

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

**Burger King  
Columbia River PUD  
Country Financial  
Deli Store  
Dog Zone  
El Tapatio  
Foster Farms  
Hometown Pizza  
J&R Sales  
Means Nursery  
Old Pastime Tavern  
PGE  
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  
Columbia Food Bank  
Deer Island Grange  
Eagles  
Fred Meyer  
Home Depot  
Jack-in-the-Box  
Lower Columbia Insurance  
MPC Digital 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 10

October 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)

### **Harvest Dinner and Dance**



Enjoy a delicious Beef  
Roast Dinner and mu-  
sic by the Ted Boursaw  
Classsic Country  
**Saturday, October 22**  
**6-9 pm**  
*Limited Seating*  
**\$12.50 pp**

### **Wreath Making Class**

**Saturday**  
**October 15**  
**1 pm**



**Reserve a Spot**  
**503-556-3889**  
**Free Fun if you make them for**  
**the Center to sell**  
**\$5 Fee for Make and Take**  
**Wreaths**

**Need a PlaceTo 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.     *Marilyn Tift,* Tres.  
At Large: *Shirley Emerick, Clint Kelley,*  
*and Margie Clark*

Newsletter Editor: *Beth Bailey*



### **Candy Cane Lane Christmas Bazaar**

**9am to 4pm**

### **Holiday Bazaar**

**November 12th**

**\$15 per table**

See Rachel for  
your reservation

### **DRUG DISPOSAL**

**Saturday, October 22**

**10am to 2pm**

**Sponsored by the Rainier Police**  
Bring in any unused drugs and let the  
police safely dispose of them for you.

### *Hours*

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

## Button Up for Winter with Help from Columbia River PUD



After this year's hot summer, fall is finally here. That means it's time to button up your home and make sure it's ready for the cold weather coming this winter.

Columbia River PUD can help. If you heat with electricity, ask the PUD's Energy Experts for a free home energy evaluation. They will show you how your home uses energy, and how you can reduce your usage to cut your monthly bill.

The evaluation takes about 90 minutes and you must be present. To schedule your free evaluation,

call (503) 366-5470 or email  
[experts@crpud.org](mailto:experts@crpud.org).



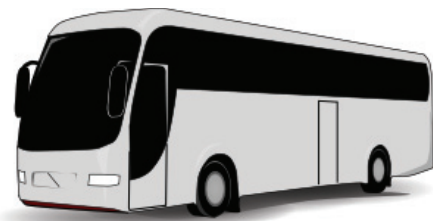
### **Living Well with Diabetes Starting Wednesday, October 5 12:00-2:30 pm**

This is a FREE class offered by the community Action Team. This is a 6-week class on Wednesdays from **October 5 through November 9.**



**Rainier F.O.E. #4022  
109 West 'A' Street  
Rainier, OR 97048  
503-556-2035**

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



**9am to 4pm  
Cost: \$15/Member  
See Marily to reserve your space**

***Meals on Wheels  
Drivers Needed  
Come in and get information  
of how you can help***

# Senior Center Activities

## MONDAY



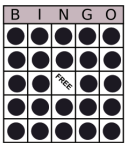
**Blood Pressure Check**  
11 am by Lowell Norbom

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



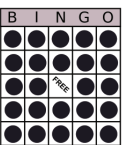
### Music by

**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

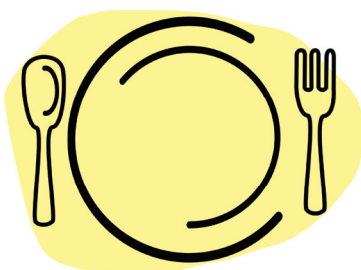


**Bingo**  
10:30 am



**Easy Exercise**  
with Patty Gorman  
at 9:30 am (starts Sept. 6)

## OCTOBER POTLUCK DINNER



**Thursday**  
**October 27**  
**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**  
**Patty Gorman**  
**9:30 am**

## 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

### SPECIAL OCTOBER EVENTS

**Wreath Making Class-** 10/15, 1pm  
See Page 1 for details

**Harvest Dinner and Dance-** 10/22, 6-9 pm  
\$12.50 per person

**Candy Cane Lane Bazaar-** 10/29, 9 to 4

### 5 Area Luncheon

at the  
**Scappoose Senior Center**  
**Monday, October 31**



## 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.*

10/3 Laritta Edwards  
10/4 Bev Rae  
10/6 Gretchen Buskirk  
10/7 Sally Parson  
10/8 Betty Vilhauer  
10/9 Gail Bonser  
10/13 Liz Sandahl  
10/15 Kerttu Jolma

10/15 Norma Nelson  
10/15 Dwight Rich  
10/18 Liz Pollock  
10/20 Jim Everman  
10/24 Dorothy Hoffman  
10/28 Lillibell Welter  
10/29 Diana Wallin

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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**.


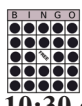




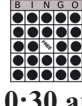















**You still get your reward points, fuel points and rebates just the same!**

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## October Volunteer of the Month: Don Carnahan

Don has been a faithful Meals-on-Wheels driver. He drives two days a week and is willing to do extra if needed. Don is a reliable driver who cares about the people he services. Thanks, Don, for all you do here at the Senior Center.

# OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Bingo- 6pm	<b>4</b>  10:30 am   Easy Exercise 9:30 am Bingo -6pm	<b>5</b>  Kaiser Presentation 9:30-11:00 AM  Living with Diabetes Noon- 2:30 PM	<b>6</b>  Easy Exercise 9:30 am  Pinochle 1:00 pm	<b>7</b>   Foot Care 10 am-1 pm by appt Music with Eric 11 am
<b>10</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Bingo- 6pm	<b>11</b>  10:30 am  Easy Exercise 9:30 am Men's/Women's VFW 1:00 pm	<b>12</b>    WIC 9:30am-1pm	<b>13</b> Music by Al Barr   Easy Exercise 9:30 am  Veterans Advisor 1pm	<b>14</b>   Foot Care 10 am-1 pm by appt
<b>17</b>  <b>3 of Us</b> 11 am Blood Pressure Check 11 am Bingo -6pm Beth Moffett 9:30-11:30	<b>18</b>  10:30 am  Easy Exercise 9:30 am	<b>19</b>  Board Meeting 1pm Columbia City Benefits meeting 9 - 11 am	<b>20</b>  Easy Exercise 9:30 am  Pinochle 1:00 pm	<b>21</b>   Foot Care 10 am-1 pm by appt  Music with Vern
<b>24</b>  <b>3 of Us</b> Blood Pressure Check Beth Moffett 9:30-12:30 Bingo - 6pm	<b>25</b>  10:30 am  Easy Exercise 9:30 am	<b>26</b> Membership Meeting 1pm Casino Bus Trip 9am-4pm \$15/member See Marily	<b>27</b>  Easy Exercise 9:30 am  October Potluck Dinner 5pm	<b>28</b>   Foot Care 10 am-1 pm by appt  Susanna's Supper-6pm Rainier Methodist Church
<b>31</b>  Blood Pressure Check 11 am 5-Area Luncheon Scappoose Senior Ctr Bingo - 6 pm	October 5- Living Well with Diabestes12:00-2:30 pm October 15- Wreath Making Class -1PM October 22- Harvest Beef Roast Dinner and Dance -6=9 PM, \$12.50 October 29- 9am-4pm- Candy Cane Lane Bazaar serving Homemade Vegetable Soup and Biscuit for \$3.50		Volunteer Hours For August 858.00 Meals Served For August 1008	

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



# OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swedish Meatballs Buttered Noodles Crunchy Pea Salad	4 Taco Soup Cheese Quesadilla	5 Roast Beef w/ Gravy Mashed Potatoes Broccoli Salad	6 Teriyaki Meatballs Rice Stir Fry Veggies Chick Pea Salad Jello Salad w/ Fruit	7 Tuna Loaf Tossed Green Salad Spinach w/ Vinegar
10 Baked Ham Yams Fruit Salad Green Beans	11 Clam Chowder Broccoli Salad Crackers ½ Ham Sandwich	12 Corned Beef Stew Corn Bread	13 Patty Melts Baked Beans Potato Salad Fruit	14 Chicken Parmesan Pasties Veggies Carrot Salad
17 Swiss Steak Mashed Potatoes w/ Gravy Peas & Carrots Coleslaw	18 Beef Enchilada Casserole Green Beans Beet & Onion Salad Corn Chips	19 Sweet & Sour Chicken Lemon Rice Oriental Veggies Asian Coleslaw	20 Hamburger Stroganoff Buttered Noodles Crunchy Pea Salad Cauliflower & Carrots	21 Baked Cod/ Whitefish Au Gratin Potatoes Beets Corn Salad
24 Beef Tamale Pie Tossed Green Salad Corn Chips	25 Smothered Pork Chops Mashed Potatoes w/ Gravy Tossed Green Salad	26 Spaghetti w/ Meat Sauce Marinated Veggie Salad Beets Garlic Bread	27 Ham and Bean Green Beans Biscuits	28 Chicken Parmesan Pasta Spinach Broccoli Salad
31 BBQ Meatballs Pasta Salad Scalloped Potatoes				
Rainier Senior Center Lunch Menu 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.		503-556-3889	www.RainierSeniors.com	

Elvis  
Steve Coon  
Rocked the House!



Elvis filled the Rainier Senior Center with ballads from all the greatest hits. The audience participated by clapping and singing along with him. Ladies were treated to Elvis selecting a few to receive one of his signature scarves during his performance. The evening show included some special lighting and a sensational outfit befitting the :King”.



The “King” offered two shows- a Dinner Show that included a wonderful crusted pork loin on Saturday, September 17 and a Gospel Matinee on Sunday, September 18.

Steve Coon showed his expertise as an Elvis Impersonator presenting Gospel songs and favorite ballads from Elvis’ many hits. It was an enlightening and harmonious presentation that everyone enjoyed to the end.

Many in the audience expressed their appreciation for a great show and asked for autographs.



**5-Area Luncheon**  
**October 31**  
**Scappoose Senior Center**  
Sign up to ride the bus

**Membership Meeting**  
**Wednesday, October 26**  
**at 1pm**



### **Upcoming Events**

**Holiday Bazaar**  
November 12  
9am-4pm

**Turkey Dinner**  
November 19, 2pm

**Prime Rib Dinner**  
December 17, 2pm



**Harvest Dinner**  
**and Dance**  
**October 22**  
**6 pm**

Enjoy the special Pot Roast dinner and then dance to the music of

**Ted Boursaw**  
**Classic Country**

**Cost: \$12.50 pp**  
**Limited Seating**

**Easy Exercises**  
**with Patty Gorman**



**Tuesdays and**  
**Thursdays**  
**at 9:30am**