

48 W 7th Street, Rainier, OR 97048 E-mail: RainierSeniorC@gmail.com Phone: 503-556-3889 Web: RainierSeniors.com

October 2019

Beaver Valley Grange FREE Dinner during the Meeting on Saturday, October 19 4 pm to 6 pm

Come enjoy a free meal and discuss the upcoming election on November 5. hear from some local leaders and other citizens of our community

Medicare Review

Michelle Moore, Columbia City Benefits group, will be at the center to do an annual Medicare review on October 17th and October 31st from 10 am to Noon.

Blood Drive Results

Thanks to Judy Lepin for helping to make this a successful event! She helped coordinate the donors and schedule. Thanks, Judy! We collected 28 pints! 19 pints was considered good for the number of people who showed. We had some who couldn't donate but we had 4 Walk-ins.

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

Board Members

Riverside Review

Issue 10

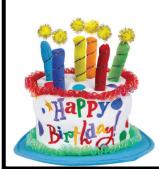
Volume 2019

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 Nuitrition 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

VOTE FOR YOUR FAVORITE PHOTO

Pick Your Favorite Photos to Appear in the 2020 PUD Calendar

Would you like to help select the photos that will appear in the 2020 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. Each person may vote once. The contest ends on Oct. 31.



Membership Meeting Schedule: 4th Wednesday of the month 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.





A COMMUNITY-OWNED UTILITY

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





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



Armchair Travel to Austria and Potluck Saturday October 19 at 3 pm



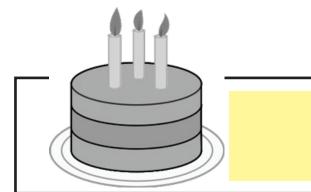
20 Vendor

Tables

Holiday Bazaar November 2

9 am - 3 pm \$5.00 Homemade Stew Meal : Stew- Roll-dessert-drink. 11 to 2 p.m. \$1.00 - Pop, water, coffee \$.50 pastries \$ 1.00 - Popcorn

3



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.

10/3Laritta 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 Pollock 10/19 Dieter Oatmann 10/20 Mary Scott 10/20 Jim Everman 10/24 Dorothy Hoffman 10/28 Lillibell Welter

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

Fred Meyer community rewards was 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 \rightarrow

Total July Fuel Points: 16 Rewards or Fuel Program Questions? Details at www.fredmeyer.com/rewards or Contact us at 1-866-518-2686 Monday-Friday 5AM to 9PM PST SAVE THIS RECEIPT FOR REFUNDS requested Fred 2017 red Meyer donate Rainier Senior Citizens, Inc.

YOU FOR CHOOSING FREDDY'S!



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: Tom Demeter

Tom has been a volunteer at the center for several years including as a meals-on-wheels driver. He's also a trained chef and fills in to cook when Wendy is gone. He never hesitates to help with special events- either flipping burgers or preparing a holiday meal. His favorite past time is to hunt and fish.

Thanks, Tom, for always being there when we need you!

	00			
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Music by Tom Lavelle	Music by Ted Boursaw	Music with Janis Youra	Music with Bo Obney
			Gentle Exercise10am	Birthday Cake
G	entle Exercise10am		Pinochle 1:00 pm	
7	8	9	10	11
3 of Us		Music by Bo Obney		Music by Jim Meyer
Hooks & Needles	Gentle Exercise10am Men's/Women's	1pm-4pm	Gentle Exercise10am	
Bingo -6pm	VFW - 1:00 pm	WIC 9:30am-1pm	Hand and Foot Cards 1 pm	
14	15	16	17	18
3 of Us 11 am	Music by Tom Lavelle	Music by Inez Glaze	Music by Al Barr	Music by Ted Boursaw
Hooks & Needles 1pm Bingo -6pm	Sentle Exercise10am	Board Meeting 1:00 PM	Gentle Exercise 10am Pinochle 1:00 pm	
21	22	23	24	25
3 of Us			Music by Bo Obney	Music with Vern Kennedy
Hooks & Needles 1pm Bingo -6pm	Gentle Exercise10am	Membership Meeting 1:00 PM	Gentle Exercise10am Hand and Foot Cards 1 pm	Susannah's Supper 6pm Rainier Methodist Church
28	29	30	31	
	Sentle Exercise10am Casino Bus Trip 9am -4pm	Music by Ted Boursaw	Bo Obney	August Meals Served: 1115 August
Hooks & Needles 1pm	\$15 See Marily			Volunteer
Bingo -6pm			Gentle Exercise10am	Hours: 365.75

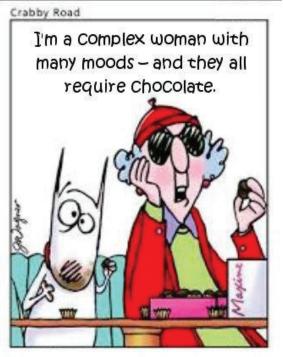
October 2019 Rainier Senior Center Activities - www.RainierSeniors.com Events are subject to change without notice. NO Breakfast deliveries.

Monday	(Tuesday	OCTOBER M Wednesday	IENU Thursday	Friday
30	1	2	3	4
Chicken Fried Steak Mashed Potatoes Veggies Roll	Tortellini Veggies Salad Bread	Patty Melt Macaroni salad Chips	Oven fried Chicken Potatoes Veggies	Tomato Soup Grilled Cheese Sandwich
ROII				Birthday Cake
7	8	9	10	11
Pork Chops smothered in Mushroom Gravy Mashed Potatoes Tossed Green salad	Swiss Steak Baked Potato 3 Bean Salad	BBQ Drumsticks Baked bean Salad Chips	Beef Stew Biscuit Broccoli Salad	3 Cheese & Asparagus Ravioli in Tomato Cream sauce Bread Salad
14	15	16	17	18
Baked Ham scalloped Potatoes Corn Applesauce	Tater Tot Casserole Coleslaw	Chicken & Dumplings Green Salad	Creamy Corn Chowder Ham Sandwich Fruit	Spaghetti With Meat sauce Veggie salad Garlic Bread
21	22	23	24	25
Meatloaf Baked Potatoes Green Beans Coleslaw	Homemade Chicken Noodle Soup Salad Sandwich	Chicken Fried Steak Mashed Potatoes Veggies	BBQ Meatballs Scalloped Potatoes Veggies	Vegetable Soup Ham sandwich Fruit
28	29	30	31	1
Swedish Meatballs Buttered Noodles Crunchy Pea salad	Chili Cornbread Salad	Pot Roast Potatoes & Carrots Salad	Shepherds Pie Salad Bread	Chicken & Rice Casserole Veggie Bread
Rainier Senior Cen	iter Lunch Menu	503-556-3889	www.RainierS	eniors.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..

Do You Remember When....? Do you like these styles? And look at those prices!





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



Ask at the Desk how to apply



Rainier Senior Center Supporters

B Street Coffee Canterbury Inn Canterbury Gardens Columbia River PUD Country Financial Dutch Bros El Tapatio Grocery Outlet Hometown Pizza **Michelle Moore-Insurance** Means Nurserv 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