



Riverside Review

Volume 2023

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September 2023

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**Thanks to Everyone
We brought in
20 pints of blood!**



Was it the potato soup or the music?

While listening to Nehemiah Brown, **76 congregational meals and 40 home delivered meals** were served and folks were overflowing into the outside patio. **A very enjoyable day!**

Congratulations Senior Citizens!

Senior Citizen Day's most senior-senior honors went to Cliff (92) and Charlotte (96) Houghtlen. They were honored with free meal certificates, corsage and boutonniere.

**Meals Served for July: 1283
Volunteer Hours: 646**

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

Senior Health Fair 2023 September 19th 10-3pm

**Columbia County Foursquare Church
555 Commons Dr. St. Helens**

Rainier Sr. Center will have a table handing out our volunteer flyer, and the My Fair Lady and Gent court will be promoting local volunteerism.



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

CRPUD Rates Will Change October 1

Columbia River PUD's rates are changing on October 1.

Beginning with bills rendered October 1, residential customers will see their bills go up \$4.50 per month. This is an increase in the monthly base charge, from \$18 to \$22.50. The energy charge will remain the same at 7.19¢ per kilowatt hour.

The PUD continues to offer a discount to income-qualified seniors. Customers in this program will see their base charge increase from \$3.60 per month to \$4.50 per month. Seniors in this program will also continue to receive a 10% discount on their energy charge.

Once the new rates go into effect, the average CRPUD residential customer's monthly bill will be about 18% lower than the statewide average and almost 40% lower than the national average.

To see if you qualify for the PUD's senior discount, please call the PUD's Customer Accounts Department at (503) 397-0590. You can learn more about how the rate change affects different rate schedules at www.crpud.net/2023rates.



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SEPTEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Stroganoff Egg Noodles Vegetables Roll
4 Labor Day Closed	5 BBQ Drumsticks Santa Fe Vegetables Peaches Macaroni Salad	6 Roast Chicken Cornbread Stuffing Green Beans Mixed Fruit Salad	7 Homemade Cream of Potato Soup Egg Salad Sandwich Tomato/Cucumber Salad. Pineapple	8 Chefs Choice
11 Beef Stew Carrots & Potatoes Baked Zucchini Jello Salad/fruit cocktail	12 Chicken Fried Steak Creamy Gravy Mashed Potatoes Vegetables Garden Salad	13 Garlic & Mushroom Turkey Cutlet Brown Rice Pilaf Vegetable Mix Apple & Peach Salad	14 Meatless Spaghetti Spaghetti Needles Mixed Veggies Cottage Cheese w/ Peaches 	15 Ground Pork Stir Fry Stir Fry Veggies Chow Mein Noodles Mandarin Oranges
18 Taco Salad Mixed Greens Corn Chips Re-fried Beans Cantaloupe	19 Salmon Patties Stewed Tomatoes Mixed Vegetables Cottage Cheese W/Pineapple	20 Tuna Noodle Casserole Meadow Vegetables Banana Pudding w/Vanilla Wafers	21 Eggplant Parmesan Winter Veggie Mix Roll Spinach Salad w/ cranberries 	22 Salisbury Steak Mashed Potatoes Tuscan Veggies Melon Fruit Salad
25 Navy Bean Soup Cheese Sticks Mixed Greens Corn Bread Apple & Orange Wedges	26 Grilled Tuna Melt Whole Grain Bread Winter Veggie Mix Carrot / Raisin Salad	27 Beef Tips Mushroom Gravy Hot Buttered Noodles Steamed Broccoli Fresh Melon Salad	28 Porcupine Meatballs Cauliflower Au-gratin Green Beans Sunshine Salad	29 Turkey Kielbasa Cabbage Sauteed Squash Warmed Spiced Beets Fruit Salad

Vegetarien



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.

SEPTEMBER EVENTS

				1  Music by Guy & Mary  Blood Pressure 11 AM
4 Closed for Holiday	5 Breakfast 9-10 am	6  Music by Boursaw Bros	7  Music by Jim Meyer Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	8  Music by Nehmiah Brown  Blood Pressure 11 AM
11  3 of Us 11 am Computer Lab with Scott Cooper 1 PM Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	12 Breakfast 9-10 am	13  Music by Boursaw Bros Movies & Popcorn "The Intern" 1 PM	14 Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1:00pm	15  Blood Pressure 11 AM
18  3 of Us 11 am Hooks & Needles 1pm-2:30 pm Bingo -6pm	19 Breakfast 9-10 am Senior Health Fair 10 am- 3 pm Columbia County Foursquare Church	20	21  Music by Jim Meyer Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	22  Blood Pressure 11 AM Susannah's Supper Methodist Church 6 pm
25  3 of Us 11 am Hooks & Needles 1pm-2:30 pm Bingo -6pm	26 Breakfast 9-10 am  Music by Nehmiah Brown	27 Quarterly Membership Meeting 1 PM	28  Music by Boursaw Bros Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	29  Blood Pressure 11 AM  Music by Guy & Mary



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

9/1 Jan Bass
9/3 Sherrie Lange
9/6 Bobbie Larson
9/7 Henry Keith
9/8 Clint Kelley
9/13 Marjorie Clark
9/15 Shiela Vanderford
9/17 Nancy Muller



9/21 Dorothy Gillhoover
9/21 Robert Hoard
9/21 Darnell Willis
9/22 Joanne Bernard
9/23 John Sapinsky
9/24 Al Newby
9/25 Cecile Starr



**Thank you to
Columbia River PUD
for the generous donation
of the butchered Pig to the
Rainier Senior Center.
It is greatly appreciated!**

Crabby Road

11-9-11



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**Volunteers
Needed!**
Check with the desk

We Serve
Home Delivered Meals
so no senior goes hungry.



FREE Balance and Stability Class
Every Thursday
1:00 pm

CONCERNED ABOUT FALLING?

Rebecca Leone's Free Thursday Balance and Stability class will help you understand the importance of muscle strength and better stability.

The class has been running for a year so in order to orient newcomers, Rebecca's teaching an Onboarding class on Tuesday, November 14th from 1 to 3pm, after which you're welcome to join the regular weekly class on Thursday.

Going forward the
first quarterly
Onboarding session in 2024
is scheduled for
February 13th.



**Computer
Lab with
Scott Cooper
Monday
September 11
1 PM**

European Festivals



**Armchair Travel
Saturday
September 23 at 4 PM**

**European Christmas
October 21**



**Movies and Popcorn
"The Intern"
September 13 at 1 PM**
starring Robert DeNiro,
Anne Hathaway, and
René Russo

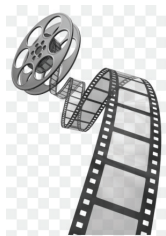
**A retired guy tired of living alone and bored
with retirement applies for a job as an
Intern at an on-line fashion website.
Comedy/Drama**



Upcoming Events



**October 6th
St Helens Senior
Center Road Trip**



**Movies and Popcorn
October 11 at 1 PM
"Rear Window"
Thriller with James Stewart
and Grace Kelly**



**Harvest Festival
Dinner Show
Saturday
October 14
at 2 pm
Music and Comedy by
Joe Stoddard**



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

*Celebrate
Grandparents Day
with Your Grandchildren
September 10*



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

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..



Sunburns and sandfleas were missing during Beach Day at Rainier Senior Center, but sundaes and games were in abundance and enjoyed by everyone.

Crazy Hat winners, left to right, Gloria Nelson, Joanne Bernard, and Sharon Jump.



**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***