



Riverside Review

Volume 2019 Issue 8 August 2019

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2019 My Fair Lady Princesses



Judy Brown did a great job representing Rainier this year. Clatskanie Princess was crowned the Queen of My Fair Lady Pageant.

Thank you!

The Senior Center served 14% more meals in fiscal year 2018-2019 over 2017-2018 fiscal year. Number of meals served was 12,857. Our volunteers worked extra hard this fiscal year putting in 3298 hours. Thank you to everyone who helped us meet the needs of our community.

Board Members

Jan Rich. Pres.
Carla Bodenhamer, V Pres.
Keith Ekstrom, Sec.
Rachel Kelley, Treasurer
At Large: **Clint Kelley, Barbara Foster, and Sue Beavers**
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.



Welcome to the Riverview Cafe! Where's that? It's located inside the center with the same good food, people and entertainment. Come join us for breakfast, lunch and activities.

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



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

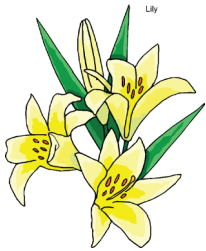
COOLING TIPS

You can lower your electric bill by reducing your energy use this summer with these tips from Columbia River PUD:

1. Block the heat. On hot days, keep windows, doors, and curtains closed to keep cool air in and the hot sun out. Open them at night and in the early morning when it's cooler to let breezes through.
2. Keep your cooling thermostat set around 78 degrees. The higher it's set, the more energy you will save.
3. Use fans instead of air conditioning. Fans can make you feel up to 5 degrees cooler, and they use less energy than air conditioners.
4. Cook more meals in microwaves or BBQs instead of stoves. They heat only the food, rather than your whole kitchen.
5. Dry laundry on a clothesline. Your house will stay cooler and your energy bills will be lower.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



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

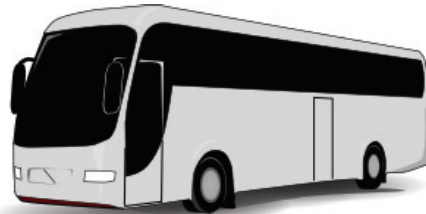
**Membership
Meeting Schedule:
4th Wednesday of the month
August, October and
December**

**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.

Michelle M. Moore
Cell: 503.422.3945
Michelle@ColumbiaCityBenefitsGroup.com
www.ColumbiaCityBenefitsGroup.com
Mailing: 240 Spinnaker Way - Columbia City OR 97018
ColumbiaCityBenefitsGroup

**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

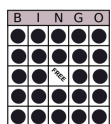


Music by

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

Yoga coming again in September



Music

throughout the week

See our EVENTS Calendar

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

Gentle Exercise at 10am

FRIDAY

Do you like to play Cribbage? Sign up at the Center's Desk to get a club started.



**First Friday
Birthday Cake**

Special Events



BLOOD DRIVE

coming this

SEPTEMBER!

More details in the September newsletter



Happy Birthday to our August Birthday Members

Birthday Flower: Poppy Birthstone: Peridot

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

8/1	Eugene Smith	8/17	Jo Williamson
8/2	Janice Bledsoe	8/18	Sheila Rickard
8/5	Rita Brady	8/18	Hank Anderson
8/10	V. Rochelle Pierce	8/22	Melvin Brady
8/11	Jeanean Hayslip	8/25	Martha Morton
8/13	Georgry Zielinski	8/25	Sue Drummond
8/17	Jan Rich	8/29	Keith Ekstrom
8/17	Joyce Dolph	8/31	Kathy Richardson

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



community rewards

Help Our

Senior Center

Earn Money!

Register Today!

We received \$79.81 for
2nd Quarter from 52 familie
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 August: Clint Kelley

Rainier's volunteer of the month is Clint Kelley. He has helped serve lunches,
as well as decorated the center and floats for 'My Fair Lady Princess'. Clint has
served on the Rainier senior Center board for 4 years. Best known as our "resi-
dent leprechaun" during our Luck of the Irish fundraiser, he makes things fun at
the center and helps wherever he can. Thanks, Clint, for all you do for us!



AUGUST EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
June Meals Served: 1064 Volunteer Hours: 248.50 Total Meals Year-to-Date: 12,851			1 Gentle Exercise 10am Pinochle 1:00 pm	2  Music with Ted Boursaw Birthday Cake
5  3 of Us Hooks & Needles Bingo -6pm	6 Gentle Exercise 10am	7  Music by Tom Lavelle	8 Gentle Exercise 10am Hand and Foot Cards 1 pm	9  Music by Jim Meyers
12  3 of Us 11 am Hooks & Needles 1pm Bingo -6pm	13 Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	14 WIC 9:30am-1pm Karoke 1-4 PM	15  Music with Inez Glaze Gentle Exercise 10am Pinochle 1:00 pm	16  Music by Ted Boursaw
19  3 of Us Hooks & Needles 1pm Bingo -6pm	20 Gentle Exercise 10am	21 Board Meeting 1:00 PM	22 Gentle Exercise 10am Hand and Foot Cards 1 pm	23  Music with Vern Kennedy
26  3 of Us Hooks & Needles 1pm Bingo -6pm	27 Casino Bus Trip 9am -4pm \$15 See Marily Gentle Exercise 10am	28  Music by Tom Lavelle Membership Meeting 1:00 PM	29  Music by Ted Boursaw Gentle Exercise 10am	30 Susannah's Supper 6pm Rainier Methodist Church

August 2019 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.

AUGUST MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
29 Oven Fried Chicken Jello Salad Rice Pilaf	30 Salad Buffet W/ Garlic Sticks	31 Roast Beef Potatoes & Carrots Salad Bread	1 Salisbury Steak Pea Salad Baked Potato Veggie Bread	2 Tater Tot Casserole Green Salad Fruit Birthday Cake
5 Meatloaf Mashed Potatoes Veggie Roll	6 Shepherds Pie Mixed Green salad	7 Chicken Fried Steak Mashed Potatoes Country Gravy Veggies	8 Turkey Bacon Melt Chips Coleslaw	9 Italian Meatball Soup Bread Fruit
12 Ham Scalloped Potatoes Apple Sauce	13 Fishwich Coleslaw Chips	14 Sweet & Sour Meatballs Rice Veggie	15 Summer Country Soup Turkey Sandwich	16 BBQ Chicken Potato Salad
19 Western Beef Stew Biscuit Salad	20 Chef Salad With All The Fixin's Bread	21 Pork Loin Au Gratin Potatoes Salad	22 Hamburger Patties Mashed Potatoes W/ Gravy Vegetable	23 Sausage Dogs Chips
26 Lasagna Garlic Bread Salad	27 BBQ Meatballs Pasta Salad	28 Chicken Malibu Potatoes Melba Veggie	29 Cheese Ravioli W/ Meat Sauce Veggie Roll	30 Chicken Salad Sandwich Pasta Salad Fruit

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



P O Box 216, Clatskanie, OR 97016
503-728-2163

Open Monday through Friday 8 am-5 pm

Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

ONLY \$15 per year

Sign up today and begin receiving our newsletter so you can plan to join us..

2019 Parade Float for Rainier Senior Center Princesses

Many hands always make the tasks get completed faster and with plenty of smiles and laughter all around. This year was no different. Everyone enjoyed putting their creative touch to the master plan for the float at Rainier Days in the Park Parade.



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

BLOOD DRIVE in SEPTEMBER

Everyone start eating your broccoli or spinach or liver to build up your iron cause the blood bank will be here in September. Detailed information will be in our September newsletter.

We Serve
Meals On Wheels
So no senior goes hungry.

Volunteer to be a Meals-on-Wheels Driver
Ask at the Desk how to apply



Rainier Senior Center Supporters

**Ace Hardware-Longview
B Street Coffee
Canterbury Inn
Canterbury Gardens
Columbia River PUD
Country Financial
Dutch Bros
El Tapatio
Grocery Outlet
Hometown Pizza
Kaiser Insurance- Michelle Moore
Means Nursery
Mo's - Astoria
Ol' Pastime Tavern
Outpost 30
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
Triangle Bowl**

**Bell Studios
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
InRoads
Miracle Ear
Nys Tree Farm
Napa Auto
Safeway
Rainier Liquor Store
The Dog Zone
United Way
US Gypsum
Vernie's Pizza**



"A Great Place...For Great People"

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