



Riverside Review

Volume 2018 Issue 10 October 2018

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

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

25th Annual Souper Supper

When: Oct. 12, 2018
Time: 4:30 PM to 7:00 PM
Where: Rainier United Methodist Church
101 C East, Rainier, OR
Cost: **Donation** ----- proceeds to support

**Columbia County
Meals on Wheels Programs**



Homemade
Soups



Bread &
Crackers

*Come and Enjoy
All you can eat!*

Clam Chowder
Taco Soup
Chicken Noodle
Lentil Soup
Fruit Soup

Join us, meet friends and neighbors
have a nice warm bowl of
homemade soup, rolls, dessert &
beverage, while someone else does
the cooking and dishes!

Together we can make a difference!



Beverage



Apple cake

United Way fights for the health, education, and
financial stability of every person in every com-
munity.

Live United.

Help the County Meals-On-Wheels Program. You
can also donate with Paypal Giving Fund.

Board Members

Jan Rich. Pres.

Carla Bodenhamer, V Pres.

Marilyn Tift, Tres. Rachel Kelley, Sect.

*At Large: Shirley Emerick, Clint Kelley,
and Judy Lepin*

Newsletter Editor: *Beth Bailey*

Please Complete Your NAPIS Form for the Senior Center Nutrition Fund

NAPIS forms are extremely important to your Senior Center. These completed forms are how the Community Action Team reimburses the center. whenever you eat a meal and sign in at the desk. Previously they are worth 75 cents but since July they are worth \$1.25 . **If your NAPIS form is more than one year old**, please stop by the front desk and complete a current one. If you have any questions, please talk to any Board member.

Stop by the Desk- It only takes a minute or less.



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

Pick Your Favorite Photos to Appear in the 2019 PUD Calendar

Would you like to help select the photos that will appear in the 2019 PUD Calendar? Now is your chance! You may vote in the PUD Calendar Photo Contest any time during the month of October. Visit the PUD's office in Deer Island Monday through Thursday from 7 a.m. to 5:30 p.m. to cast your ballot, or visit www.crpud.net/calendar and vote online.



You may vote for up to three photos per season. The contest ends on Oct. 31.

The PUD received photos from more individuals this year than ever before and would like to thank everyone who submitted photos for this year's contest.

COLUMBIA RIVER **PUD**

A COMMUNITY-OWNED UTILITY

Weather Making It Miserable?

***Brighten up your day!
Invite a friend or family member to join
you for lunch or participate in an
activity at the
Senior Center!***

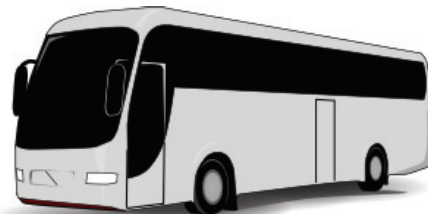
**Membership
Meeting Schedule:
4th Wednesday of the month
October
December**

**Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994**

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.



**Special Casino Bus Trip to
LUCKY EAGLE
Last Tuesday 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

Unavailable until
Further notice

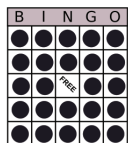


Music by

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.

HOOKS & NEEDLES GROUP

Every Monday

1:00-2:30 pm

TUESDAY

Gentle Exercise at 10 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

Hand and Foot card game 1:00 pm

Yoga at 10:30 am

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd Friday

Foot Care



Unavailable until
Further Notice

Try our exercise equipment!
You'll feel better. Bring a friend
or family member along.

SPECIAL EVENTS



Rainier Senior Center HOLIDAY BAZAAR

Saturday, November 3

9 am to 3 pm

Kitchen Open 10:30 am to 2 pm

MANY Vendors



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 Rea
10/8 Betty Vilhour
10/9 Gail Bonser
10/13 LeAnn Cole
10/15 Kerttu Jolma
10/15 Norma Nelson
10/15 Dwight Rich

10/15 Ed Roberts
10/18 Liz Pollack
10/19 Dieter Beverly
10/20 Mary Scott
10/20 Jim Everman
10/24 Dorothy Hoffman
10/28 Lilibell Welter

Please Register your rewards program to designate the Rainier Senior Center as the non-profit



Help Our

Senior Center

Earn Money!

Register Today!

We're up to 47 families!

**1st qtr 2018- Contribution
\$86.98**

**Check to make sure your
rewards card is connected
to the center.**

Look at example →



The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

Link your card to:

Rainier Senior Citizens

- or use our non-profit number **AH614******.

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

Rainier's Volunteer for the Month of October: Don Carnahan

Don has lived in Clatskanie since 1972. He enjoys golf, fishing, and going to Hawaii. He worked at Wanna for many years. He is one of our Meals-On-Wheels drivers. We appreciate his efforts to serve our seniors in need. Thank you, Don.



OCTOBER EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1  3 of Us Hooks & Needles 1 pm Bingo -6pm | 2 Gentle Exercise 10am | 3 | 4  Music by Bo Obney Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm | 5  Music with Erik & Cheri Birthday Cake |
| 8  3 of Us Hooks & Needles 1 pm | 9  Music by Tom LaVelle Gentle Exercise 10am Men's/Women's VFW - 1:00 pm | 10 WIC 9:30am-1pm | 11  Music by Al Barr Gentle Exercise 10am Chair Yoga 10:30 am Hand and Foot Cards 1 pm | 12  Music with Inez Glaze |
| 15  3 of Us 11 am Hooks & Needles 1 pm Beth Moffitt 9am - 1 Bingo -6pm | 16 Gentle Exercise 10am | 17 Board Meeting 1 pm | 18 Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm | 19  Music with Bo Obney |
| 22  3 of Us Hooks & Needles 1pm Kaiser Medicare Seminar 9am-12:30pm Bingo - 6 pm | 23 Michelle Moore 9:30 am Gentle Exercise 10am | 24 Membership Meeting 1 pm | 25  Music with Bo Obney Gentle Exercise 10 AM Chair Yoga 10:30 am Hand and Foot Cards 1 pm | 26  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church |
| 29  3 of Us | 30  Music with Tom LaVelle Casino Bus Trip 9am-4pm \$15/member See Marily | 31 | 1 | 2 |

October 2018 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.

OCTOBER MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 1 Western Beef Stew Broccoli Salad Biscuit | 2 BBQ Drumsticks Macaroni Salad Veggie | 3 Corn Chowder Turkey Sandwich | 4 Lasagna Green Salad Cottage Cheese Garlic Bread | 5 Grilled Polish Sausage W/ Baked Beans 3 Bean Salad Birthday Cake |
| 8 Meat Loaf Mashed Potatoes Veggie Salad | 9 Ham & Bean Soup Biscuit Salad | 10 Baked Ham Sweet Potato Casserole Veggie Roll | 11 Hamburger Stroganoff Buttered Noodles Veggie Bread | 12 Patty Melt W/ Chips 3 Bean Salad |
| 15 Chicken Breast Stuffing Veggie Caesar Salad | 16 Liver Baked Potato Veggie OR Ed's Famous Chili & Corn Bread | 17 Tater Tot Casserole Green Beans Salad | 18 Clam Chowder Tuna Sandwich Salad | 19 Chicken Fried Steak Mashed Potatoes Veggies |
| 22 Cheese Burgers Potato Salad Chips | 23 Grilled Ham & Cheese Coleslaw | 24 Spaghetti W/ Meat Sauce Garlic Bread Cottage Cheese | 25 Homemade Chicken Noodle Soup Salad | 26 Sweet & Sour Meatballs Over Rice Peas |
| 29 Ham Potatoes Au Gratin Veggie Fruit | 30 Cabbage Rolls Mashed Potato Salad | 31 Chicken Casserole Bread Veggie | 1 Quiche Cottage Cheese Fruit Muffin | 2 Tomato Soup Grilled Cheese Sandwich 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 10:30 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

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

**Support the
Senior Center**
by donating time, money, or
Returnable cans/bottles
"Every little bit helps!"




Practice DMV Test Available


DMV is offering a sample written test to Rainier senior residents if you need to renew your driving license. Sample tests can be found at:
<https://www.dmv-written-test.com/Oregon/practice-test-1.html>
All the tests are free and no personal information will be collected.

Friends of Skamokawa Presents

River Wanderings




Kayaking into Skamokawa



SV Cantata during a CYC Regatta

Art Exhibit by Beth Bailey

Opening Reception
October 13
1:00 PM



RiverLife Interpretive Center
Central School-Redmen Hall
Skamokawa, WA

Address 1394 W. SR4, Skamokawa • Phone (360) 795-3007
Email: fos1894@gmail.com • Website: www.friendsofskamokawa.org
Facebook: Friends of Skamokawa/River Life Interpretive Center

WE ARE
Meals On Wheels
So no senior goes hungry.



**Have you ever played
Hand and Foot?**

Would you like to learn?

Hand and Foot Cards
every 2nd and 4th Thursday
at 1:00 pm

Come join us!



Rainier Senior Center Supporters

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
Dutch Bros
El Tapatio
Highlander Place
Hometown Pizza
Knot Just A Bear
Means Nursery
Ol' Pastime Tavern
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
Triangle Bowl
True Value
Vernie's Pizza**

**Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
Lower Columbia Insurance
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
United Way**



"A Great Place...For Great People"

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