



## *Riverside Review*

*Volume 2021*

*Issue 6*

*June 2021*

**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)**

### **City-wide Cleanup**

**June 5th**

**from 8-12 at the RV Park**

on A Street across from the senior center.  
The center will have a donation collection  
site there.

All donations are greatly  
appreciated.

### **City-wide Garage Sale JUNE 26**

The center will be renting tables outside for the  
citywide sale scheduled for June 26th. Con-  
tact Rachel at 503-369-6382 for your reserva-  
tion. The cost will be \$10 per table plus \$20  
refundable clean-up charge.

**Contact the center or Rachel directly  
at 503-369-6382.**

You must pay in advance as well as fill out a  
form.



**Meals Served for March: 1097**  
**Volunteer Hours: 459**

### **Board Members**

**President: Jan Rich**

**Vice-President; Debra Elliott**

**Secretary: Carla Bodenhamer**

**Treasurer: Rachel Kelley**

**At Large: Keith Ekstrom, Sue Beavers  
and Joanne Bernard**

**Newsletter Editor: Beth Bailey**



**Please Get  
Vaccinated and  
Continue to  
wear your  
mask**

### **Home Delivery Drivers NEEDED!**

**We are in great need for Home  
Delivery drivers. A background  
check needs to be completed which  
you can pick up at the center  
Monday thru Friday.**

**Our Seniors Look Forward to  
Seeing Us Delivering Their Meals!  
It means so much!**

### **Hours**

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

## Lower Your Energy Use

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 in breezes.
2. Use fans instead of air conditioning. Fans can make you feel up to 5 degrees cooler, and they use less energy than air conditioners.
3. Cook more meals in microwaves or BBQs instead of stoves. They heat only the food, rather than your whole kitchen.
4. Dry laundry on a clothesline. Your house will stay cooler and your energy bills will be lower.
5. Use your kitchen and bathroom fans after cooking and bathing to remove hot steam from the air.

Find more suggestions for summer savings at [crpud.net/staycool](http://crpud.net/staycool).



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**PUD**

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503-543-3844

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# June Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Memorial Day <b>CLOSED</b>	1 Tater Tot Casserole Cole Slaw	2 Orange Chicken Rice Veggies	3 Chef Salad all the fixins	4 Homemade Tomato Soup Grilled Cheese sandwich
7 Patty Melt Chips Fruit	8 Chicken Parmesan Noodles Bread Salad	9 Tuna Salad on a bed of Lettuce W/Tortilla chips Fruit	10 Western Beef Stew Biscuit Salad	11 Lasagna Green Salad Bread
14 Chicken Fried Steak Mashed Potatoes Veggies	15 Stuffed Pepper casserole Fiesta Vegetables	16 Homemade Potato Soup Deli Ham Sandwich	17 Fish 'n' chips coleslaw Tartar & Lemons	18 Meat Loaf Mashed Potatoes Veggies
21 Sloppy Jo's Jo-Jo's Vegetable	22 Ham Potatoes Au gratin Veggies Roll	23 Cheese Burgers Chips Macaroni salad	24 Corned Beef Stew Biscuit	25 Crispy Chicken Salad Vegetable Soup Cheese Biscuits
<b>28</b> Pork Stir fry Vegetables Rice	29 Tamale Pie Chips Salsa / Sour Cream	30 Spaghetti w/ Meat Sauce Bread Salad	1 Salisbury Steak Baked Tater Veggie	2 Fish Sandwich Coleslaw Tater Tots

**Rainier Senior Center Lunch Menu      503-556-3889      [www.RainierSeniors.com](http://www.RainierSeniors.com)**  
**All to go meal orders need to be in no later than 9:00 am.**  
**Menu is subject to change without notice. \$5 for over 60 and \$7 for under 60.**



## Happy Birthday to our June Birthday Members

**Birthday Flower: Rose Birthstone: Pearl**

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

6/1	Delbert Larson	6/26	Henry Heimuller
6/1	TomiJo Lorentzen	6/28	Cathy Wood
6/8	Paul Nys	6/29	Bonnie Alder
6/9	Dave Sartin	6/29	Scott Cooper
6/12	Doug Betschart	6/29	Ron Emerick
6/14	Al Koenig	6/29	Jeanne Ryan
6/15	Cliff Houghtlen	6/30	Sandie Scholten
6/16	Alice Redding		
6/22	Barbara Clark		

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



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

**Help Our  
Senior Center  
Earn Money!**

**Register Today!**

We received \$58.03 for  
1st Quarter from 42 families.  
Check to make sure your  
rewards card is connected  
to the center.

Look at example →



Link your card to:

**Rainier Senior Citizens**

- or use our non-profit number **AH614\*\*\*\***.

Go to [fredmeyer.com/communityrewards](http://fredmeyer.com/communityrewards)

**You still get your reward points, fuel  
points and rebates just the same!**

## Rainier's Volunteers for JUNE- ALL RSC Volunteers

We usually select a volunteer of the month but this month we are selecting all of the volunteers that have helped keep the center going during this uncertain time. We would like to thank everyone by name but instead we will mention by area. The Board, the Home Delivery drivers, the front desk workers, the gift shop workers, newsletter editor and the volunteers who give their time in the kitchen as well as those who pick up and turn in donation can bags.

**Thank you for your invaluable time.**

## NEW JUNE EVENTS

### June 1- Coffee Guys

The center is slowly adding activities as we are allowed. That said, effective June 1st, we will open up the center for the Coffee Guys M-F 9:00 am - 10:30.

A slow start, but it's a start!

### June 7- BINGO!

Bingo is open starting June 7th but you must wear a mask unless vaccinated. Start time is 6:00 and snacks will be available to purchase.

### June 22- Board Election Ballots DUE

June is Board election month. Enclosed with this newsletter is your ballot. Please send it back by June 22nd.



P O Box 216, Clatskanie, OR 97016

503-728-2163

Open Monday through Thursday  
7 am-5:30 pm



### AARP Driver Safety Classes September 1, 2021

is the new schedule to begin introducing in-person. In the meantime, online classes are available with a 25% discount through August 31, 2021. the website is

[www.aarpdriversafety.org](http://www.aarpdriversafety.org)

Promo code for discount is DRIVING-SKILLS



Donate  
Your Return Bottles  
or Cans to  
Rainier Senior Center  
Your Donations  
are Appreciated

WE ARE  
**Meals On Wheels**  
So no senior goes hungry.

**New Driver Volunteers Needed!**





## **Rainier Senior Center Supporters**

**B Street Coffee  
Canterbury Inn  
Canterbury Gardens  
Columbia River PUD  
Columbia Carpet One  
Costco  
Country Financial  
Dutch Bros  
El Tapatio  
Hometown Pizza  
Kaiser Permanente  
Kerby's Fish & Chips  
Means Nursery  
Ol' Pastime Tavern  
Outpost 30  
Rainier Chevron Food Mart  
Rainier True Value  
Red Lobster  
Sound Authority  
Teri's Restaurant  
The Cornerstone Cafe  
Triangle Bowl**

**Cap "N' Yoby  
City of Rainier  
Columbia Food Bank  
Deer Island Grange  
Delaware Plaza  
Eagles  
Foster Farms  
Fred Meyer  
Guadalajara  
InRoads  
Miracle Ear  
Monarca mexican  
Nys Tree Farm  
Napa Auto  
Rainier Hstorical Museum  
Rainier Liquor Store  
Rainier Subway  
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***