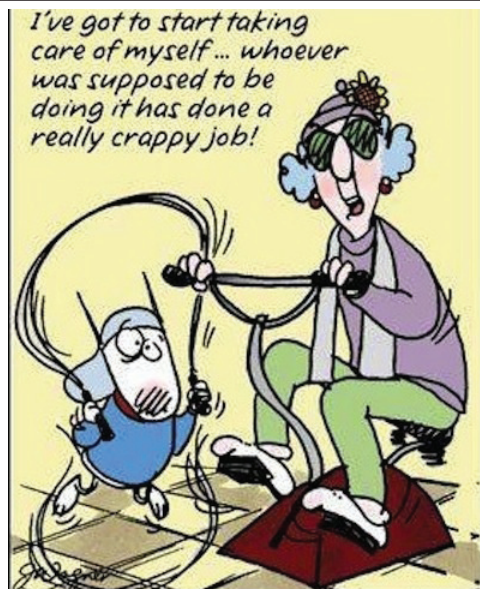
Tips for Using Electricity Safely at Home

When it comes to staying healthy, simple acts of safety are just as important as a balanced diet and regular exercise. In honor of National Electrical Safety Month, here are a few electrical safety tips from Columbia River PUD to help keep you safe.

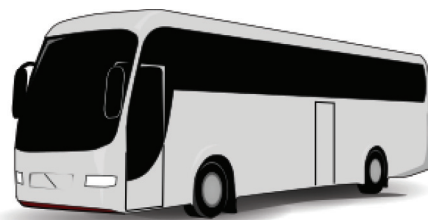


- Use outlets with ground fault circuit interrupters in bathrooms, garages, near kitchen sinks and outdoors. These devices can prevent shock.
- Keep electric cords and appliances away from water. Always unplug an appliance before cleaning. Even if turned off, it can shock.
- Never overload an outlet with multiple appliances.
- Use safety covers on all electrical outlets that are within the reach of young children.
- Never use appliances or electronics with damaged or frayed cords.
- Extension cords are for temporary use only. Avoid running extension cords through walkways to prevent tripping hazards.
- When working outdoors, look up and around to avoid contacting overhead power lines.
- Always call 8-1-1 before digging, for free locating of underground electric lines and other utilities.

Most injuries don't happen by chance or "accident." By reviewing these simple tips and staying alert, you can stay safe.



**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



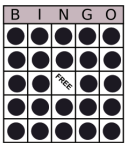
Blood Pressure Check 11 am by Lowell Norbaum

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



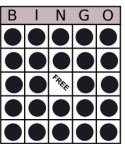
Music by

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



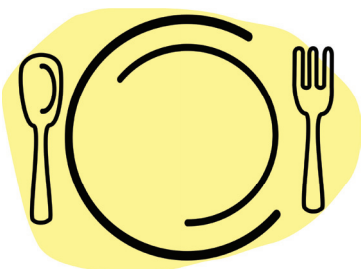
Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

TUESDAY



Bingo
10:30 am

May
POTLUCK DINNER



Thursday
May 26
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
RAINIER Senior Center
Tuesday
MAY 31

CC Rider Town Hall Meeting
May 3
6:30 pm



Happy Birthday to our May Birthday Members

Birthday Flower: Hawthorne Birthstone: Emerald

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

5/4	Elaine Coffman	5/23	Clifford Leroy Knutson
5/5	Dee Childers	5/26	Myra Lawler
5/10	Fay Harmon	5/28	Vella Painter
5/11	George Cornwall	5/28	Grace Sprague
5/14	Karen Hoyle	5/28	William Roper
5/15	Evelyn Borsaw	5/30	Frances Bailey
5/15	Connie Budge	5/30	Linda Roberts
5/16	Linda Gannon	5/30	Joyce Ryan
5/17	Ray W Johnson	5/31	Howard Woodruff



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 number **94223**.

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

Volunteer of the Month: Marily Tift

Rainier Senior Centers volunteer of the month of May is Marily Tift. Marily has many roles at our senior center. She is a board member and our treasurer. She is one of the coordinators of our volunteers and we appreciate her contributions of time. She operates our gift shop at the center. She is involved with many of our fund raisers to help our center be successful. Thank you Marily.

MAY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2  3 of Us	3  10:30 am CC Rider Town Hall Meeting 6:30 pm	4	5  Exercise with Rachel 9:30 am Pinochle 1:00 pm	6  Foot Care 10 am-1 pm by appt Music with Eric 11 am Mothers' Day Celebration
9  Music- 3 of Us Blood Pressure Check 11 am Bingo - 6 pm	10  10:30 am Men's/Women's VFW 1:00 pm	11	12  Exercise with Rachel 9:30 am All Server Training 10 am	13  Foot Care 10 am-1 pm by appt
16 3 of Us 11 am Blood Pressure Check 11 am Beth Moffitt 9:30-10:30 am Bingo -6pm	17  10:30 am	18  Board Meeting 1pm Bernard Book Signing 11am-1pm WIC 9:30am-1pm	19  Exercise with Rachel 9:30 am Veterans Advisor 1:00pm Pinochle 1:00 pm	20  Foot Care 10 am-1 pm by appt Music with Vern
23  3 of Us Blood Pressure Check 11 am Bingo - 6 pm	24  10:30 am	25 Member Meeting 1pm Casino Bus Trip 9am-4pm \$15/member See Marily	26  Exercise with Rachel 9:30 am Desk Training 9 am Potluck Dinner 5pm	27  Foot Care 10 am-1 pm by appt Susanna's Supper-6pm Rainier Methodist Church
30 Memorial Day Center is Closed	31  10:30 am 5-Area Luncheon Rainier Bingo -6pm	MOTHER'S DAY LUNCH Friday, May 6 Come enjoy great food and the music by Eric!		

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

MAY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven BBQ Chicken Garden Vegetables Potato Salad	3 Salmon Casserole Peas Coleslaw Fruit	4 Porcupine Meatballs Corn Peaches Green Salad	5 Hot Turkey Sandwich Mashed Potatoes/Gravy Country Trio Veg. Waldorf Salad	6 Baked Ham Potatoes Melba Green Beans Pea Salad Roll
9 Tater Tot Casserole Green Beans Fruit Green Salad	10 Summers Country Vegetable Soup Ham Sandwich Whole Grain Bread Fruit Salad	11 Chicken Parmesan Noodles Spinach and Lettuce Salad	12 Polish Sausage Sauerkraut Buns Corn Carrot/Raisin Salad	13 Spaghetti w/Meatballs Capri Veggies Lettuce Salad Garlic Bread
16 Chicken Noodle Bake Broccoli Lettuce Salad	17 Teriyaki Chicken Rice Pineapple Oriental Veggies Chinese Cabbage Salad	18 Beef Stew Fruit Salad Biscuits	19 Cabbage Rolls Veggies Fruit Salad Whole Grain Rolls	20 Pork Roast Mashed Potatoes Country Trio Veg
23 Hamburger Pasties w/Gravy Green Salad Mixed Veggies	24 Chef Salad Rolls	25 Chicken & Dumplings Mixed Veggies Mixed Green Salad Pears	26 Tamale Pie Corn Bread Texas Salad Fruit	27 Baked Chicken Jo Jo's Baked Beans Macaroni Salad
30 MEMORIAL DAY CENTER IS CLOSED	31 FIVE AREA LUNCH Pot Roast Mashed Potatoes and Gravy Broccoli Salad	Volunteer Hours For March: 578.5 Meals Served For March: 935		

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.

May Gardening Tips

May is generally the first month to put out vegetable starts such as tomatoes and eggplants.

- If you haven't already, add some lime to the soil when planting fruiting vegetables.
- Begin to acclimate your plant starts to the outside temperatures.
- It's not too late for leaf greens and cole crops (cabbage, broccoli,, etc)

Trees, Flowers and Shrubs

- Roses are preparing for their first blooms, feed them well and look for invasive pests.
- Rhododrons, azaleas and other flowering shrubs can be pruned just after the bloom. Mild to moderate pruning is recommended for next year's blossoms.

Indoor Plants

- Now's the time to feed the plants, clean the leaves and check/treat for pests.
- When the weather is good, set plants outside for some good air.

5-Area Luncheon

MAY 31

Rainier Center

Come greet other members
from different centers

Membership Meeting

**Wednesday, May 25
at 1pm**



**I keep
hitting
'escape,'
but I'm
still
here.**



*Happy
Mother's Day
May 8*



**BOOK SIGNING
by author
Duane Bernard**

**11am-1 pm
May 18**

Come meet the author of this
book and learn more about
Rainier's history

Recollections

of Early Times In and Around
RAINIER, OREGON

Main Street looking West, Rainier, Ore.



by
Duane Bernard