



Riverside Review

Volume 2019 Issue 5 May 2019

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

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



- **Inez Glaze** for having our piano tuned
- **Georgia Pacific** for their donation of paper products.
- **Alston Pub** for hosting a fundraiser for the center
- **The City of Rainier** for donating all proceeds from the city clean-up
- All the folks who bring in cans and bottles for our recycle program



Chris, Alston Pub and Grub, presenting check to Jan Rich.



The Senior Center was amazed at the donations from Clean Up Days.

Antique Appraiser
Saturday
May 18
12:00-3:00 PM

Charlie Schreiner with North Coast Auction & Estate Services will be here to appraise your items. Charlie has 45+ years experience in appraising antiques, art, jewelry,

coins etc. If you have items you would like appraised, bought or are just curious bring them to the center between noon and 3:00 pm. Do you have really big items? Charlie will be available to come out to the house. The cost is \$5 per item and all proceeds come to the center. Free coffee and water will be available as will soda to purchase for \$1.

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

Board Members

Jan Rich. Pres.
Carla Bodenhamer, V Pres.
Rachel Kelley, Sec. and Treas
 At Large: **Shirley Emerick, Clint Kelley, Marily Tift, 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

Enter Columbia River PUD's Calendar Photo Contest

Do you have beautiful pictures of Columbia County? Enter them into the 2020 Columbia River PUD Calendar Photo Contest!

Each year, the PUD produces a calendar to distribute to its customers. The calendar's photos represent the scenic beauty of our county, and are selected by PUD customers.

Anyone may enter photos into the contest, although preference may be given to photos taken by CRPUD customers. A panel of judges chooses finalists for each season. PUD customers pick the winners through a contest on the PUD website and in the PUD office in October.

Enter the contest by sending your high-resolution images (minimum 2,775 pixels tall by 3,675 pixels wide) to Kyle Boggs at kboggs@crpud.org. You may also send 8x10 prints to Columbia River PUD, attn: Kyle Boggs, 64001 Columbia River Hwy, Deer Island, OR 97054.

See tips on the types of photos to enter at crpud.net/calendar.



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
June (Board Election),
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



Blood Pressure Check
11 am

by Lowell Norbom

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

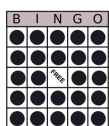


Music by

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

TUESDAY

Yoga at 10:20 am

May 7 and 21

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



**First Friday
Birthday Cake**

Special Events

June 15

City-Wide Garage Sale



**Rent a table for
\$10**

Call Rachel at
503-369-6382

May Potluck

Armchair Travel to China



**Saturday
May 25
at 3 PM**



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	5/18	Jennifer Dias
5/5	DeeChilders	5/22	William Dias
5/11	George Cornwall	5/23	Leroy Knutson
5/12	Jessica Kelley	5/26	Paul Spears
5/14	Karen Hoyle	5/26	Norm Fones
5/15	Connie Budge	5/27	Thomas Durham
5/15	Evelyn Boursaw	5/28	Paul Roper
5/16	Linda Gannon	5/28	Grace Sprague
5/17	Larry Cole	5/30	Frances Bailey

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



**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 →



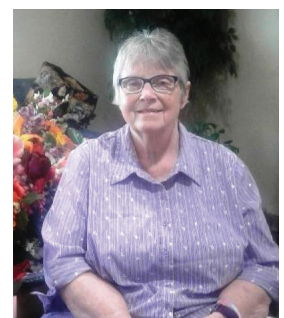
The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

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 May: Rachel Kelley

Rainier's volunteer of the month is Rachel Kelley. She has only been at the center since 2014 but has stepped up to be a very important part of our center. She serves as secretary /treasurer of the board, was our princess in 2014 and helps out where she can. She and her husband have raised many foster children and some of their own. Thank you Rachael for all your help.



MAY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
March Meals Served: 1061 Volunteer Hours: 345 Meals -to-Date 2018/2019 10, 168		1  Music with Bo Obney	2 Gentle Exercise 10am Pinochle 1:00 pm	3  Music with Al Barr Birthday Cake
6  3 of Us  Blood Pressure 11 AM Bingo -6pm	7  Music by Tom Lavelle and John Ludahl Gentle Exercise 10am Chair Yoga 10:20 am Men's/Women's VFW - 1:00 pm	8 WIC 9:30am-1pm	9  Music by Al Barr Gentle Exercise 10am Hand and Foot Cards 1 pm	10  Music by Jim Meyers
13  3 of Us 11 am Hooks & Needles 1pm  Blood Pressure 11 AM Bingo -6pm	14  Music by Bo Obney Gentle Exercise 10am	15  Music by Inez Glaze Board Meeting 1:00	16 Gentle Exercise 10am Pinochle 1:00 pm	17  Music by Ted Boursaw
20  3 of Us Hooks & Needles 1pm  Blood Pressure 11 AM	21 Gentle Exercise 10am Chair Yoga 10:20	22  Music by Tom Lavelle and John Ludahl Karaoke 1:00-4:00 Bring your own music or CD	23  Music by Bo Obney Gentle Exercise 10am Hand and Foot Cards 1 pm	24  Music with Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
27 CLOSED for Memorial Day	28 Gentle Exercise 10am Casino Bus Trip 9am -4pm \$15 See Marily	29  Music by Ted Boursaw	30	31  Music by Bo Obney

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

MAY MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Ham Mashed Yams Veggies Fruit Salad	2 Spaghetti With Meat Sauce Garlic Bread Salad	3 Turkey Dinner Stuffing Mashed Potatoes Birthday Cake
6 Pot Roast Carrots & Potatoes Gravy Salad	7 Chicken Pot Pie Fruit Bread	8 Grilled Ham & Cheese Sandwich Tomato Soup	9 Sausage Dog Mac & Cheese Jello Salad	10 Chef Salad With All The Fixin's Roll
13 Chicken Fried Steak Mashed Potatoes Veggies Bread	14 BLT Lentel Soup Fruit	15 Meatloaf Mashed Potatoes Veggies Roll	16 Swedish Meatballs With Pasta Salad	17 Ham & Bean Soup Corn Bread Cole Slaw
20 Oven Baked Chicken Mashed Potatoes Veggies	21 Taco Soup Tortilla Chips	23 Tater Tot Casserole Cole Slaw	24 Pork Chops Smothered In Mushroom Gravy Mashed Potatoes Veggie	25 Goulash Green Beans Bread
27 MEMORIAL DAY CLOSED	28 Swiss Steak Baked Potato Salad	29 Chicken & Dumplings Salad	30 Tamale Pie Garden Salad	31 Chicken Parmesan Pasta Veggie

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

*Happy
Mother's
Day!* 

We will be honoring our Mothers
on May 10th.

A special luncheon will be created
by Wendy
and we'll have plants donated
by Means Nursery.

Donation only **Chair Yoga** is changing to
Tuesday at 10:20 am.

There will only be two days in May available
5/7 and 5/21.

Bring your smiles and the center
will provide the chairs!

Gentle Exercise

will be on

**Mondays and Thursdays
10 am**



**Support the
Senior Center
by donating time, money, or
Returnable cans/bottles**

"Every little bit helps!"

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



Election for the Board time is here.
Here are nominations so far:

Jan Rich, **President**
Carla Bodenhamer, **Vice President**
Rachel Kelley, **Treasurer**
Clint Kelley, **At Large**
Margaret Brady, **At Large**
Sue Beavers, **At Large**
Barbara Foster, **At Large**

**You must be a member in good standing
(dues up to date) no later than May 24th
with voting
on June 24, 25 and 26th until noon**

Election results will be announced
at the Annual Board Meeting on June 26.



**Saturday June 15
City-Wide Garage Sale**

Join in with you own table at the Senior
Center for \$10 per table
or Stop by City Hall for a map
to all the treasurers people
are offering.
Call Racher at 503-360-6382
to reserve your table

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