



Riverside Review

Volume 2017

Issue 6

June 2017

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Web: RainierSeniors.com



Hats off to our Fathers who have always been there for us. Without you, life would not be the same.

Congratulations to Joanne Bernard for being Columbia County's Volunteer of the Month of May 2017!

Senior Center Election June 26 - June 28

To be able to vote on June 26-27-28, you have to have been a member in good standing as of May 26th.

Walk-ins can vote June 26 and 27th from 9:30 to 2:30 and 28th from 9:30 to 12:30. Voting will be revealed at the membership meeting on the 28th at 1:00. Absentee ballots are available upon request.

FOR SALE

Kyocera KM-2050 BTW Printer
Exercise Trampoline with Hand Bar
Vesta Stairlift
1250 watt Microwave
Contact Aaron or Jan

Board Members

Jan Rich, Pres. Keith Ekstrom, V Pres.
Rachel Kelley, Sect. Marily Tift, Tres.
At Large: Shirley Emerick, Clint Kelley, and Margie Clark

We Serve
Meals On Wheels
So no senior goes hungry.



BECOME A MEALS-ON-WHEELS Driver

It only takes one hour of your time to deliver meals one day a week.

We need regular drivers as well as substitute drivers. You'll need to fill out an application and go through a paid background check.



During Birthday Friday the Center will be offering a FREE lunch certificate to those birthday folks present

Hours

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

Update your heating & cooling system

You added a remote control to your TV set years ago. You're no longer using a rotary phone. Now it's time to update your heating and cooling system too.

The Energy Experts at Columbia River PUD recommend installing a ductless heat pump. These systems provide both summer cooling and winter heating for year-round comfort. They are quiet and easy to use.

Best of all, a ductless system can lower your winter heating bills. Ductless systems can cut winter heating costs up to 50% when compared with an electric furnace, baseboards, or wall heaters.

Columbia River PUD offers rebates of up to \$1,000 for qualifying ductless systems. Oregon tax credits of up to \$1,300 may also be available.

Visit www.crpud.net/ductless to learn more, or contact the PUD's Energy Experts at (503) 366-5470



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

Michelle M. Moore
Columbia City Benefits Group LLC
(CCBG)

Office: 503-366-9550 Fax: 503-366-9551
Cell: 503-422-3945 Call for appointment

michelle@columbiacitybenefitsgroup.com
240 Spinnaker Way- Columbia City OR 97018

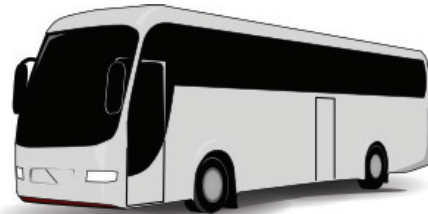


Mother's Day Plants
were donated by
Means Nursery
Scappoose, OR



Rainier FOE #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 Marilyn to reserve your space

Senior Center Activities

MONDAY



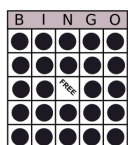
Blood Pressure Check
11 am by Lowell Norbom

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



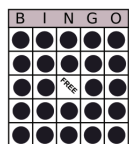
Music by

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

WEDNESDAY

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

THURSDAY

1st and 3rd Thursdays Pinochle
at 1:00 PM

2nd and 4th Thursdays
Chair Yoga at 11:00 AM

FRIDAY



Music
1st and 3rd 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!



June Special Events



Thursday June 29
1 PM

Shannon Flanagan presents:

"How to Maximize Communication
with or without
Hearing Aids"



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
6/3 June Burnham
6/6 Betty Harrington
6/8 Paul Nys
6/14 John Curtis
6/25 Melvin Friedland
6/26 Henry Heimuller

6/27 June Dodson
6/28 Richard Gilman
6/29 Ron Emerick
6/29 Jeanne Ryan
6/30 Sandie Scholten
6/30 Bonnie Romer
6/30 Bill Ryan

**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!**

**30 families who signed up
helped the center receive
\$90.33(for 1st 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 num-
ber **94223**.

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

June Volunteer of the Month:

Rainier's volunteer of the month of June is Ron Emerick. Ron retired from the railroad. He serves lunch every Thursday and loves socializing with Seniors. He also helps with parking during Rainier Days In The Park just before the fireworks. Thanks, Ron, for all you do!

JUNE EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL Meals Served: 1001 Volunteer Hours: 500.2			1 Pinochle 1:00 pm	2  Music with Eric & Cheri June birthday cake  Foot Care 10am-1pm \$15 to center
5  3 of Us 11 am Blood Pressure Check 11 am Bingo- 6pm Tai Chi- 1:30pm Michelle Moore 11 am - 1 pm	6  10:30 am	7	8  Chair Yoga 11 am Music with Cowlitz Ukelele Band Veterans Advisor 1pm	9  Foot Care 10am-1pm \$15 to center
12  3 of Us 11 am Blood Pressure Check 11 am Bingo -6pm	13  10:30 am Men's/Women's VFW - 1:00 pm	14  Music by Inez Glaze WIC 9:30am-1pm	15  Music by Al Barr Pinochle 1:00 pm	16  Father's Day Lunch  Music by Vern Kennedy  Foot Care 10am-1pm \$15 to center
19  3 of Us Blood Pressure Check Beth Moffitt 9-10 am Bingo -6pm	20  10:30 am	21  Board Meeting 1pm	22 Chair Yoga 11 am	23  Foot Care 10am-1pm \$15 to center Susannah's Supper 6pm Rainier Methodist Church
26  3 of Us Blood Pressure Check Walk-in Voting 9:30-2:30 5-Area Luncheon St Helens Bingo -6pm	27  10:30 am Walk in voting 9:30-2:30	28 Membership Meeting 1pm Walk in voting 9:30-12:30 Casino Bus Trip 9am-4pm \$15/member See Marily	29 Special Presentation by Shannon Flanagan "How to Maximize Communication with or without Hearing Aids 1pm"	30  Foot Care 10am-1pm \$15 to center

June 2017 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice.

JUNE MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sheppard's Pie Salad	2 Swiss Steak Baked Potatoes Veggies Fruit
5 BBW Meatballs Macaroni Salad	6 Chicken Noodle Soup Egg Salad Sandwich	7 Tater Tot Casserole Cole Slaw Veggies	8 Loaded Chef Salad Cottage Cheese Fruit	9 Tuna Casserole Fruit
12 Taco Soup Tortilla Chips TexMex Salad	13 Creamy Ham With Noodles Broccoli 3 Bean Salad	14 Stuffed Bell Peppers Roasted Reds Broccoli Salad	15 Fish Tacos TexMex Salad Spanish Rice	16 Porcupine Meatballs Corn Peaches Romaine Salad
19 Fried Chicken Pork N Beans Mac Salad	20 Patty Melts Chips Potato Salad	21 Roast Beef Potatoes Carrots Pea Salad	22 Tomato Soup Grilled Cheese	23 Open Faced Hot Roast Beef Sandwich Mashed Potatoes Veggies
26 Tamale Pie Garden Salad Chips	27 Quiche Toasted English Muffin Fruit	28 Chicken Gumbo Garlic Toast	29 Beef Stew Fruit Corn Bread	30 Cabbage Rolls Asian Coleslaw

Rainier Senior Center Lunch Menu

503-556-3889

www.RainierSeniors.com

Call in and carry-out orders need to be in no later than 10:30 am.

Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F

Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$5



June 26- June 28

Senior Center

Board Member Candidates:

President: Jan Rich

Vice President: Don Carnahan

Treasurer: Marily Tift

Secretary: Rachel Kelley

At Large:

Shirley Emerick

Clint Kelley

Judy Lepin

How old do you have to be to participate in services and activities?

Breaking News! Anyone from 0 to the Guinness World Record of oldest person alive can enjoy what the center has to offer.

Crabby Road



Fitness for Seniors

Donation Based Chair Yoga Classes

June 8 and 22 at 11 am

Gentle strengthening and stretching done seated in the chair or standing near the chair.

Benefits of Yoga include better balance, strength, and flexibility. Yoga is also relaxing and can help lower stress and even blood pressure.

All body types, ages, and fitness levels welcome. Everything we do is optional; you are encouraged to go at your own pace.

Classes taught by April Helton RYT 200
Yoga Alliance certified instructor

Tai Chi Class June 5 at 1:30 pm

FREE to all Seniors

Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement. This meditative form of exercise consists of a series of 19 movements and one pose.

Here are 12 benefits of Tai Chi for seniors:

- Relieves physical affects of stress
- Promotes deep breathing
- Reduces bone loss in menopausal women
- Improves lower body and leg strength
- Helps with arthritis pain
- Reduces blood pressure
- Requires mind and body integration through mental imagery
- Accumulates energy by releasing endorphins rather than depleting it
- Enhances mental capacity and concentration
- Improves balance and stability by strengthening ankles and knees
- Promotes faster recovery from strokes and heart attacks
- Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
El Tapatio
Keys Plus
Foster Farms
Hometown Pizza
Means Nursery
Old Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
United Way
Vernie's Pizza**

**City of Rainier
Cole's Coffee
Columbia Food Bank
Delaware Plaza
Deer Island Grange
Eagles
Fred Meyer
Highlander Place
Lily Pad
Lower Columbia Insurance
MPC Digital Solutions
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros**



"A Great Place...For Great People"

***Rainier Senior Center
48 West 7th Street
Rainier, OR 97048***