

Sponsors That Support Our Center

**Burger King
Columbia River PUD
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 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 9

September 1, 2016

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

Phone: 503-556-3889

Web: RainierSeniors.com



ELVIS Impersonator

Dinner Show
Saturday, September 17
6pm
Gospel Music Matinee
Sunday, September 18
2pm

More information
on page 10

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***



We raised \$400
from the City-Wide
Garage Sale



FREE Flu Shot
Clinic
by Rite-Aid
at the Center
September 19
at 11am

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

Help Your Neighbors In Need – Give to GLOW

Warm a heart and a household by giving to the Neighbor's GLOW
(Give Light, Offer Warmth) Fund.

GLOW helps low-income PUD customers who are behind in their payments and at risk for having their power shut off. A GLOW donation helps keep their power on and their household warm. Through the generous donations of customers like you, GLOW is able to help hundreds of families in our community each year.

We are raffling a handmade quilt from the Columbia River Piecemakers Quilt Guild to raise money for GLOW. Tickets are \$1 apiece or 6 for \$5, and are available at our office. The winner will be picked at our Customer Appreciation Dinner Oct. 4.

To make a donation or learn more, call Customer Accounts at (503) 397-0590,
or visit www.crpud.net/glow.



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.

School Bus Drivers Wanted

Mid Columbia Transportation
will be doing a presentation
September 8

12:30pm at the Center

Members and non-members welcome

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

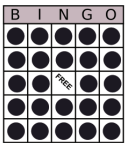


Blood Pressure Check
11 am by Lowell Norbom

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

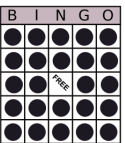


Music by
The Three of Us
Music begins at 11:00.
Sing along or dance to the tunes.



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

TUESDAY

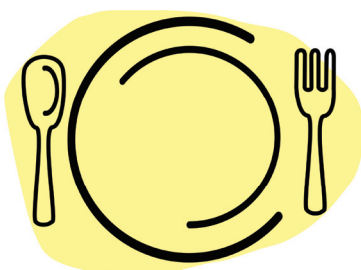


Bingo
10:30 am



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

SEPTEMBER POTLUCK DINNER



Thursday
September 22
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 (starts Sept. 8)

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
St Helens Senior Center
Monday
September 26



Happy Birthday to our September Birthday Members

Birthday Flower: Morning Glory

Birthstone: Sapphire

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

9/3	John Teschner	9/19	Brenda Courser
9/7	Henry Keith	9/20	Dan Beavers
9/8	Clint Kelley	9/21	Darlene Rea
9/13	Margie Clark	9/22	Joanne Bernard
9/13	Joe Oliva	9/22	James Brooks
9/14	Maxie Ed Yancey	9/23	Marvin Jones
9/15	Barbara Foster	9/24	Paul Huntington
9/15	Mona Fiscus	9/25	Randy Hamlin
9/18	Dan Carter	9/27	Dick Drummond

**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!

September Volunteer of the Month: Lillibel Welter

She has been a faithful server for many years. This year she took an active role as princess of our center and represented us with her charm. She always has a smile to welcome our members to our dining room.

Good job, Lillibel.

SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Volunteer Hours For July 750.00 Meals Served For July 835 Meals Served 2015-2016 10, 785	Elvis Impersonator Saturday, September 17 and Sunday, September 18		1 Pinochle 1:00 pm	2  Foot Care 10 am-1 pm by appt Music with Eric 11 am
5 Closed for Labor Day	6  10:30 am  Easy Exercise 9:30 am	7	8 Music by Al Barr  Easy Exercise 9:30 am Veterans Advisor 1pm	9  Foot Care 10 am-1 pm by appt
12  3 of Us 11 am Blood Pressure Check 11 am Bingo -6pm Beth Moffett 9:30-10:30	13  10:30 am  Easy Exercise 9:30 am Men's/Women's VFW 1:00 pm	14  WIC 9:30am-1pm	15  Easy Exercise 9:30 am Pinochle 1:00 pm	16  Foot Care 10 am-1 pm by appt Music with Vern
19  3 of Us Blood Pressure Check and Free Flu Shot 11 am Bingo - 6pm	20  10:30 am  Easy Exercise 9:30 am	21 Board Meeting 1pm	22  Easy Exercise 9:30 am September Potluck Dinner 5pm	23  Foot Care 10 am-1 pm by appt Susanna's Supper-6pm Rainier Methodist Church
26  Blood Pressure Check 11 am 5-Area Luncheon St Helens Senior Ctr Bingo - 6 pm	27  10:30 am  Easy Exercise 9:30 am Bingo -6pm	28 Membership Meeting 1pm Casino Bus Trip 9am-4pm \$15/member See Marily	29  Easy Exercise 9:30 am	30

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

SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Summers Country Vegetable Soup Ham Sandwich Fruit	2 Baked Ham Green Beans Pea Salad Roll
5 Closed for Labor Day	6 Hot Turkey Sandwich Mashed Potatoes/Gravy Country Trio Veggies Waldorf Salad	7. Chicken Parmesan Ziti Noodles Lettuce Salad	8 Chicken Cordon Bleu Potatoes Melba	9 Spaghetti w/Meat Sauce Lettuce Salad Garlic Bread
12 Porcupine Meatballs Corn Peaches Romaine Salad	13 Tuna Casserole Peas Coleslaw	14 Cabbage Rolls Country Trio Veggies	15 Beef Stew Fruit Biscuits	16 Pork Roast Mashed Potatoes Country Trio Veggies
19 Chicken Fried Steak Mashed Potatoes Veggies	20 Corn Chowder Egg Salad Sand.	21 Chicken and Dumplings Mixed Green Salad Pears	22 Chili Cornbread Macaroni Salad	23 Baked Chicken JoJos Baked Beans Pea Salad
26 Tater Tot Casserole Green Beans Coleslaw w/Carrots	27 Oven BBQ Chicken Garden Veggies Potato Salad	28 Creamy Ham w/Noodles 3 Bean Salad	29 Pasties Broccoli Salad	30 Meatloaf Baked Potato Salad

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.

*Elvis will be in
the buidling!*

**Sept 17
and Sept 18**



Enjoy a delicious
**Herb-crusted
Pork Loin Dinner
and Show**

**Saturday, Sept 17
at 6pm
\$20 per person
(limited seating)**

**Elvis, AKA Scott Coon,
Impersonator
will be performing your
Elvis favorites following dinner**

**Gospel Music Matinee
Sunday, Sept 18
at 2pm
\$10 per person**

**All ages are welcome.
Get your tickets early!**

**5-Area Luncheon
September 26
St Helens Senior Center
Sign up to ride the bus**



Membership Meeting
**Wednesday, September 28
at 1pm**

Coming in October



**Harvest Dinner
and Dance
October 22**

Coming in November



**Holiday Bazaar
November 12**

**Table Rentals
\$15
Contact Rachel
503-369-6382**

Words of Wisdom

Change is inevitable, except from a vending machine.

Money is the root of all wealth.

The grass may be greener on the other side, but at least
you don't have to mow it.

**Starting Tuesday
September 6th**

**Easy Exercises
with Patty Gorman**



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