



## *Riverside Review*

Volume 2019      Issue 7      July 2019

48 W 7th Street, Rainier, OR 97048  
E-mail: [RainierSeniorC@gmail.com](mailto:RainierSeniorC@gmail.com)

Phone: 503-556-3889  
Web: [RainierSeniors.com](http://RainierSeniors.com)

### **Past Rainier Princesses Congratulate 2019 Princess Judy Brown**



Pictured left to right; Rachel Kelley, Carla Bodenhamer, Judy Brown and Lillibel Welter

On July 17th at the fairgrounds in St Helens, RSVP (Retired & Senior Volunteer Program) will be hosting a lunch for countywide volunteers. Following this lunch at 11am will be the Pageant at 1 PM the crowning of the My Fair Lady Queen. Come and support Judy. CC Rider will be providing free transportation from the center to the fairgrounds. Please call the center for the pickup time.

#### **ELECTION RESULTS**

Your new board is: Jan Rich, President; Carla Bodenhamer, Vice president; Keith Ekstrom, Secretary; Rachel Kelley; Treasurer; At Large: Clint Kelley, Barbara Foster, and Sue Beavers. Thank you to the outgoing Board Members for all you did and welcome to our new Board Members!

#### **Hours**

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

#### **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.**



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

Electricity in your home is ready at the flip of a switch thanks to an incredible balancing act from power grid operators. They make sure power supply matches power demand at any time, day or night.

Luckily for us, the Pacific Northwest is home to one of the most reliable, renewable power resources there is – hydropower. Every time it rains or snows, our hydro system refuels.

Hydropower is a load-following resource. It can throttle up or down to match the daily peaks and valleys of our energy use. So, when power use spikes in the morning as we prepare for the day, there's ample electricity available. And when there's a late-night lull as we sleep peacefully, grid operators can ramp down the electricity produced.

Operators control how much power is created by choosing how much water to let through the dams. Storage reservoirs behind dams act like giant batteries, storing water when power is not needed. Then, when demand increases, they release that water to be converted into electricity.

These hydroelectric dams produce about 85% of the electricity used by Columbia River PUD customers.

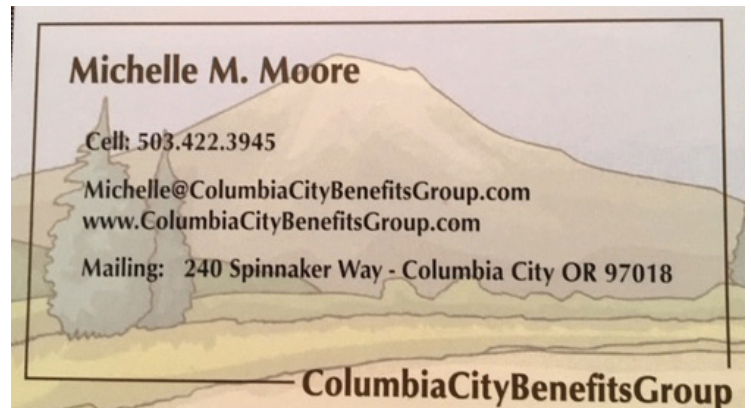


***Brighten up your day!  
Invite a friend or family member to join  
you for lunch or participate in an  
activity at the  
Senior Center!***

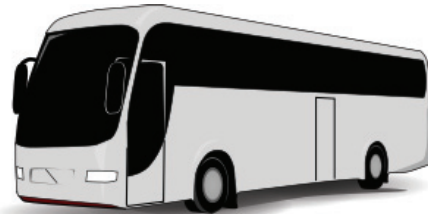
**Membership  
Meeting Schedule:  
4th Wednesday of the month  
August, October and  
December**

**Daniel Garrison, CPA,  
2114 Columbia Blvd,  
St Helens, OR 97051  
Email: [dan@drgtax.com](mailto: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

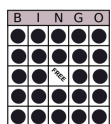


### Music by

**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**

### Gentle Exercise at 10 am



### Music

throughout the week

See our EVENTS Calendar



### First Friday Birthday Cake

## TUESDAY

**Yoga coming again in September**

## 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.

## Special Events

### Days in the Park Parade

Margie Clark as the Grand Marshal

**Saturday, July 13**

**10 am**







## Happy Birthday to our July Birthday Members

### Birthday Flower: Waterlily Birthstone: Ruby

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

7/1	Cheri Perrill	7/12	Melanie Elbert
7/1	Linda Larson	7/16	Inez Glaze
7/4	Margaret Brady	7/17	Steve Sandahl
7/4	Gary McGee	7/17	Lowell Norbom
7/4	Terri Williams	7/20	Harold Morton
7/4	Robin Hungerford	7/21	Phyllis Cox
7/5	Russ Moon	7/23	Randy Bailey
7/7	Sheridian Holland	7/24	Theresa Knox
7/8	Connie McGlone	7/25	Ken Sold
7/8	Sandra Mitchell	7/29	Betty Neer
7/10	Sandra Fjeldheim	7/29	Camelia Ionescu
7/11	Delores(Dee) Brush	7/29	Mary Jones
7/12	Dalene Pearce	7/31	Jody Tucker
		7/31	Barbara Clark

## 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 \$334.23 for  
2018.**

**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 July: Judy Lepin

Rainier's volunteer of the month is Judy Lepin. She was born and has lived in Rainier most of her life. She has 3 children and 6 grandchildren. She loves to sew and be with her grandchildren. She has delivered meals-on-wheels, worked the desk, was a Board member for 2 years and many other volunteer jobs. Thank you, Judy, for all that you do.



# JULY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  3 of Us  Gentle Exercise 10am Bingo -6pm	<b>2</b>  Music by Tom Lavelle	<b>3</b>	<b>4</b>  <b>CLOSED</b>	<b>5</b>  Music with Ted Boursaw  Birthday Cake
<b>8</b>  3 of Us  Gentle Exercise 10am  Bingo -6pm	<b>9</b>  Men's/Women's VFW - 1:00 pm	<b>10</b>  Music with Inez Glaze Karaoke 1-4 PM  WIC 9:30am-1pm	<b>11</b>  Gentle Exercise 10am Hand and Foot Cards 1 pm	<b>12</b>  Music by Jim Meyers Float Decorating 3 pm
<b>15</b>  3 of Us 11 am  Gentle Exercise 10am Hooks & Needles 1pm Bingo -6pm	<b>16</b>	<b>17</b>  Senior Day at the Fair and Pageant	<b>18</b>  Gentle Exercise 10am Pinochle 1:00 pm	<b>19</b>  Music by Ted Boursaw
<b>22</b>  3 of Us  Gentle Exercise 10am Hooks & Needles 1pm	<b>23</b>	<b>24</b>  Music by Tom Lavelle  Board Meeting 1:00 PM	<b>25</b>  Gentle Exercise 10am Hand and Foot Cards 1 pm	<b>26</b>  Music with Vern Kennedy  Susannah's Supper 6pm Rainier Methodist Church
<b>29</b>  3 of Us	<b>30</b>  Casino Bus Trip 9am -4pm \$15 See Marily	<b>31</b>	May Meals Served: 1181 Volunteer Hours: 477.5 Total Meals Year-to-Date: 12,851	

June 2019 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
Events are subject to change without notice. NO Breakfast deliveries.

JULY MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti Garlic Bread Salad	2 Taco Tuesday With Refried Beans & Chips	3 Turkey Ala King Over A Biscuit	4 CLOSED	5 Beef Hot Dogs Macaroni Salad Chips  <b>Birthday Cake</b>
8 Chicken Fried Steak Mashed Potatoes Veggies	9 Split Pea Soup Ham Sandwich	10 Teriyaki Chicken & Rice	11 Sliced Ham Macaroni & Cheese	12 Chef Salad 'N' Fixins
15 Hamburger Chips Potato Salad	16 BBQ Ribs Potato Salad	17 Meatloaf Mashed Potatoes Veggies	18 Turkey Soup Grilled cheese Sandwich	19 Patti Melt On Rye Chips Cole Slaw
22 Goulash Green Salad Bread	23 Chicken Cordon Bleu Casserole Salad	24 BBQ Meatballs 3 Bean Salad Baked Potato	25 Cheese Ravioli W/ Meat Sauce Salad Roll	26 Pork Chops Oven Fried Potato Salad
29 Oven Fried Chicken Jello Salad Rice Pilaf	30 Salad Buffet With Garlic Breadsticks	31 Roast Beef Potatoes & Carrots Salad Bread	1 Salisbury Steak Pea Salad Baked Potato Veggie Bread	2 Tater Tot Casserole Green Salad Fruit

**Rainier Senior Center Lunch Menu**      **503-556-3889**      **[www.RainierSeniors.com](http://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



### Joann Bernard 4 Generations

After having breakfast at the Senior Center. We love seeing the younger people joining us at the Center.



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.

### Thank You! Kudos to Volunteers!

The center would like to thank everyone who supported us at the City Wide sale. Because of this support and hard work by our volunteers it was another successful event. A special shout out goes to Tom Demeter for cooking those wonderful hamburgers and hot dogs!

A BIG thank you to those who helped make the grounds around our building look much more attractive. A BIG Thank you to Del Larson for the bark mulch.

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



On Tuesday, June 11th, the center hosted a tea for Judy Brown, Rainier's representative for the My Fair Lady court.

Pictured here(right to left) Joann Bernard, Carla Bodenhamer, Judy Brown and Lillibell Welter.

### Days In The Park Float Decorating Friday July 12 starting at 3 PM

We will be decorating the float for My Fair Lady Princess on Friday, July 12 at the Senior Center. Come help us decorate and make Judy feel comfortable.

A BIG Thank you to Ed Hayslip for loaning us his trailer and Quad for the float. Parade is on Sat. July 13 at 10 a.m.

\$ 5.00 parking at the Center Sat night starting at 5 p.m. . Fireworks at 10 p.m. Help support the Senior Center and come park and watch the fireworks on the river or just enjoy Rainier Days In The Park



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



## **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***