



Riverside Review

Volume 2019 Issue 9 September 2019

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

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

Oregon Blood Bank Drive

On the 27th of September the Oregon Blood Bank will have a drive at the center from 2:00 to 7:00 pm.

This is by appointment only and you can sign up by going online OR sign up at the senior center - please include your email address - and Judy Lepin will sign you up.

We can only accommodate 25 people. Donors will receive a free lunch certificate from the senior center.

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.

Mark Your Calendars

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.



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

CRPUD Rates Changing October 1

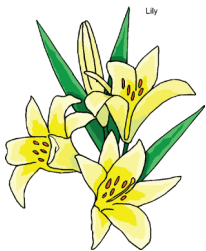
At their August 13, 2019 meeting, the Columbia River PUD Board of Directors adopted new rates. These rates will take effect on October 1, 2019.

Residential rates will increase by 4.5% due primarily to increased costs from Bonneville Power Administration, the PUD's wholesale power provider. The Base charge will increase from \$12.50 per month to \$15 per month. The Energy charge will go from 7.04¢ per kilowatt hour to 7.19¢ per kWh. For the average residential customer, that means an increase of about \$4 per month.

The PUD continues to offer a low-income Senior Discount program. Customers in this program will pay a \$3 Base charge and receive a 10% discount on their Energy charge.

"I'm always concerned with seniors and low-income customers and want to make sure it's not a big hardship," said Board Member Debbie Reed. "I think this option creates the least amount of hardship to that class." With the increase, CRPUD Residential rates are still about 33% lower than the national average and 21% lower than the statewide average.

If you would like to see if you qualify for the PUD's senior discount, please call the PUD's Customer Accounts Department at (503) 397-0590.

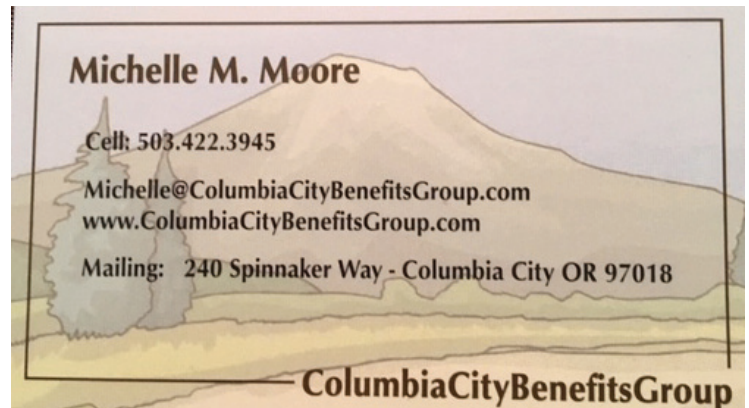


***Brighten up your day!
Invite a friend or
family member to join
you for lunch or participate
in an activity at the
Senior Center!***

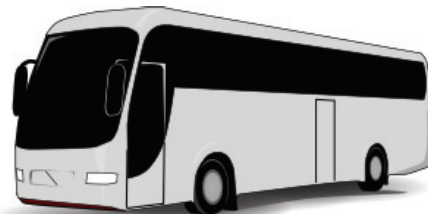
**Membership
Meeting Schedule:
4th Wednesday of the month
October and
December**

**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.



**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

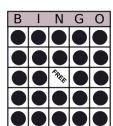


Music by

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

April would like to thank all the people who attended her Chair Yoga classes. Unfortunately, April will not be able to continue offering these classes at the Senior Center. The Rainier Senior Center would like to thank April for her volunteer time and services. Good luck, April!



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 Germany and Potluck



September 21

starting at 3 pm



ICE CREAM SOCIAL

ICE CREAM SOCIAL

September 17

at 1:15 pm

hosted by

Canterbury Gardens

**Come and enjoy some wonderful
banana splits or just a sundae.
Yummm!**



Happy Birthday to our September Birthday Members

Birthday Flower: Morning Glory Birthstone: Sapphire

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

9/3	John Teschner	9/19	Brenda Courser
9/6	Richard Ramey	9/20	Dan Beavers
9/7	Henry Keith	9/21	Darlene Rea
9/8	Clint Kelley	9/22	Joanne Bernard
9/13	Margie Clark	9/22	James Brooks
9/13	Joe Oliva	9/23	Marvin Jones
9/14	Maxie Ed Yancey	9/24	Melvin Sell
9/15	Barbara Foster	9/24	Paul Huntington
9/15	Mona Fiscus	9/24	Al Newby
9/18	Dan Carter	9/27	Dick Drummond
9/18	Billie Taylor-Hurd	9/28	Sally Morgan

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:

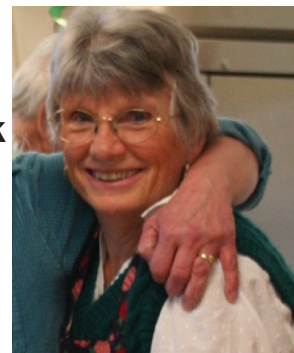
Rainier Senior Citizens

- 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 September: Shirley Emerick

Rainier's volunteer of the month is Shirley Emmerick. She was born in Portland, OR and moved to Rainier in 1985. She has 2 daughters and 4 grandchildren. Her interests include sewing, knitting, crocheting, yard work and card games. Shirley served as a board member for several years as the volunteer coordinator. Currently she serves meals every Thursday at the Center. Thank you, Shirley, for all you do!



SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED for LABOR DAY	3 Gentle Exercise 10am	4  Music by Bo Obney	5  Music with Inez Glaze Gentle Exercise 10am Pinochle 1:00 pm	6  Music with Al Barr Birthday Cake
9  3 of Us Hooks & Needles Bingo -6pm	10 Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	11  Music by Tom Lavelle KARAOKE 1pm-4pm WIC 9:30am-1pm	12 Gentle Exercise 10am Hand and Foot Cards 1 pm	13  Music by Jim Meyers
16  3 of Us 11 am Hooks & Needles 1pm Bingo -6pm	17 Gentle Exercise 10am Ice Cream Social by Canterbury Gardens starts at 1:15 pm	18	19 Gentle Exercise 10am Pinochle 1:00 pm	20  Music by Bo Obney
23  3 of Us Hooks & Needles 1pm Bingo -6pm	24 Gentle Exercise 10am Casino Bus Trip 9am -4pm \$15 See Marily	25  Music by Tom Lavelle Board Meeting 1:00 PM	26 Gentle Exercise 10am  Music by Bo Obney Hand and Foot Cards 1 pm	27  Music with Vern Kennedy Blood Drive 2pm-6pm Susannah's Supper 6pm Rainier Methodist Church
30  3 of Us Hooks & Needles 1pm Bingo -6pm			July Meals Served: 1103 Volunteer Hours: 321.50	

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

SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY	3 Spaghetti W/ Meat Sauce Garlic Bread Salad	4 Beef Tamale Pie Green Salad Corn Chips	5 Chicken Cordon Bleau Casserole Vegetable Salad	6 Ham Sandwich & Potato Soup Birthday Cake
9 Western Beef Stew Biscuit Salad Or Fruit	10 Ham & Scalloped Potatoes Casserole Veggie Roll	11 Pork Roast Potatoes & Carrots Bread	12 Taco Soup Chips Salad	13 Baked chicken Oven Fried Potatoes
16 Stuffed Peppers Roasted Reds Salad	17 Tater Tot Casserole Cole Slaw	18 Meatloaf Mashed Potatoes Veggie Roll	19 Chicken & Dumplings Salad	20 Hamburger Stroganoff Pea Salad
23 Roast Beef Potatoes & Carrots Bread	24 Ham & Beans Corn Bread	25 Cabbage Rolls Potatoes Au Gratin Veggie	26 Pork Loin Mashed Potatoes Stuffing Veggie	27 Chef Salad With All The Fixin's
28 Chicken Fried Steak Mashed Potatoes Veggies Roll	1 Tortellini Veggies Salad Bread	2 Patty Melt Chips	3 Oven Fried Chicken Potatoes Veggies	4 Tomato Soup Sandwich

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

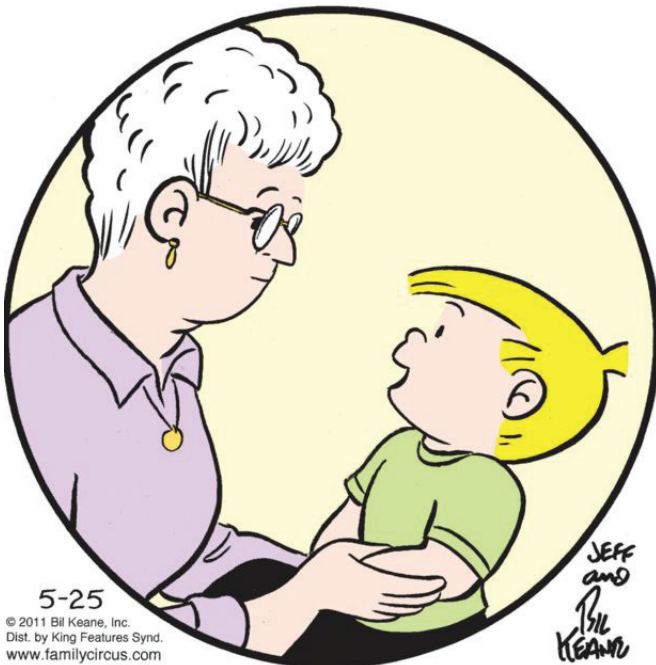


P O Box 216, Clatskanie, OR 97016
503-728-2163

Open Monday through Friday 8 am-5 pm

Autumn

Listen...
With faint dry sound,
Like steps of passing ghosts,
The leaves, frost-crisp'd, break from the trees
And fall.



5-25

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"Are you considered an antique?"



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..

Crabby Road

11-9-11



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Maxine.com

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



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 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***