



Riverside Review

Volume 2023

Issue 8

August 2023

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

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

Prince Clint Kelley



Thank you, Dwight, for decorating
your jeep for our Prince!

Board Members

President: Jan Rich

Vice-President; Debra Elliott

Secretary: Marily Tift

Treasurer: Rachel Kelley

*At Large: Joanne Bernard, Scott Cooper
and Clint Kelley*

Newsletter Editor: Beth Bailey



**August 18
12:30 pm
to
6:00 pm
at the
Center**

**Slots Available
Call the Center to Sign Up**

**Meals Served for May: 1384
Volunteer Hours: 808**

**Rainier Senior Center Hours
9:30 am to 2:00 pm
Monday through Friday
Gift Shop 10:00 am-2:00 pm**

CRPUD Kicks Off Energy Efficiency Program

Columbia River PUD is thrilled to announce the launch of a new program this month that is designed specifically for income-qualified customers with priority given to senior citizens. The PUD is excited to provide you with free LED bulbs and load-sensing power strips that help you save energy and money.

If your home has a qualified heating system, the PUD is also offering a free Nest thermostat or similar device. These thermostats find extra ways to save money on your electric bill.

CRPUD is working with a company called RD Energy for this project. Their friendly staff will be going door-to-door over the next few weeks to install these energy-efficient products. They will also work with you to find more ways to save money on your electric bill.

If you are eligible for this promotion, you should have already received a flyer in the mail. If you aren't sure if you qualify or if you have any questions, please call the PUD at (503) 397-0590 or visit www.crpud.net/efficiency-project for more information.



- Retirement Income Planning
 - Wealth Management
 - Tax & Estate Planning
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- Visit our website or call to schedule your complimentary consultation.

www.Schultzfs.com

503-543-3844

Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994

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Scappoose, OR 97056
beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

August Menu 2023

31 Chicken Fried St. Mashed Gravy Vegetables Jello & Fruit Salad 3 of Us	1 Baked Chicken Rice a Roni Vegetables	2 Homemade Split Pea Soup Ham Sandwhich Fruit	3 Salad With Shrimp and Fixins Roll Gary Fredsall	4 Patty Melt Chips Grilled onions Veggie Salad Fruit Boursaw Brothers
7 Baked Ham Yams Green Bean casserole Roll 3 Of Us	8 Tuna Casserole Vegetables Coleslaw	9 Sausage Patties on a Bun & vegetables Potato Salad Baked Beans	10 Homemade Potato Soup Grilled Cheese Sandwich Carrot & Celery Nehemiah Brown	11 BBQ Wings Jo-Jo's Vegetables Guy & Mary
14 Beef Stew Green Salad Biscuits 3 of Us	15 Ham in Scalloped Potatoes Vegetables Fruit	16 Crispy Chicken salad Muffin Fruit Boursaw Brothers	17 Spaghetti Salad Garlic Bread Gary Fredsall	18 Pork Chops Oven Raosted Potatoes Vegetables Fruit
21 Roast Beef Potatoes & Carrots Gravy Broccoli Salad Roll 3 of Us	22 Ravioli With Sauce Pea Salad Salad Bread Sticks	23 'Hot Dogs Hamburgers Macaroni Salad Baked Beans Chips	24 Homemade Clam Chowder Egg Salad Sandwhich Green salad	25 Chef Salad with all the fixins Bread Fruit Guy & Mary
28 Meat Loaf Mashed Potatoes Green Salad Vegetables 3 Of Us	129 Chicken & Rice Casserole Vegetables Roll	30 Goulash Garlic Bread Green Salad	31 Chicken Fried St. Mashed Gravy Vegetables Jello & Fruit Salad	1 Beef Stroganoff Egg Noodles Vegetables Roll

Vegetarian



1

Rainier Senior Center Lunch Menu

503-556-3889

















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. Donation: \$6 for over 60 and \$8 for under 60.

Arrival time for congregate meal needs to be 11:45 or earlier.

AUGUST EVENTS

31  3 of Us 11 am Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	1 Breakfast 9-10 am Chair Yoga 1 PM	2	3  Music by Gary Fredsall Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	4  Music by Boursaw Bros  Blood Pressure 11 AM
7  3 of Us 11 am Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	8 Breakfast 9-10 am Chair Yoga 1 PM	9	10  Music by Nehemiah Brown Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	11  Music by Guy & Mary  Blood Pressure 11 AM
14  Boursaw Bros 11 am Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	15 Breakfast 9-10 am Chair Yoga 1 PM	16  Music by Boursaw Bros	17  Music by Gary Fredsall Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1:00pm	18  Blood Pressure 11 AM Susannah's Supper Methodist Church 6 pm
21  3 of Us 11 am Hooks & Needles 1pm-2:30 pm Bingo -6pm	22 Breakfast 9-10 am Chair Yoga 1 PM	23 Beach Day InRoads will be serving their usual sundaes with a variety of toppings	24 Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	25  Music by Guy & Mary  Blood Pressure 11 AM
28  3 of Us 11 am Hooks & Needles 1pm-2:30 pm Bingo -6pm	29 Breakfast 9-10 am Chair Yoga 1 PM	30	31 Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	



Happy Birthday to our August Birthday Members

Birthday Flower: Poppy Birthstone: Peridot

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

8/1 Liz Henderson
8/2 Claudine Brown
8/2 Dennis Higley
8/10 Renay Bernard
8/12 Monte Hendricks
8/15 Joe Snook
8/17 Joyce Dolph
8/17 Jan Rich



8/18 Hank Anderson
8/19 Dave Bernard
8/22 Laureen Lawty
8/25 Judy Ensworth
8/25 Martha Morton
8/27 Philip Taylpr
8/29 Keith Ekstron
8/31 Kathy Richardson



**Thank you to those who
parked at the Center during
the fireworks.**

**The Center received
\$405 in parking fees.**



**Informational
Meeting
Tuesday
August 1
1 pm**

Are you, a loved one, or a friend affected by Parkinson's Disease? If so, do you know about Parkinson's Resources of Oregon (PRO)? If not, please join us to learn more about Parkinson's disease and support services for people with Parkinson's and their families. Parkinsons Group Meeting Tuesday, August 1, at 1pm, provided by Mike Mulligan, Community Health Education Coordinator.

**Volunteers
Needed!**
Check with the desk

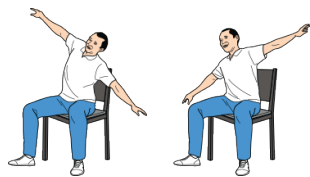
We Serve
Meals On Wheels
So no senior goes hungry.



**FREE Balance and Stability Class
put on by Rebecca Leone**

All are welcome, no experience necessary and all exercises can be performed seated. Wear comfortable clothes.

**Every Thursday
1:00 pm**



**FREE Chair Yoga
2nd and 4th Tuesdays
1:00 PM**

HELP IS COMING!

**Starting August 7
Monday 1pm**

The Center will be offering an informational computer class. Bring your laptops & tablets and questions to find those answers you have been looking for. Scott Cooper, Board Member, is our resident tech and guru who will lead the class.



**Coming Back
in September**



Armchair Travel

We would like some suggestions so we can plan destinations of interest for your pleasure. Time and date will be in the September Newsletter.



Movies and Popcorn

Special Events



August 21st is
**Senior
Citizens
Day**

This year we will be honoring our most 'senior' Senior! Give your name and age to the receptionist at the front desk that day to receive your special recognition trophy. It pays to hang around for a long time!

August 23- Beach Day



We will be offering a game of Corn Hole for those with good aim. And get out that old straw hat and decorate it. There will be an award for the craziest sunbonnet at the party. InRoads will be serving their usual sundaes with a variety of toppings.



P O Box 216, Clatskanie, OR 97016
503-728-2163
Open Monday through Thursday
7 am-5:30 pm

Rainier Senior Center Prince Clint Kelley

This year's honor at the Columbia County Fair's 34th Annual My Fair Lady and Gent Pageant went to Queen Paula Hanson, Miss Vernonia.

Clint Kelley, the first Prince to be part of the celebration, represented the Rainier Senior Center with royal dignity.

We all want to give Clint our thanks for a job well done.



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 \$20 per year

Sign up today and begin receiving our newsletter so you can plan to join us..

If you didn't do a lot of
Stupid things when you
were young...



What would you have
to laugh about now?

Home Care Workers Wanted!

If you are interested in becoming a Home Care worker, contact the **Department of Human Services** at 503-397-5863.

If you are just looking for information,
you can find it at
www.orhcc.org



Help our
Nutritional Program
by Donating
Your Recyclable
Cans
or
Bottles

Your donations are greatly appreciated

Applebee's
Brim Tractor
Canterbury Inn
Canterbury Park
City of Rainier
Columbia Food Bank
Costco
Cornerstone Cafe Rainier
Cornerstone Cafe LV
Country Financial
Deer Island Grange
Deli & Mart
Dog Zone
Dutch Bro's
Eagles
El Tapatio
Fred Meyer
InRoads

Kaiser Permanente
Kirby's Fish & Chips
Lowe's
Means Nursery
Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Pie Trio's
Rainier Farm & Treats
Rainier True Value
Red Lobster
Rainier Oregon Historical Museum
Sound Authority
Stuffy's
Sugar Pearl
Triangle Bowl
United Way



"A Great Place...For Great People"

***Rainier Senior Center
48 West 7th Street
Rainier, OR 97048***

