



Riverside Review

Volume 2017 Issue 5 May 2017

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Phone: 503-556-3889
Web: RainierSeniors.com

Senior Center Reflections

"It was a real pleasure meeting you yesterday. The volunteers and 'feel' of the Rainier Senior Center is so positive and joyful. Y'all are to be congratulated with high marks for super positive first impression experience!"

*LaNay Eastman
Tai Chi Instructor*

"Everything is going great. Good music, good food and good fellowship"
Phyllis Cox

"The center is GREAT"
Lola and Gene Smith

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*

FOR SALE

Kyocera KM-2050 BTW Printer

Exercise Trampoline with Hand Bar

Vesta Stairlift

Contact Aaron or Jan



**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.



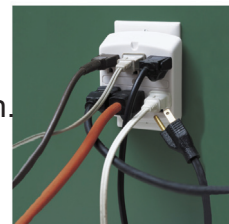
Starting in May during Birthday Friday the Center will be offering a FREE lunch certificate to those birthday folks present

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

Tips for Using Electricity Safely at Home

Electricity travels the path of least resistance. If you come in contact with electricity, it can pass through your body, causing serious injury or death. 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.
- Do not touch electrical appliances or tools if you are wet or touching water.
- Never overload an outlet with multiple appliances.
- Use safety covers on all electrical outlets 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.
- Call the PUD at (503) 397-1844 before pruning or trimming trees near power lines. Tree limbs, tools, or ladders touching power lines can electrocute you.
- **Always call 8-1-1 before digging**, for free locating of underground electric lines and other utilities.



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



Check out our May Calendar



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



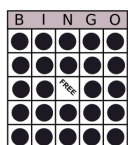
Blood Pressure Check 11 am by Lowell Norbom

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



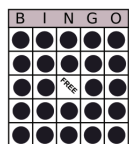
Music by

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!



May Special Events

FREE Tai Chi Classes start May 1st, 1:30 pm

Sun (pronounced "soon") style Tai Chi is a gentle and effective activity to improved health, well-being and body awareness. In this class you will learn warm-up/cool down exercises and three basic/reverse tai chi movements that you can comfortably do every day.

Tai Chi principles will include movement control, good posture practice, breathing and weight transference awareness. Tai Chi is accessible to all regardless of fitness level or abilities. Movement will be shown for both standing and seated options.





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
5/5 Dee Childers
5/10 Fay Harmon
5/11 George Cornwall
5/14 Karen Hoyle
5/15 Evelyn Boursaw
5/15 Connie Budge
5/17 Larry Cole
5/18 Jenifer Dias

5/22 William Dias
5/23 Leroy Knutson
5/28 Grace Sprague
5/28 William Roper
5/30 Frances Bailey
5/30 Linda Roberts

**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
\$112.81(for 4th 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!**

May Volunteer of the Month:

Rainier's volunteer of the month of May is Joanne Bernard. Joanne has been volunteering at the center for many years and is always a welcome sight at the center. Thank you, Joanne.

MAY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1  3 of Us Blood Pressure Check 11 am Bingo- 6pm Tai Chi Class-1:30pm	2  10:30 am	3	4 Pinochle 1:00 pm	5  Music with Eric & Cheri May birthday cake  Foot Care 10am-1pm \$15 to center
8  3 of Us 11 am Blood Pressure Check 11 am Bingo- 6pm	9  10:30 am Men's/Women's VFW - 1:00 pm	10 WIC 9:30am-1pm	11 Chair Yoga 11 am  Music with Inez Glaze Veterans Advisor 1pm	12 Special Mother's Day Luncheon  Foot Care 10am-1pm \$15 to center
15  3 of Us 11 am Blood Pressure Check 11 am	16  10:30 am	17  Music by Al Barr  Board Meeting 1pm	18 Pinochle 1:00 pm	19  Music by Vern Kennedy  Foot Care 10am-1pm \$15 to center
22  3 of Us Blood Pressure Check Beth Moffitt 9-10 am Michelle Moore 11-1 Bingo -6pm	23  10:30 am	24 Membership Meeting 1pm	25 Chair Yoga 11 am Potluck 5:00 pm	26 Susannah's Supper 6pm Rainier Methodist Church  Foot Care 10am-1pm \$15 to center
29 Closed for the Holiday	30  3 of Us 11 am 5-Area Luncheon Rainier	31 Casino Bus Trip 9am-4pm \$15/member See Marily	March Meals Served: 1,279 Volunteer Hours: 506.25	

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

MAY MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Liver & Onions Baked Spuds Broccoli Salad	2 Turkey & Fixings Sweet Potatoes Jello Salad	3 Goulash Cottage Cheese Fruit Bread	4 Oven Baked Chicken Mashed Potatoes Veggies	5 Beef Taco Salad Chips & Salsa TexMex Salad 
8 Potato Soup Grilled Ham & Cheese Sandwich	9 Baked Fish Scalloped Potatoes Cucumber Salad	10 Chicken Tetrzzini Green Salad Bread	11 BBQ Beef Ribs & Sauerkraut Potato Salad	12 Baked Ham Au Gratin Potatoes Veggies Sweet Potato Pie 
15 Chicken Fried Steak Mashed Potatoes Veggies Roll	16 Cheese Ravioli With Sauce Bread Salad	17 Pork Chops Au Gratin Potatoes Applesauce	18 Meatloaf Mashed Potatoes Pea Salad Roll	19 Clam Chowder Tossed Salad Bread Pudding
22 BBQ Meatballs Scalloped Potatoes Fruit	23 Pot Roast Spuds & Carrots Green Salad	24 Chicken Corn Chowder Roll/Biscuit Sliced Cucumber & Tomato	25 Beef Stroganoff With Egg Noodles Vegetables	26 Stuffed Baked Potatoes With Chili Green Salad
29 CLOSED	30 Pork Roast Potatoes & Carrots Salad Roll	31 Spaghetti & Meatballs Garlic Bread Green Salad		B r e a k f a s t Price Increase to \$5.00 Now includes waffles.

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

HOLIDAY EVENTS

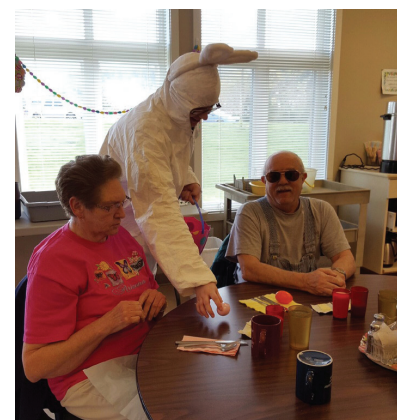


I always find something I've lost when I do my spring cleaning. This year it was my mind.



Easter Festivities at the Center

The Easter Bunny came to help our seniors get into the spirit by handing out "goodies". All our seniors enjoyed the treats and idea of spring being on the way.



Happy
Mother's
Day!



Hats Off to All
Our Moms!
You've always been
there for us.

**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***